

# Cow's Milk Free Diet for Adults



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**Patient Name:**

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**Dietitian:**

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**Date:**

**Contact Number:**

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**Email:**

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## Cow's milk allergy

Cow's milk allergy occurs when the body's immune system reacts to proteins found in milk. Allergic reactions can be immediate (within minutes to 2 hours) or delayed (between 2-72 hours).

### **Immediate symptoms may include a combination of the following:**

- itchy skin rashes (redness or hives)
- swelling of the face, eyes or lips
- runny nose, itchy eyes
- eczema
- coughing
- vomiting
- swallowing or breathing difficulties (rare)

### **Delayed symptoms may include a combination of the following:**

- diarrhoea
- constipation
- acid reflux
- profuse vomiting
- abdominal pain, bloating or distension
- mucous and/or blood in the stools
- nausea
- painful wind, excess gas
- eczema



# Lactose intolerance

Lactose intolerance is often confused with milk protein allergy but it is NOT an allergy.

## Symptoms of lactose intolerance

- diarrhoea and/or constipation
- abdominal bloating or distension
- nausea
- wind, excess gas
- abdominal pain

It occurs when the body cannot digest lactose, a type of sugar in milk. The most common form of lactose intolerance is called “secondary lactose intolerance”. This can occur after a bout of gastroenteritis (stomach bug) or as a result of an inflamed gut, such as in Coeliac Disease. Secondary lactose intolerance is temporary and resolves when the gut heals. In very rare cases, babies are born with a lactose intolerance that is not temporary. It is usually identified at birth and requires strict lifelong avoidance of lactose. Some people develop lactose intolerance later in childhood or adulthood but can often tolerate small amounts of lactose.

Lactose intolerance is treated by following a low lactose diet. Most people with lactose intolerance can manage to eat some low lactose foods (e.g. hard cheese, butter and yogurt) and even small amounts of cow’s milk without causing symptoms. It is important to discuss with your Dietitian which milk containing foods you can tolerate.



## Diagnosis

It is important that food allergies are properly diagnosed by a healthcare professional with the relevant training. They will ask detailed questions about symptoms, the history of any reactions and may perform tests. The type of tests advised will depend on how the patient has reacted.

**Immediate onset allergic reactions are known as IgE mediated allergy.** Skin prick tests or blood tests which measure IgE antibodies may be used to help with the diagnosis. The results of these tests are often difficult to interpret, which is why it is essential that they are carried out and read by a qualified allergy specialist. Sometimes, a food challenge may be needed before a definite diagnosis can be made. This is when increasing amounts of the suspected food are given and symptoms monitored. This is usually done under supervision in the hospital setting and should not be done at home unless you have been advised it is safe to do so by an allergy specialist.



## Diagnosis *continued*

**Delayed onset allergic reactions are known as non-IgE mediated allergy.** There are no reliable skin or blood tests that can provide a diagnosis for this type of allergy. The only reliable way to make a diagnosis is to exclude the suspected food(s) from the diet for a trial period of 2-4 weeks to see if the symptoms improve. The food(s) are then reintroduced to see if the symptoms return. Your Dietitian will give you further advice on how to do this.

Patch testing is not recommended to diagnose food allergy as reliability has been shown to be low. It is therefore not recommended by any official body as a test for delayed onset of food allergy. However, patch testing may be used by specialists to diagnose contact allergies not related to food e.g. allergy to cosmetics.

Some companies offer allergy or food intolerance tests that measure IgG antibodies. These have not been found to be a reliable way to diagnose delayed or immediate reactions. Other tests such as hair analysis, kinesiology testing and vega testing have also been found to be unreliable and have no scientific basis, and therefore should not be used.



## Management

Cow's milk allergy should in most cases be treated with a strict cow's milk free diet. Your Dietitian will help you to avoid milk while making sure that you get the nutrition you need. You should discuss with your Dietitian or Doctor how strict your diet needs to be.

This diet is free of both cow's milk proteins (casein and whey) and lactose (milk sugar). Goat's and sheep's milk and milk from all other animals should also be avoided as they contain similar allergenic proteins to cow's milk. The following sections will help you to follow a milk free diet.



## Calcium and vitamin D requirements

By using replacement foods such as calcium enriched alternative yogurts, desserts and milks you can still ensure that you get enough calcium so that bones stay strong and healthy. Calcium requirements vary according to age and gender:

Age Group	Calcium requirement (mg)
Adults 19+ years	700 mg
Breastfeeding women	1250 mg
Adults with coeliac disease	1000 - 1500 mg
Adults with osteoporosis	1000 mg



## Calcium and vitamin D requirements *continued*

Vitamin D is needed by the body to absorb calcium. You should take a supplement containing 10mcg/400IU vitamin D throughout the winter and also during the summer if you:

- have very little or no sun exposure
- are pregnant or breastfeeding
- are over 65 years
- are housebound for long periods
- cover your skin for cultural reasons
- have darker skin.



## Good sources of Calcium

Calcium fortified products	Quantity	Calcium(mg)
Calcium enriched milk alternatives e.g. soya, oat, rice, nut, coconut, etc	100ml	120
Highly fortified calcium fortified milk alternatives e.g. Califia Almond milk™, Koko coconut Super milk™, Mighty™	100ml	170 - 189
Soya bean curd/tofu. Only if set with calcium chloride (E509) or calcium sulphate (E516), not nigari	60g	200
Calcium fortified soya or coconut yogurt, desserts and custard e.g. Alpro™, Andros™, Biemel coconut and almond probiotic drinks™, Koko™, Oatly crème fraiche™, supermarket own brands	100g	96 - 160
Calcium fortified cheese alternative e.g Koko cream cheese™ and Koko cheddar™	50g 100g	100 736
Calcium fortified cereals e.g. Rice Krispies multigrain shapes™, Cheerios™, Bear Alphabites™	30g serving	136 - 174
Calcium fortified hot oat cereal e.g. Ready Brek™, supermarket own brands	1tbsp dry cereal (15g)	200
Calcium fortified breads e.g. Hovis Best of Both™, Warburtons Half & Half Rolls™, Kingsmill 50/50 Vitamin Boost™	1 slice (40 - 50g) 1 roll 1 slice (37.5g)	143 - 179 352 150



## Good sources of Calcium *continued*

Non -fortified products:	Quantity	Calcium (mg)
Sardines (with bones)	½ tin (60g)	258
Pilchards (with bones)	60g	150
Tinned salmon (with bones)	½ tin (52g)	47
Whitebait	small portion (50g)	430
Scampi in breadcrumbs	6 pieces (90g)	190
White bread	2 large slices (100g)	100
Wholemeal bread	2 large slices (100g)	54
Pitta bread/chapatti	1 portion (65g)	60
Orange	1 medium (120g)	75
Spring greens	75g	56
Broccoli, boiled	2 spears (85g)	34

Spinach, dried fruits, beans, seeds and nuts are not good sources of calcium. This is because they contain oxalates and/or phytates which reduce how much calcium your body can absorb from them. You should not rely on them as your main sources of calcium.



## Medicines

Many medications and nutritional supplements contain lactose. If this is medical grade lactose, the cow's milk protein content will be minimal. Therefore, **most people will not need to avoid products containing medical grade lactose**. Contact your pharmacist and Dietitian if you think you have reacted to a certain medicine.



## Iodine

Milk is a good source of iodine which is needed to make thyroid hormones and also for the development of a baby's brain during pregnancy and early life. As milk is a good source of iodine, it is important that a milk free diet contains other iodine rich foods such as fish. If you are unable to eat fish, your Dietitian can advise on other suitable iodine containing foods or supplements if required. The following table shows how much is needed for each age group, according to the World Health Organisation (WHO):

Age	Iodine/day (ug)	Age	Iodine/day (ug)
0-5 years	90	Pregnancy	250
6-12 years	120	Breastfeeding mums	250
Adults over 12 years	150		

Further information on foods containing iodine can be found at:

<https://www.bda.uk.com/resource/iodine.html>



## Checking food labels

European Union (EU) food allergen labelling law requires that common food allergens used as ingredients or processing aids must be **declared on the packaging or at the point of sale**. The list of 14 common food allergens includes milk.

These laws apply to all **packaged and manufactured foods and drinks sold throughout the EU**. They also apply to **foods sold loose** (e.g. from a bakery, delicatessen, butcher or café) and **foods packed or pre-packed for direct sale** (e.g. café, sandwich bar, food outlet, market stall, some catering products). If you travel outside the EU, be aware that labelling laws are different so check ingredients carefully.

For **pre-packed products (e.g. made in a factory) and food prepacked for direct sale** (such as in a café, sandwich shop, deli or food outlet preparing food in their own kitchen) allergens must be listed in one place on the product label (i.e. in the ingredients list) and highlighted (**e.g. in bold or underlined**).





## Checking food labels *continued*

### Example of food label containing cow's milk:

#### Olive spread (margarine):

**Ingredients:** Vegetable oils [including olive oil (22%)], water, **whey powder (milk)**, salt (1.3%), stabiliser (sodium alginate), emulsifier (mono and diglycerides of fatty acids), lactic acid, natural flavouring, vitamins A and D, colour (carotenes)

**Allergy Advice:** For allergens, see ingredients in **bold**.

More information on food allergy labelling is available from NHS Choices:  
[www.nhs.uk/conditions/food-allergy/living-with/](http://www.nhs.uk/conditions/food-allergy/living-with/)

There are different rules for:

- foods sold **without packaging** such as in a bakery, café or pub. For these foods, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further written information if requested (in the UK only).

#### FOOD ALLERGY NOTICE

IF YOU HAVE A FOOD ALLERGY  
PLEASE ASK A MEMBER OF STAFF  
FOR FURTHER INFORMATION

THANK YOU



## Checking food labels *continued*

There are many ways in which milk can be labelled, so carefully check the ingredients list on food items. By EU law you must be able to clearly tell that a product contains milk e.g. if casein is listed, it should tell you in brackets that this is 'from milk'. Avoid foods which contain:

### Milk ingredients:

- Buttermilk
- Cow's milk (fresh, UHT)
- Condensed Milk
- Cream/artificial cream
- Evaporated milk
- Butter, butter oil
- Ghee
- Margarine
- Cheese
- Fromage Frais
- Ice Cream
- Yogurt
- Casein (curds), caseinates
- Calcium or sodium caseinate
- Hydrolysed casein
- Hydrolysed whey protein
- Lactoglobulin
- Lactoalbumin
- Lactose\*
- Milk powder, skimmed milk powder
- Milk protein
- Milk sugar
- Milk solids, non fat milk solids
- Modified milk
- Whey, whey solids, hydrolysed whey
- Whey protein, whey syrup sweetener

\***Lactose** - Please discuss with your Dietitian to what extent you will need to avoid lactose.

Milk free foods may also be referred to as being 'dairy free'.

**Always check the label: manufacturers change their ingredients from time to time e.g. 'new improved recipe'. It is always safer to recheck the ingredients list.**



## Checking food labels *continued*

### May contain... or 'Made in a factory...' labelling statements

These warnings are used by food manufacturers to highlight a possible risk of an otherwise milk free product being accidentally contaminated by milk during manufacturing, including on vegan products. There is currently no law to say how or when this type of labelling should be used but it appears on a wide variety of products. The way these statements are worded does not indicate their level of importance, e.g, 'not suitable for....' does not mean there is a greater risk of contamination than 'made in a factory....'. Tolerance to foods with a 'may contain' labelling does not always mean that trace amounts of allergen are tolerated.

It is important to discuss your approach to these foods with your Dietitian or Doctor. It is recommended that you:

### Allergy Alerts

Sometimes foods have to be withdrawn or recalled. There may be a risk to customers because the allergy labelling is missing, wrong or if there is any other food allergy risk. You can get these alerts from the Food Standards Agency website. It is also possible to subscribe to a free email or SMS text message alert system to receive messages when Allergy Alerts are issued.

To subscribe, go to: [www.food.gov.uk/news-alerts/subscribe](http://www.food.gov.uk/news-alerts/subscribe)

Alternatively, you can view product alerts online from:  
[www.anaphylaxis.org.uk/information-training/allergy-alerts/](http://www.anaphylaxis.org.uk/information-training/allergy-alerts/)

### Cross contamination

Cross contamination can occur whilst preparing foods. If traces of milk need to be avoided, ensure that all work surfaces and chopping boards are well cleaned or use separate chopping boards. Use separate containers for jams, butter etc and use clean utensils for serving them. High risk situations where cross contamination can occur include: barbeques, buffets, deli-counters and self- service salad bars. Pre-packed sandwiches are also a risk for cross contamination and are best avoided.



# Suitable foods and foods to avoid

The following pages give examples of cow's milk free foods and foods which may contain cow's milk. Please note this is not an exhaustive list - always check labels and discuss with your Dietitian about how to approach 'May Contain' labelling.

Suitable Foods	Foods that may contain milk	Foods to avoid
<b>Milk and Dairy Products</b>		
<p>Oat milk, soya milk, pea milk, coconut milk, quinoa milk, hemp milk, nut milk, rice milk.</p> <p><b>Cream alternatives</b> made with soya, oat, rice and coconut cream.</p> <p><b>Cheeses</b> (hard, soft, melting, parmesan type) made with <b>soya</b> e.g. Sheese™ <b>nut</b> e.g. Vegusto™ <b>coconut</b> e.g. Violife™ or <b>rice</b> e.g. MozzaRisella™ and supermarket own brands.</p> <p><b>Yogurts</b> made with <b>soya</b> e.g. Alpro™, <b>coconut</b> e.g. Coyo™ or Koko™ or <b>nut</b> e.g. Nush™ and supermarket own brands.</p> <p><b>Ice creams</b> made with <b>soya</b> e.g. Swedish Glace™, Whole Creations™ <b>coconut</b> e.g. Coconut Collaborative™, Blue Skies™ <b>pea</b> e.g. Vegan Magnum™ or <b>nut</b> e.g. Booja Booja™, Almond Dream™, Ben &amp; Jerry's™, and supermarket own brands.</p>		<p>Cow's milk, lactose free milk e.g. Lactofree™, goat's milk, sheep's milk including skimmed, semi-skimmed, full fat.</p> <p>Dried milk, evaporated milk, condensed milk, flavoured milk, coffee compliment, other whitener, cream, artificial cream.</p> <p>Cheese, Lo-col cheese™ Lactose free cheese e.g. Lactofree™.</p> <p>Yogurt/yogurt drinks, ice cream, buttermilk, quark, lactose free yogurts e.g. Lactofree™.</p>
<b>Fats and Oils</b>		
<p>Pure fats, oils, lard, suet dripping</p> <p>Dairy free margarines e.g. Pure™, Vitalite™, Tomor™, supermarket own brand of dairy free margarine</p> <p>Soya margarine.</p>	<p>Margarine.</p> <p>Kosher and vegan spreads.</p>	<p>Butter, shortening, margarine, low cholesterol margarine, low fat spread, ghee.</p> <p>Lactose free spread eg. Lactofree.</p>



## Suitable foods and foods to avoid *continued*

Suitable Foods	Foods that may contain milk	Foods to avoid
<b>Cereals</b>		
Flour, cornflour, oatmeal, barley, oats, rice. Dried pasta, plain cous-cous. Homemade pizza using suitable ingredients. Some biscuits/crackers. Bagels, Tortilla wraps, crumpets. Breakfast cereals - many are milk free e.g. Shreddies™, Weetabix™, Cheerios™, Cornflakes™, Rice Krispies™.	Bread – wholemeal, brown and white (most are milk free), chapatti, naan bread. Crackers, crispbreads. Cakes, biscuits. Filo pastry. Fresh pasta, tinned pasta in sauces, pot noodles. Savoury rice.	Milk breads, some reduced starch breads, fruit loaves, soda bread, brioche, croissants, pastry. Filled pasta e.g. lasagne. Pizza. Muesli, breakfast cereals containing chocolate.
<b>Vegetables</b>		
All types of plain, fresh, frozen, tinned and dried.	Instant potato, potato croquettes, oven chips, potato crisps and other savoury snacks. Vegetables in sauce. Baked beans. Coleslaw.	Vegetable pies, vegetables cooked with butter, white sauce or cheese.
<b>Fruit</b>		
All types of fresh, frozen, tinned and dried.	Fruit puddings, fruit pie fillings. Fruit juice.	Fruit yogurts, fools and mousses, chocolate coated fruit, fruit pies, fruit in batter.



## Suitable foods and foods to avoid *continued*

Suitable Foods	Foods that may contain milk	Foods to avoid
<b>Meat, Fish and Alternatives</b>		
All meats, fresh and frozen, poultry, offal, bacon. All fish fresh and frozen, shellfish. Eggs. Pulses: lentils, beans, Soya mince. Tofu.	Processed meats e.g. Sausages, sausage rolls, beef burgers, pate, meat paste. Ham. Breaded meat products e.g. chicken nuggets. Fish in batter. Fish in sauces, in breadcrumbs, fish fingers, tinned fish, fish pastes and pates. Hummus. Ready-made meals. Baked beans and food from fast food restaurants and takeaways. Dry roasted or flavoured nuts, peanut butter. Quorn™ based products.	Quiche, meat pies. Scotch eggs, scrambled egg, quiche, omelette.
<b>Puddings</b>		
Rice, sago, tapioca and semolina made with milk substitute. Soya, coconut desserts. Jelly. Homemade milk free puddings e.g. sponge, crumble.	Custard powder.	Milk based instant desserts e.g. Angel Delight™, blancmange powders, instant whips. Egg custard, milky puddings, custards, chocolate puddings, chocolate sauces. Sponge cakes, crumbles, cheese cakes. Profiteroles.



## Suitable foods and foods to avoid *continued*

Suitable Foods	Foods that may contain milk	Foods to avoid
<b>Confectionery</b>		
<p>Soft jellies and gums.</p> <p>Juice based ice lollies.</p> <p>Dairy free soya/rice/carob based chocolates (but beware of milk traces – check labels). e.g. Moo Free chocolate™, Zero Zebra rice chocolate™, supermarket own brands.</p>	<p>Plain chocolate (most are milk free, but some may contain traces).</p> <p>Juice based ice lollies.</p>	<p>Toffee, fudge and butterscotch.</p> <p>Ice Cream or milk lollies.</p> <p>Milk and white chocolate.</p>
<b>Drinks</b>		
<p>Fruit juice, squash cordials.</p> <p>Fizzy drinks (not suitable for young children).</p> <p>English breakfast tea, coffee (not suitable for young children).</p> <p>Fruit tea.</p>	<p>Vending machine drinks.</p> <p>Milkshake powders/syrups.</p> <p>Cocoa, drinking chocolate.</p>	<p>Instant white tea, cappuccino, Horlicks™, Ovaltine™, instant hot chocolate.</p> <p>Milkshakes made from cow's milk.</p>
<b>Miscellaneous</b>		
<p>Jam, honey, marmalade, syrup, treacle.</p> <p>Beef and yeast extracts e.g. Bovril™, Marmite™.</p> <p>Salt, pepper, herbs and spices, tomato puree.</p> <p>Sauces made with milk substitute.</p> <p>Sugar.</p>	<p>Salad cream and mayonnaise.</p> <p>Gravy powders, stock cubes.</p> <p>Tomato ketchup.</p> <p>Guacamole.</p> <p>Tinned soups.</p> <p>Food colourings, oil-based salad dressings.</p>	<p>Lemon curd, lemon cheese.</p> <p>Chocolate spread.</p> <p>Sauces made with milk, sea food sauce, horseradish sauce.</p> <p>Some artificial sweetener powders.</p> <p>“Cream of” soups.</p>

\*Please note that foods listed were milk free at the time of publishing.

**Please continue to check labels as product content may change.**



## Eating out

Current Law states that if a business provides food to their customers directly, for example in a restaurant or cafe, they must provide allergen information in writing. This could be either:

- full allergen information on a menu, chalkboard or in an information pack
- a written notice placed in a clearly visible position explaining how their customers can obtain this information - for example by speaking to a member of staff. For further information see: [www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses#direct-selling](http://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses#direct-selling)

### Distance selling

If food is sold through distance selling, for example through a telephone or online order for a takeaway, allergen information must be provided at two stages in the process:

- before the purchase of the food is completed - this could be in writing (for example on a website, catalogue or menu) or orally (for example by phone)
- when the food is delivered - this could be in writing (for example on allergen stickers on food or enclosed hard copy of menu) or orally (for example by phone)

The allergen information should be available to a customer in a written form at some point between a customer placing the order and taking delivery of it.

If you are ordering through a food delivery company e.g. Deliveroo, Just Eat, Uber Eats, you must contact the restaurant directly to inform them of your allergies and to find out whether the meal is suitable. You should do this every time you make a new order.

### Tips for eating out

Depending on your reactions, particularly if they are quite severe, you may find some of these tips useful:

- Carry your rescue medication with you and make sure it is in date.
- Check out the restaurant's website – many contain nutritional and allergy information.
- Ring the restaurant in advance to ensure they can cater for your allergy. Try to call at off-peak times when the staff will have more time to deal with your query.
- Get to know the chef in your favourite local restaurant.
- Speak to your waiter/waitress or the chef on arrival to check they are all aware of your food allergy.
- You may find it helpful to use a 'chef card' such as those available to buy from [www.dietarycard.co.uk](http://www.dietarycard.co.uk) or print off from [www.food.gov.uk/sites/default/files/media/document/allergy-chef-cards.pdf](http://www.food.gov.uk/sites/default/files/media/document/allergy-chef-cards.pdf). Hand the card to your waiter/waitress and this will help to ensure that correct information is passed to the chef and if necessary that the food you have requested should not have any contact with or products that contain milk.





## Eating out *continued*

### Tips for eating out

- Keep to “simple” foods on the menu. Sauces and gravies contain many ingredients which cannot always be remembered by staff.
- If you do not understand the description of a menu item, it is safer not to order it.
- Avoiding the busiest times may be helpful in ensuring staff are attentive and have time to check ingredients.
- Remember milk may not be mentioned in the description of a dish – check for hidden sources e.g. in marinades.
- Self-service areas, buffets and salad bars are also at risk of cross contamination from one dish to another.
- Make sure those you are dining with know about your allergies and know what to do if you have a reaction and are unwell.
- If in doubt, choose to eat elsewhere.
- If eating with friends or at a party, remember to tell the host about your milk allergy in advance so they can prepare suitable dishes.
- Some restaurants have signed up to the Allergy UK ‘Allergy Aware’ scheme. This shows that staff have had allergy training and the restaurant follow recommended procedures to ensure safety for customers with food allergies: [www.allergyuk.org/information-and-advice/for-caterers](http://www.allergyuk.org/information-and-advice/for-caterers).



## Travel Tips

Depending on your reactions, particularly if they are quite severe, you may find some of these tips useful.

- Carry your rescue medication in your hand luggage e.g. antihistamines, adrenaline auto-injector and action plan with you and make sure they are in date.
- If you are travelling abroad, check in advance how to describe your allergies in the local language. There are several websites that provide useful phrases and eating out translation cards in a variety of languages: [www.dietarycard.co.uk](http://www.dietarycard.co.uk), [www.yellowcross.co.uk](http://www.yellowcross.co.uk), [www.allergyaction.org](http://www.allergyaction.org) and [www.allergyuk.org](http://www.allergyuk.org).
- If you are flying, speak to your airline well in advance to check if they can meet your dietary needs. Make yourself known to the flight crew to ensure the correct meal is received and ask for an ingredient list of the meals provided.
- Consider taking suitable snacks for the journey in case your flight is delayed or your meal is not available on the day of travel.
- Try to obtain a letter from your Doctor or Dietitian explaining why you need to take special food items.
- Any special food items not needed for the flight should be put in your suitcase. Be careful with fruit, vegetables or meat as these are often not allowed to be brought into a country.
- Some airlines require a letter from the Doctor/Dietitian allowing you to take more than a 100ml of liquid, antihistamine, hypoallergenic formula etc.
- If you are taking an adrenaline auto-injector, obtain a letter from your Doctor that confirms your allergy.
- Make sure the friends you are travelling with know about your allergies and what to do if a reaction occurs.
- If you are staying in a hotel, try to get a room with a kitchen area in case there are no safe places to eat out.
- Ensure you have the telephone number of the local hospital or emergency services and keep your medical insurance number handy in case you need it.
- You can check local restaurants and menus through Trip Advisor and other similar sites. You may find useful tips and also contact details of restaurants to contact them prior to you going.
- Ensure you always carries some sort of allergy ID. Medical ID bracelets, ID cards and travel containers to protect medicines from excessive heat or cold are available from: [www.medicalert.org.uk](http://www.medicalert.org.uk), [www.sostalisman.com](http://www.sostalisman.com), [www.yellowcross.co.uk](http://www.yellowcross.co.uk) and [www.friouk.com](http://www.friouk.com)
- Consider adding Medical ID' details to your smartphone. This information is accessible from the lock screen and in case of emergency, enables quick access to information about your allergies, other important medical information and emergency contacts.



# Recipes

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## Spinach and Bacon Quiche (Makes 4 mini quiches)

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### Pastry Ingredients

4 pre-cooked short crust pastry cases  
(home-made or ready-made pastry cases)

### Topping Ingredients

15ml (1 tbsp) olive oil 350g (12oz) silken tofu  
1-2 chopped spring onion or chives  
1 garlic clove finely chopped (optional)  
100g (3-4oz) roughly chopped fresh / frozen  
spinach (defrosted & excess liquid removed)  
3-4 slices of Parma ham or bacon chopped  
into 1cm strips

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### Method

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Preheat oven to 180°C / 350°F / Gas mark 4

Heat the oil and fry the spinach and garlic for about 1 minute.

Add spring onions (or chives) and Parma ham (or bacon).

Mix well, fry for a further 1- 2 minutes and then take off the heat.

If using bacon, pour off any excess fat.

Place tofu in a mixing bowl, pour away any excess liquid, and mash with a fork.

Add the spinach mixture and mix together.

Season with a little black pepper to taste.

Spoon the mixture into the pre-cooked pastry cases and bake for 25 minutes.

Serve hot or cold.

**Tip:** Try making this with other ingredients (e.g. red onion, red peppers, sun dried tomatoes, fresh or smoked salmon and watercress).

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## Recipes *continued*

Many items that usually contain cows' milk protein can be adapted by using a milk substitute and milk free margarine.

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### White Sauce

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#### Ingredients

20g ( $\frac{3}{4}$  oz, 1tbsp) milk free margarine  
20g ( $\frac{3}{4}$  oz, 1tbsp) plain flour or corn flour  
300ml ( $\frac{1}{2}$  pint) milk substitute  
Salt and pepper to taste

#### Hob Method

Place all ingredients in a pan and heat gently, whisking continuously until sauce thickens.

#### Microwave Method

Place all ingredients in a bowl.  
Whisk to remove lumps.  
Microwave it for 30 seconds and then whisk.  
Repeat this until it makes a smooth sauce.  
Flavour with cooked mushrooms, vegetables or parsley

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### Banana Custard (Hob or microwave)

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#### Ingredients

150ml ( $\frac{1}{4}$  pint) milk substitute  
15g ( $\frac{1}{2}$  oz,  $\frac{1}{2}$  tbsp) milk free custard powder  
1 small banana  
Few drops of lemon juice

#### Method

Mix the custard powder with 2 tablespoons of the milk substitute.  
Gently warm the remaining milk substitute on the hob or in the microwave until almost boiling.  
Remove from the hob/ microwave and pour over the custard paste, stirring continuously.  
Return to the hob/microwave and heat for 2-3 minutes stirring regularly.  
Blend the banana with a few drops of lemon juice and stir into the custard.

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### Rice Pudding

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#### Ingredients

50g (2oz) pudding rice  
600ml (1 pint) milk substitute  
25g (1oz) caster sugar

#### Method

Put rice and milk into a pan.  
Heat gently for 2 hours, stirring occasionally.  
Add sugar and serve.  
Or, put rice, milk and sugar into a greased ovenproof dish and bake in an oven at 150°C (300°F, gas mark 2) for 2 hours, stirring occasionally.

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## Recipes *continued*

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### Easy Ice Cream

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Use soya ready-made custard (e.g. Alpro™, Provamel™), put in ice-cream machine (according to volume specified by the manufacturer) and select the standard ice cream setting. The easiest ice cream ever.

Alternatively, put the custard in the freezer and stir once an hour until almost frozen.

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### Sponge Cake

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Ingredients	Method
120g (4 oz) dairy free margarine	Blend the margarine and sugar together until light and fluffy.
120g (4 oz) caster sugar	
120g (4 oz) plain sifted flour	Beat in the eggs slowly.
1 tsp baking powder	Stir in the flour and baking powder, place in a greased and floured 18cm/7inch cake tin and bake at 180°C (360°F, gas mark 4) for 30-40 minutes.
2 eggs	

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### Helpful Hints

- Use calcium fortified alternative milks (e.g. soya, rice, oat, nut, coconut) to make sauces, pancakes, batter and desserts.
- Allow hot drinks to cool a little before adding soya milk as it may curdle.
- Grate soya hard cheeses on the fine part of the grater if they are not melting very well.
- Use plain milk free yogurts or coconut milk to make curries, raita, stroganoffs, creamy sauces and dips.
- You can use egg white replacer to make a milk free whipping cream or use Soyatoo™ whipping cream (spraycan).
- Use a milk free melting cheese (e.g. Cheezly melting mozzarella™ or Mozzarisella™) on pizza, cheese on toast and on lasagne.
- Use a hard milk free cheese (Sheese™) to make cheese sauces. Grate on the fine part of the grater so that it melts more easily. Using a microwave will save it sticking to the bottom of the saucepan (which also works for milk free custard & porridge).
- Use milk free cream cheese/sour cream or milk free plain yogurt in dips, cheesecakes, quiches and savoury and sweet sauces.

### Useful recipe websites:

[www.allrecipes.com](http://www.allrecipes.com)

[www.bbcgoodfood.com/recipes](http://www.bbcgoodfood.com/recipes)

[www.foodsmatter.com/freefrom\\_recipes/index.html](http://www.foodsmatter.com/freefrom_recipes/index.html)[www.allrecipes.com](http://www.allrecipes.com)

[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

[www.yummly.com](http://www.yummly.com)

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## Useful websites

### Patient Support

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[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) A charity organisation providing information & support for people with severe allergies including information on the availability and use of adrenaline auto-injectors. **Tel: 01252 542 029.**

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[www.allergyuk.org](http://www.allergyuk.org) A charity organisation providing support for people with allergies. **Tel: 01322 619 898.**

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[www.nhs.uk/conditions/food-allergy](http://www.nhs.uk/conditions/food-allergy) NHS choices allergy and intolerance advice.

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[www.nhs.uk/conditions/anaphylaxis](http://www.nhs.uk/conditions/anaphylaxis) NHS choices anaphylaxis advice.

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[www.bda.uk.com](http://www.bda.uk.com) The British Dietetic Association provides fact sheets on food allergy & intolerance, autistic spectrum & allergy testing. **Tel: 0121 200 8080.**

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[www.sparepensinschools.uk](http://www.sparepensinschools.uk) A one-stop resource for anyone who wants to know about anaphylaxis and adrenaline auto-injector “pens” in schools.

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[www.allergyacademy.org/topic](http://www.allergyacademy.org/topic) Useful allergy resources.

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### Online Shopping

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[www.alternativestores.com/vegan-vegetarian-shopping](http://www.alternativestores.com/vegan-vegetarian-shopping) Online vegan shopping

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[www.amyskitchen.co.uk](http://www.amyskitchen.co.uk) Wheat and gluten free meals and soups

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[www.kirstys.co.uk](http://www.kirstys.co.uk) Allergy free ready meals

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[www.veganstore.co.uk](http://www.veganstore.co.uk) A wide range of egg & milk free vegan foods

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[www.veggiestuff.com](http://www.veggiestuff.com) Milk and egg free products

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## Useful websites *continued*

### Product websites

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[www.alpro.com](http://www.alpro.com) Soya and nut milks.

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[www.buteisland.com](http://www.buteisland.com) Milk free cheeses.

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[www.coconutsecret.com](http://www.coconutsecret.com) Coconut based products.

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[www.coconutco.co.uk](http://www.coconutco.co.uk) Coconut yogurts and ice cream.

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[www.coyo.com](http://www.coyo.com) Coconut milk based ice cream and yogurt.

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[www.dairyandglutenfreedesserts.co.uk](http://www.dairyandglutenfreedesserts.co.uk) Milk and egg free desserts.

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[www.granovita.co.uk](http://www.granovita.co.uk) & [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk) Milk and egg free mayonnaise.

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[www.kokodairyfree.com](http://www.kokodairyfree.com) Coconut based milks, yoghurts and cheeses.

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[www.moofreechocolates.com](http://www.moofreechocolates.com) Wide range of milk free chocolates (please check labels as some contain soya lecithin).

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[www.mozzarisella.co.uk](http://www.mozzarisella.co.uk) Rice based cheeses.

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[www.orgran.com](http://www.orgran.com) Egg, dairy, wheat, gluten & yeast free products & egg replacer.

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[www.plamilfoods.co.uk](http://www.plamilfoods.co.uk) Milk free products.

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[www.purefreefrom.co.uk](http://www.purefreefrom.co.uk) Milk free margarines.

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[www.vbitesfoods.com](http://www.vbitesfoods.com) Milk free cheeses.

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[www.vegusto.co.uk](http://www.vegusto.co.uk) Milk free cheese (nut based) and vegan products.

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[www.violife.gr](http://www.violife.gr) Milk and egg free cheeses.

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[www.zerozebra.com](http://www.zerozebra.com) Rice chocolates.

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# Suggested meal pattern

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## Food groups

## Personalised suggestions

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### Breakfast

Bread, cereals and other starchy foods.

Milk and dairy alternatives.

Meat, fish, eggs, beans and other non-dairy sources of protein.

Fruit.

Drink.

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### Mid morning snack

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### Lunch

Meat, fish, eggs, beans and other non-dairy sources of protein.

Bread, rice, potatoes, pasta and other starchy foods.

Vegetables.

Fruit.

Dairy food alternatives.

Drink.

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### Mid afternoon snack

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### Evening

Meat, fish, eggs, beans and other non-dairy sources of protein.

Bread, rice, potatoes, pasta and other starchy foods.

Vegetables.

Fruit.

Dairy food alternatives.

Drink.

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### Supper

Bread, cereals and other starchy foods.

Milk and dairy free alternatives.

Fruit.

Drink.



**Notes:**

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- for details see [www.bda.uk.com](http://www.bda.uk.com)

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