

# Guide to Complex Intolerances

## Cow's Milk

### Cow's milk intolerance

If you have a cows' milk intolerance your body reacts negatively to the milk protein. This does not mean however that you will automatically have the same reaction to sheep or goat's milk, but it is advisable to remove all animal milks if you react to cow's milk.

Milk intolerance is different to Lactose Intolerance; if you have a positive reaction to cow's milk, you should avoid lactose-free milk as well. This is because the reaction involves the milk protein, not the milk sugar (lactose).

#### Milk or milk products to avoid:

- Fresh, long-life, homogenised and sterilised whole, semi-skimmed and skimmed milk.
- All powdered milk, tinned milk, milk drinks and prepared instant powdered hot or cold malted, chocolate or coffee drinks.
- Cream, butter, margarine, ice cream, yoghurt, cheese.
- Casein, caseinate, hydrolysed casein, milk solids, whey, lactose or lactalbumin.



Milk can also be called:

| Lactoglobulin

| Casein

| Lactose

| Lactalbumin

| Caseinate



## Processed foods likely to contain milk

- Baked goods such as bread, rolls, pancakes, scones, cakes, biscuits and packet snacks.
- Instant mashed potato, soup, ready meals, processed meats and sausages, custards, puddings, sauces, chocolate and confectionery.

*Some medicines and supplements contain milk products... check with your healthcare provider if unsure.*

## Replacements for a balanced diet

To ensure you maintain a balanced diet that provides protein, calcium and fat soluble vitamins, you can supplement your diet with a variety of dairy alternatives. These include:

- | Coconut, rice, almond, hemp or oat milk
- | Sunflower or olive oil spreads
- | Soya or nut based cheese

## Did you know the following foods contain calcium...?

| Soya Milk  
| Legumes  
| Leafy greens  
| Broccoli

| Nuts  
| Fish  
| Oatmeal  
| Tofu

| Sesame Seeds  
| Seaweed  
| Dried Figs

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