

MILK ALLERGY

FOOD ALLERGIES

Children with a milk allergy must avoid milk in all forms and anything containing traces of milk. This includes all milk and dairy products, including “lactose free” versions of all dairy products.

Did you know that galactose, ghee and casein all contain milk? Always read the whole ingredient label to look for the names of milk. Milk ingredients may be in the list of ingredients, or milk could be listed in a “Contains: Milk” statement beneath the list of ingredients.



LABELING MILK AS AN ALLERGEN

Products and packaging materials covered by the regulations from the South African Department of Health relating to the labelling and advertising of foods (R146 of 1 March 2010) that contain common allergen(s) must be labelled in plain English to declare that it “contains: (allergen(s))”. Thus if a product contains milk it should appear on the label, “contains: milk”.

Also, if it is not self-evident from the name of the ingredient that it is an allergen, the allergen MUST be indicated next to the ingredient, or at least listed in a “contains: milk” statement beneath the list of ingredients.

TAKE ALL FOOD ALLERGIES SERIOUSLY - TRACE AMOUNTS OF FOODS CAN CAUSE A REACTION

IDENTIFICATION OF HIDDEN MILK ALLERGEN IN FOOD:

The draft regulations from South African Department of Health relating to the labelling and advertising of foods (R429 of 29 May 2014) state that the following ingredients found on a label indicate the presence of milk. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

CONTAINS MILK

- | | |
|-----------------------------|--|
| ⊙ Artificial butter flavour | ⊙ Lactalbumin |
| ⊙ Butter | ⊙ Lactalbumin phosphate |
| ⊙ Butter fat | ⊙ Lactose |
| ⊙ Buttermilk solids | ⊙ Milk derivate |
| ⊙ Casein | ⊙ Rennet casein |
| ⊙ Caseinate | ⊙ sour cream |
| ⊙ cheese | ⊙ sour milk solids |
| ⊙ cream curd | ⊙ whey or whey powder |
| ⊙ de-lactosed whey | ⊙ whey protein concentrate milk solids |
| ⊙ dry milk solids | |

MAY CONTAIN MILK

- ⊙ Caramel flavouring
- ⊙ Caramel colour
- ⊙ High protein flavour
- ⊙ Natural flavouring

NOTE: “non-dairy” products may contain casein

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Consult a medical practitioner and registered dietitian (RD) to get recommendations and professional advice when dealing with allergies.

✉ To contact RD, Chantelle van der Merwe, email chantelle@essnutriments.co.za or find a dietitian on www.adsa.org.za

🌐 You can also visit the Allergy Society of South Africa at <http://www.allergysa.org>

essential **nutriments**

REGISTERED DIETITIANS



PR.NO. 0516729