



Milk

One of the nine most
common food allergens



Allergic reactions

Severe allergic reactions (e.g. anaphylactic reaction) occur when the body's immune system strongly reacts to a particular allergen protein or irritant. These reactions may be caused by food, insect stings and medications. In Canada, the nine priority food allergens are peanuts, tree nuts, sesame seeds, milk, eggs, fish (including crustaceans and shellfish), soy, wheat and sulphites.

What are the symptoms of an allergic reaction?

When someone comes in contact with an allergen, the symptoms of a reaction may develop quickly and rapidly progress from mild to severe. The most dangerous symptoms include breathing difficulties, a drop in blood pressure or shock, which may result in loss of consciousness and even death. Severe allergic reactions can occur quickly and without warning. A person experiencing an allergic reaction may have **any** of the following symptoms:

- Flushed face, hives or a rash, red and itchy skin
- Swelling of the eyes, face, lips, throat and tongue
- Trouble breathing, speaking or swallowing
- Anxiousness, distress, faintness, paleness, sense of doom, weakness
- Cramps, diarrhea, vomiting
- A drop in blood pressure, rapid heart beat, loss of consciousness

How are food allergies and severe food allergy reactions treated?

Currently there is no cure for food allergies. The only option is complete avoidance of the specific allergen. Appropriate emergency treatment for a severe food allergy reaction includes an injection of epinephrine (adrenalin), which is available in an auto-injector, such as an EpiPen[®]. Adrenalin must be administered as soon as symptoms of a severe allergic reaction appear. The injection is followed by further treatment and observation in a hospital emergency room. If your allergist has diagnosed you with a food allergy and prescribed epinephrine, carry it with you all the time and know how to use it. Follow your allergist's advice on how to use an EpiPen[®].

Frequently asked questions about milk allergies

I have a milk allergy. How can I avoid a milk-related reaction?

Avoid all food and products that contain milk and milk derivatives, including any product whose ingredient list warns it “may contain” milk.

Can a milk allergy be outgrown?

Studies show that two to four per cent of infants are milk allergic and most outgrow their allergy by three years of age. However, a severe milk allergy can last a lifetime. Consult your allergist before reintroducing milk products.

What is the difference between a milk allergy and lactose intolerance?

When someone has a milk allergy his/her immune system has an abnormal reaction to milk proteins, which may be life-threatening. When a person is lactose intolerant, his/her body does not have enough of the enzyme lactase, needed by the digestive system, to break down the milk sugar lactose. Symptoms include abdominal pain, bloating and diarrhea after milk ingestion. If you are unsure whether you have a milk allergy or lactose intolerance, consult an allergist.

How can I determine if a product contains milk or milk derivatives?

Always read the ingredient list carefully. Milk and milk derivatives can often be present under different names, e.g., casein. Do not forget that cross-contamination, e.g., using the same knife that was just used to spread butter, can also be a potential source of the allergen.

What do I do if I am not sure whether a product contains milk or milk derivatives?

If you have a milk allergy, do not drink or eat or use the product. Get ingredient information from the manufacturer.

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Avoiding milk and milk derivatives

Make sure you read product labels carefully to avoid products that contain milk and milk derivatives. Always ask questions about food preparation, ingredients and the possibility of cross-contamination when eating out and buying food from retail food outlets, e.g., in-store bakeries, shopping centre food outlets. Avoid food and products that do not have an ingredient list and read labels **every time** you shop. Manufacturers may occasionally change their recipes or use different ingredients for varieties of the same brand. Refer to the following list before shopping:

Other names for milk

Ammonium/calcium/magnesium/potassium/sodium caseinate
Casein/caseinate/rennet casein
Curds
Delactosed/demineralized whey
Dry milk/milk/sour cream/sour milk solids
Hydrolyzed casein, hydrolyzed milk protein
Lactalbumin/lactalbumin phosphate
Lactate/lactose
Lactoferrin
Lactoglobulin
Milk derivative/fat/protein
Modified milk ingredients
Opta™, Simplese® (fat replacers)
Whey, whey protein concentrate

Avoid food and products that do not have an ingredient list and read labels every time you shop.

Possible sources of milk

Artificial butter, butter fat/flavour/oil, ghee, margarine
Baked goods and baking mixes e.g., breads, cakes, doughnuts
Fried foods
Brown sugar, high-protein flour
Buttermilk, cream, dips, salad dressings, sour cream, spreads
Caramel colouring/flavouring
Casein in wax, e.g., fresh fruits and vegetables
Casseroles, frozen prepared foods
Cereals, crackers
Cheese, cheese curds, cottage/soy cheese
Cross-contamination, e.g., containers, deli meat slicers, food
in deep fryers, utensils
Egg/fat substitutes
Flavoured coffee, coffee whitener
Desserts, e.g., custard, frozen yogurt, ice cream, pudding,
sherbet, yoghurt
Gravy, sauces
Glazes, nougat
Kefir (milk drink), kumiss (fermented milk drink), malt drink
mixes
Meats, e.g., canned tuna, deli/processed meats, hot dogs,
pâtés, sausages
Non-dairy products, e.g., kosher food
Pizza
Potatoes, e.g., instant/mashed/scalloped potatoes, seasoned
french fries/potato chips
Seasonings
Snack foods, e.g., candy, chocolate, fruit bars, granola bars
Soups, soup mixes
Tofu

Non-food sources of milk

Cosmetics
Medications
Pet food

Ingredients that do not contain milk protein

Calcium/sodium lactate
Calcium/sodium stearoyl lactylate
Cocoa butter
Cream of tartar
Oleoresin

Note: These lists are not complete and may change. Food and food products purchased from other countries, through mail-order or the Internet, are not always produced using the same manufacturing and labelling standards as in Canada.

What can I do?

Be informed

See an allergist and educate yourself about food allergies.
Contact your local allergy association for further information.

If you or anyone you know has food allergies or would like to receive information about food being recalled, sign up for the Canadian Food Inspection Agency's (CFIA) free e-mail "Allergy Alerts and Food Recalls" subscription service available at www.inspection.gc.ca. When you sign up you will automatically receive food recall public warnings.

Before eating

Allergists recommend that if you do not have your EpiPen[®] with you, that you not eat. If an ingredient list says a product "may contain" or "does contain" milk or milk derivatives, do not eat. If you do not recognize an ingredient or there is no ingredient list available, avoid the product.

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What is the Government of Canada doing about food allergens?

The Government of Canada is committed to providing safe food to all Canadians. The CFIA and Health Canada work closely with municipal, provincial and territorial partners and industry to meet this goal.

The CFIA enforces Canada's labelling laws and works with associations, distributors, food manufacturers and importers to ensure complete and appropriate labelling of all foods. The CFIA recommends that food companies establish effective allergen controls to minimize the potential for allergic reactions. When the CFIA becomes aware of a potential serious hazard associated with a food, such as undeclared allergens, the food product is recalled from the marketplace and a public warning is issued.

The *Food and Drug Regulations* require that most pre-packaged foods carry a label and that their ingredients appear in a list in decreasing order of proportion. However, they do not currently require components (e.g. ingredients of ingredients) of certain foods and products, such as flavouring, seasoning, spices and vinegar, to be listed on food labels.

Health Canada has worked with the medical community, consumer associations, and the food industry to enhance labelling requirements for priority allergens, gluten sources and sulphite in pre-packaged foods sold in Canada. These regulations would require that the most common food and food ingredients that cause life-threatening or severe allergic reactions are always identified by their common names that consumers can easily recognize on food labels.

The CFIA recommends that food companies establish effective allergen controls to minimize the potential for allergic reactions.

Where can I get more information?

For more information on food allergies and to subscribe to the free "Allergy Alerts and Food Recalls" e-mail subscription service, contact the CFIA at www.inspection.gc.ca or **1 800 442-2342** (8:00 am to 4:00 pm local time – Monday to Friday).

For information on this and other Government of Canada programs and services call **1 800 O-Canada** (**1 800 622-6232**) **TTY 1 800 465-7735**

Below are some of the organizations that can provide additional allergy information:

Allergy/Asthma Information Association www.aaia.ca
(English only)
Anaphylaxis Canada www.anaphylaxis.ca (English only)
Association Québécoise Des Allergies Alimentaires
www.aqaa.qc.ca (French only)
Canadian Society of Allergy and Clinical Immunology
www.csaci.medical.org (English only)
Health Canada www.hc-sc.gc.ca

Developed in consultation with the Allergy/Asthma Information Association, Anaphylaxis Canada, Association Québécoise Des Allergies Alimentaires, the Canadian Society of Allergy and Clinical Immunology and Health Canada.