

NORTH KITSAP EAR, NOSE AND THROAT

KITSAP ALLERGY CARE

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FOOD ALLERGIES / INGREDIENTS TO AVOID

DAIRY ALLERGY

Ingredients to Avoid:

- Casein
- Whey
- Whey solids
- Buttermilk solids
- Curds
- Milk solids
- Lactalbumin
- Caseinate
- Sodium caseinate
- Cream

Foods Commonly Containing Dairy:

- Beverages including milk, buttermilk, hot chocolate, “non-dairy” creamers
- Baked goods including baking mixes and frostings
- Spreads including butter and many margarines
- Cheeses
- Boxed dinners/foods such as macaroni and cheese, mashed potatoes, puddings, gravies, vegetables in cream, cheese or butter sauces, canned pasta meals
- Prepared meats including hot dogs and lunch meats
- Salad dressings often have cheese or other sources of dairy
- Yogurt (including frozen)
- Frozen desserts such as ice cream, sherbet and sometimes sorbet
- Whipped topping
- Many types of chocolate (cocoa powder is dairy free)

Helpful websites for food allergies:

<http://www.foodallergy.org/home>

<http://www.niaid.nih.gov/topics/foodAllergy/Pages/default.aspx>

<http://www.mayoclinic.com/health/food-allergy/DS00082>

<http://home.allergicchild.com/allergies>