

Milk free | Lactose Free | Vegan

Milk Allergy

Milk Allergy is one of the most common allergies in the UK, approximately 1% higher than gluten free of the UK population. Currently the hospitality industry tends to neglect the milk allergy customer, unable to provide desserts or suitable alternative to menu items.

Products containing milk

- Milk
- Cheese
- Yoghurt
- Butter
- Milk proteins
- Casein
- Whey
- Fromage Frais

Found in

- Bread & Cake
- Crisps
- Snacks
- Biscuits
- Pureed vegetables
- Ready meals
- Drinks

The reactions to a milk allergy can range from severe (anaphylaxis) to mild, these reactions can vary each time a person consumes milk, dependant on how they feel, if they have completed exercise.

Severe reactions will usually only occur when the milk protein is ingested although reactions can be triggered by either touch or inhalation.

Milk Alternatives

Soya, Rice, Coconut, Buffalo, Oat, Hemp, Almond.

There are a variety of cheese, milks and cream alternatives made from the above base ingredients.

Lactose Intolerant

Milk contains a type of sugar called lactose; people who have a shortage of the enzyme lactase can suffer from lactose intolerance. Without the enzyme their body can't break down the milk sugar into simpler forms that can be absorbed into the bloodstream, thus causing symptoms which can include bloating, nausea, diarrhoea, aching joints & brain fog to name a few.

These symptoms can be debilitating and last for days or up to a week, request should be taken seriously from this customer and cross contamination avoided.

There are products on the market which are specifically processed to remove lactose e.g.: Milk, cream, spreads. It should be noted that some of these products **can still contain milk proteins** which are NOT suitable for the milk allergy sufferer.

Vegan

The caterer should not assume that because a product is labelled vegan that is safe for someone with an allergy to milk.

Currently the vegan society have accredited products which are labelled 'May contain' for example milk. This labelling will be in place due to the methods of manufacturing, and it may not be possible to ensure that the line which is used is cleaned to a safe level.

Top Tip

Where possible avoid using Lactose free products it is far better to have a dairy free / milk free product which is suitable for all your guests' dietary requirements.

We would also recommend avoiding soya products – use sunflower.

Facts

Under the FIR regulations cow's milk must always be declared and **highlighted** in the ingredient list. Milk can also be labelled as whey, casein, sodium caseinate and calcium caseinate. These are all forms milk protein and must also be avoided for those with a milk allergy.

Most adults with a milk allergy also have asthma.

Cow's milk allergy may begin in adult life or persist from childhood (Some children can outgrow a milk allergy). In the adult age group, however, this form of allergy is rare, with an estimated prevalence of approximately 1 adult in 200 (Woods RK et al 2002) (Zuberbier T et al 2004). (Anaphylaxis Campaign)