

Milk Allergy vs. Lactose Intolerance

KNOW THE DIFFERENCE

COW'S MILK ALLERGY	LACTOSE INTOLERANCE
<p>Cause</p> <ul style="list-style-type: none"> • Your immune system treats the proteins in milk as a threat. • This causes your immune system to attack the protein and your body makes a reaction. 	<p>Cause</p> <ul style="list-style-type: none"> • Your body cannot break down the sugar in milk (lactose), which causes symptoms in your digestive system. • Does not involve the immune system.
<p>Age</p> <ul style="list-style-type: none"> • Usually starts before age 1 • Most children outgrow it by age 3 	<p>Age</p> <ul style="list-style-type: none"> • Usually starts after age 2
<p>Possible Symptoms</p> <p>Skin</p> <ul style="list-style-type: none"> • Red, itchy, rash, swelling <p>Airways</p> <ul style="list-style-type: none"> • Trouble breathing or swallowing, runny nose, coughing • Tingling, itchy, swollen lips or mouth <p>Digestion</p> <ul style="list-style-type: none"> • Diarrhea, stomach cramps, nausea, vomiting <p>Anaphylaxis</p> <ul style="list-style-type: none"> • Severe allergic reaction, can result in death if not treated 	<p>Possible Symptoms</p> <p>Only affects digestion</p> <ul style="list-style-type: none"> • Diarrhea • Stomach cramps • Nausea • Vomiting • Bloating • Gas
<p>How to Diagnose</p> <ul style="list-style-type: none"> • Diagnosis should always be done by a qualified medical professional, such as an allergy specialist. Talk to your health care provider about the possible tests that can be done. 	<p>How to Diagnose</p> <ul style="list-style-type: none"> • Diagnosis should always be done by a qualified medical professional, such as an allergy specialist. Talk to your health care provider about the possible tests that can be done.
<p>Treatment</p> <ul style="list-style-type: none"> • Do not consume any food or drinks that contain milk protein. • Breastfeed, if possible, exclusively for 6 months to age 2 and beyond. • If formula feeding, talk to your health care provider about a formula that would be appropriate for your infant. 	<p>Treatment</p> <ul style="list-style-type: none"> • Reduce intake of food and drinks that contain lactose (many people with lactose intolerance can consume some lactose with no symptoms). • If you have symptoms, choose foods and drinks that are low lactose or lactose-free. • Ask a pharmacist about a lactase enzyme supplement to help improve symptoms; it helps to break down lactose for you.

READ LABELS TO IDENTIFY SOURCES OF MILK

Nutrient Claims to Look For:

- Contains milk
- May contain milk
- Contains milk ingredients
- May contain milk ingredients



Ingredients: Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Corn Syrup, Partially Hydrogenated Soybean and/or Cottonseed Oil, Brown Sugar, Palm Oil, Modified Corn Starch, Leavening (baking soda, monocalcium phosphate, sodium aluminum phosphate), Cinnamon, Salt, Corn Starch, Distilled Monoglycerides, Xanthan Gum, Soy Lecithin, Cellulose Gum, Colour Added.

CONTAINS WHEAT AND SOY; MAY CONTAIN MILK INGREDIENTS.

Words to Look For in the Ingredient List:

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| • Butter | • Dried milk |
| • Butter solids/fat | • Evaporated milk |
| • Buttermilk | • Half and half |
| • Casein | • Sour cream |
| • Caseinate | • Ice cream |
| • Rennet casein | • Lactoalbumin |
| • Calcium caseinate | • Lactoglobulin |
| • Sodium caseinate | • Lactoferrin |
| • Potassium caseinate | • Lactose |
| • Cheese | • Malted milk |
| • Cheese flavour | • Milk fat |
| • Condensed milk | • Modified milk ingredients |
| • Cream | • Milk powder |
| • Cultured milk | • Milk protein |
| • Curds | • Milk solids |
| • Demineralized whey | • Sour milk solids |
| • Delactosed whey | |

- Whey
- Whey protein concentrate
- Yogurt

Ingredients: Organic Corn Meal, Expeller-Pressed Sunflower Oil, **Whey**, Cheddar **Cheese** (Milk, Sea Salt, **Cheese** Cultures, Enzymes), Maltodextrin, Sea Salt, Natural Flavours, Organic Sour **Cream** (Cultured Organic **Skim Milk**, Organic Cream, Cornstarch, Dry Organic **Skim Milk** [Acidophilus and Bifidus Cultures Added]), Torula Yeast, Lactic Acid, and Citric Acid.

CONTAINS MILK INGREDIENTS.