PRACTICAL TIPS FOR PARTICULAR SITUATIONS

WHEN ON THE MOVE

Juice and fruit are easy to get hold of but for a more filling alternative, it's easier to bring your own food, e.g. a pasta salad with vegetables and cold cuts of meat.

ABROAD

Special diets on airlines can be ordered when booking but if the flight is a long one, it's worth taking your own food with you to be on the safe side.

At **www.transportstyrelsen.se** you will find information on the rules about what food of your own you can bring on board and any certificates you will need.

It's best to book self-catering accommodation. On trips, it's a good idea to take a food flask with you for home-cooked food. The Swedish Asthma and Allergy Association website **www.alltomallergi.se** allows you to "tailor" your own allergy card in 27 different languages.

IN CAFÉS

Large cafés/food chains often have detailed information about the ingredients in their food available if you ask. There is usually a dairy-free option, plus milk-free caffè latte, juice and fruit.

AS A GUEST

As a guest – emphasise that you need to avoid milk protein and not lactose. Give suggestions for dairy-free dishes/products. Offer to bring your own food if you feel uncertain.

IN RESTAURANTS

Emphasise that you need to avoid milk protein and not lactose. Ask the waiter to repeat what you have ordered to make sure you have been understood correctly. Remind the personnel that the food must not be cooked in butter.

WWW.KOMJOLKSALLERGI.SE

- Symtom and treatment
- Practical advices
- Questions and answers
- Recipes and food

OTHER GOOD WEBSITES:

www.allergimat.com
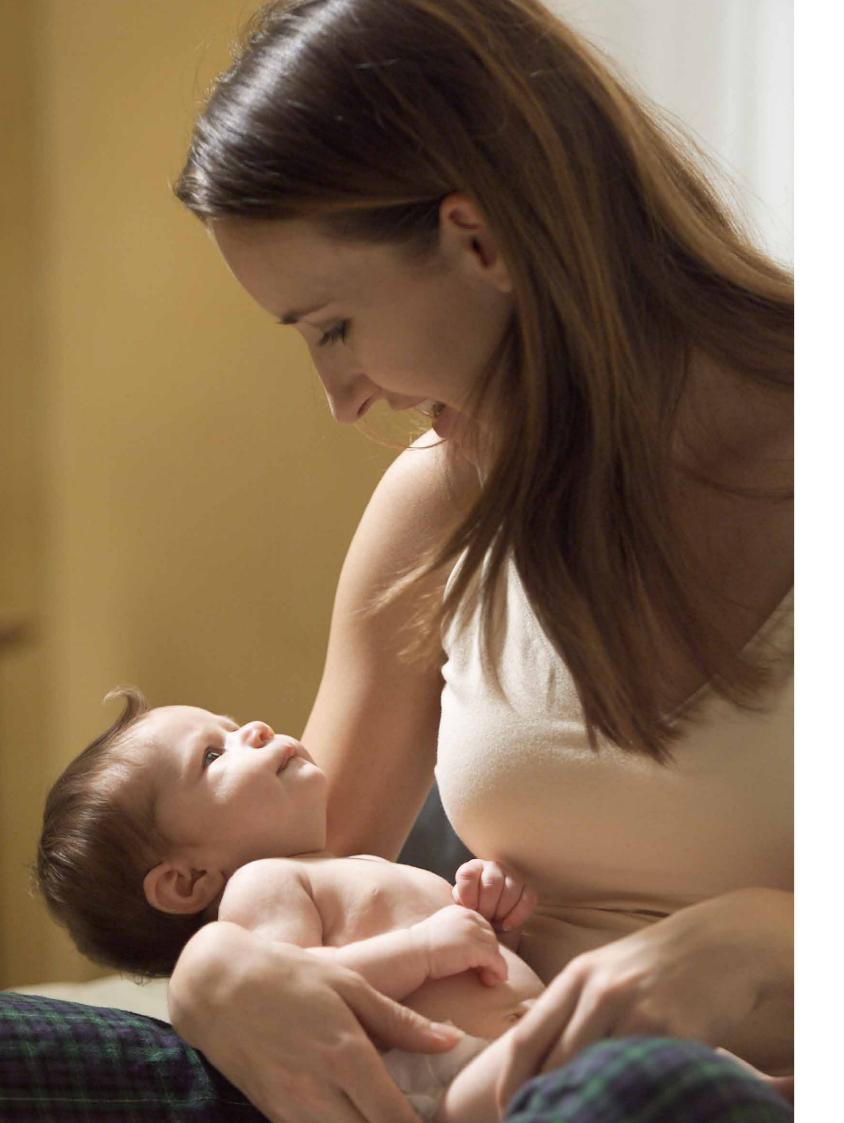www.alltomallergi.se
www.celiaki.se
www.mjolkfri.com
www.nutricia.se

The folder is written by Reg. Dietitian Sara Ask.

Nutricia, maj 2016:646

YOU HAVE BEEN GIVEN THIS LEAFLET BECAUSE YOU ARE BREAST-FEEDING AND NEED TO AVOID PROTEIN FROM COW'S MILK.

This leaflet provides guidance for removing cow's milk protein from your diet. Consult your doctor/dietitian about how strict you need to be. If your baby has had a reaction to weaning foods containing cow's milk, e.g. porridge, but has not had a reaction to breast milk, you may not need to change anything in your diet.

BREAST-FEEDING ON A DAIRY FREE DIET

Nutricia
Phone: 08-24 15 30
www.nutricia.se

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Advanced Medical Nutrition

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Advanced Medical Nutrition

SUGGESTIONS FOR SUITABLE DAIRY-FREE FOODS

BREAKFAST/SNACK
Half an avocado, milk-free sandwich (topping suggestions below), milk-free pancakes, oat porridge with an oat/soya drink and jam or apple purée, oat or soya yoghurt with milk-free cereal, egg, fruit salad, fruit soup/purée, bought or home-made oat smoothie.

When using soya drinks in coffee/tea: pour in the soya drink first and the coffee/tea second and the soya drink won't curdle.

FAT
Milk-free margarine (ideally enriched with vitamin D) or cooking oil, e.g. rapeseed oil or olive oil. Many common margarines are milk-free.

TOPPINGS: NATURALLY MILK-FREE
Sliced vegetables such as avocado, tomato and cucumber, jam and marmalade, ham, turkey, sliced egg, cold sliced boiled potatoes. Hummus, tapenade and real mayonnaise normally do not contain any milk products.

TOPPINGS
Choose milk-free alternatives (read the ingredients)

Margarine, liver pâté, fish spreads (kaviar), meatballs or sausage cold cuts.

STUFFING, SAUCES AND MIXES
Vegetable stock, oat/soya cream, coconut milk, meat/fish stock, real mayonnaise or Rapsy Frutty, which is a powder made from oil and starch that can be mixed with water to replace sour cream.

CAKES, BUNS, BISCUITS:
Check the frozen food counter for products without milk, including buns and chocolate cake. If you do your own baking, replace butter with milk-free margarine, replace milk with oat/rice/soya drinks and replace cream with oat/coconut/soya cream. Choose milk-free breadcrumbs and dark, milk-free chocolate. For vanilla sauce, mix (milk-free) powder (kokmarsanpulver) with an oat drink.

READ THE INGREDIENTS

Milk can be present in several different foods, also when you do not expect it, so make a habit of reading the ingredients. Watch out for the following words, all of which may contain milk:

Animal fat	Cream cheese	Kesella	Milk egg white	Sour milk and sour
Breadcrumbs	Cream, cream powder	Lactose	Nougat	milk products
Butter	Cultured milk	Margarine	Processed chees	Whey
Buttermilk	Dried milk	Milk albumin	Skimmed milk,	Whey cheese
Casein, caseinate	Feta cheese	Milk chocolate	powder	Whey butter
Cheese	Gruel	Milk, milk powder	Soft cheese	Yoghurt
Cottage cheese	Ice cream	Milk protein	Sour cream	

Sheep's, goat's and buffalo milk contain protein similar to that found in cow's milk and should therefore also be avoided.

* Lactose as an ingredient in medicines is pure and does not need to be avoided.

Please note the list does not include everything. The above are examples of common ingredients that contain milk.

ALLERGY LABELLING IN RESTAURANTS
You have the right to know if food in restaurants and food sold loose by weight contains milk. Restaurants and other who cook food which are pre packed must be able to state whether the food contains milk and are not allowed to blame ignorance.

ALLERGY LABELLING – READ THE INGREDIENTS
In a list of ingredients the ingredients are shown in descending order by weight. This means that the product contains the largest amount of the ingredient at the top of the list and the smallest amount of the ingredient at the bottom of the list. Food will have milk and some other ingredients which relatively often cause allergic reactions printed in fat text type (or other enhanced way). Milk must not be covered e.g. in the word breadcrumbs, it will then has to be lifted out as this: "breadcrumbs **(milk)**".

TIPS AND GOOD ADVICES

ASK FOR HELP
Are there grandparents about who love baking? Ask them for help. They might have more free time to bake a batch of milk-free bread or something else you'd love to eat. At the same time they'll be learning to deal with a milk-free diet.

RECIPE TIPS
- Make your own oat smoothie from, e.g. puréed banana, berries and an oat drink, or mix the oat drink with a little fruit nectar or concentrate.
- Make a creamy avocado dip from mashed avocado, garlic and a little herb salt.
- Milk in pancakes can be replaced by oat drinks. Remember to fry in rapeseed oil or milk-free margarine.

NATURALLY MILK-FREE FOOD
Take inspiration from other food cultures where milk, cheese and butter are rare ingredients, e.g. Chinese, Vietnamese, Japanese, Thai or Korean cuisine.

TRAPS TO WATCH OUT FOR
Crisps, chocolate, factory-made meringues, food coated in breadcrumbs, powdered sauces, powdered soups and other ready or semi-ready meals may contain milk, so read the ingredients. It is also easy to choose milk-free ingredients but then accidentally fry them in butter, for example.

WHY ISN'T IT ENOUGH TO CHOOSE LOW-LACTOSE PRODUCTS?
When you are breastfeeding, small amounts of protein from the food you eat are transferred into your breast milk. If a breast-fed baby has problems when the mother eats dairy products, it is the milk protein and not the milk sugar (lactose) that causes them. Lactose-free products based on milk contain just as much milk protein as ordinary milk products and can therefore not be part of a diet free of protein from cow's milk. Lactose intolerance normally first appears at school age and is not an allergy but is due to a limited ability to break down lactose.

CONTACT WITH A DIETITIAN
Dairy-free diets risk being too low in energy and nutrients such as vitamin B, vitamin D and calcium. When you are breastfeeding, you have a particularly great need for nutrients. It is a challenge to breastfeed on a special diet and still get enough of everything you need to get through the day with a young baby. Ask to see a dietitian for guidance and advice designed for you and your needs.

ENERGY BOOSTS
- Double the topping on your sandwiches.
- Make a vinaigrette dressing for your salad.
- Drizzle dairy-free liquid margarine over freshly cooked vegetables – it isn't just richer in energy, it tastes great too.
- Focus more on high energy food than on salad and vegetables.
- Remember to snack. Even pastries are approved as a source of energy if you are finding it difficult to meet your energy needs.
- Energy-boost smoothie: whip or shake up 100 ml enriched oat drink, 1 tablespoon of rapeseed oil and 75 ml mango and banana purée. It's a refreshingly good smoothie that provides almost a tenth of your average energy needs while breastfeeding, plus vitamins C and D, calcium and some other nutrients too.

On the back of the page you can find more practical tips for special situations.