

All about Milk Substitutions

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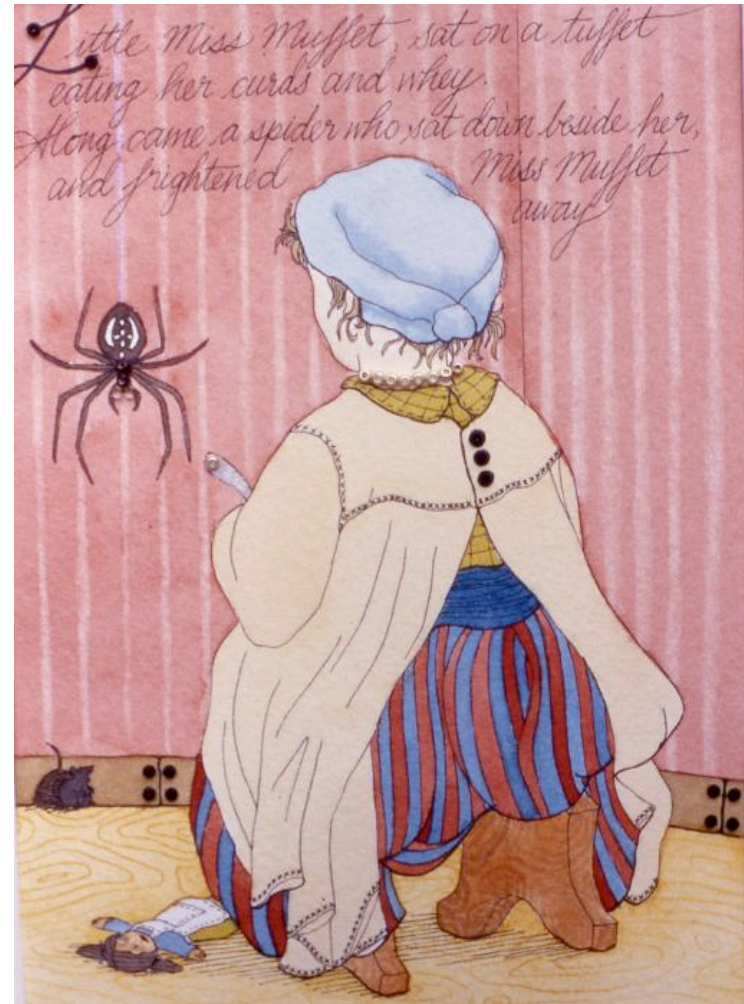
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Miss Muffet's Diet

Cow's milk is 80%
casein (curds)
and 20% whey.

Other words to look for
on labels include
lactoalbumin
lactoglobulin
sodium caseinate



Wow!

Over 40 allergens in
cow's milk!

Food Allergy Labeling and Consumer Protection Act



FALCPA says that the 8 major allergens must be easily identified on FDA foods. FDA does not regulate meat and poultry.

USDA



The USDA regulates meat, poultry, egg and mixed food with more than 3% raw meat or poultry. You may not see allergen labeling on USDA-regulated foods. It is not required.

Plain, easily recognized wording

INGREDIENT STATEMENT

FILLER: Water, Pinto Beans, Low Fat Cheddar Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Cheese Color, Enzymes), Cornstarch, Canola Oil, Paprika, Salt, Flavorings, Onions, Spices, Sugar, Citric Acid, WHOLE WHEAT FLOUR

TORTILLA: Stone Ground Whole Wheat Flour, Unbleached Wheat Flour, (Enriched with Iron, Niacin, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, White Wheat Fiber, (Wheat Fiber), Guar Gum, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalicum Phosphate), dough Conditioner (Calcium Sulfate, L-Cysteine Hydrochloride, Ascorbic Acid) and Salt.

Contains: Soy, Wheat & Milk

Part-skim milk is easily seen in this food label.

Contains.....

Nutrition Facts

Ingredients: Enriched flour (flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono- and diglycerides.

▶ **Contains:** Wheat, Milk, Egg, and Soy.

Any Cookie Company
College Park, MD 20740

Whey is listed in the ingredients, but the more common word “milk” is listed in the “Contains” statement.

Common word in parenthesis



This label shows the scientific word, “sodium caseinate,” with the more common word in parentheses beside it (“a milk derivative). It also shows milk in the Contains Statement.

What about cross contamination?

Warnings are Voluntary!

Manufacturers **do not** have to disclose that their food is produced on a line with..., or manufactured in a facility that also processes....

If the food in question does not have a statement, it is because the company has chosen not to include it.

It is then up to the consumer to decide if this warrants a phone call to find out about cross-contamination at the production plant.

Pareve

Pareve means “not meat” and “not milk.”

The circle with the U inside it is the symbol for pareve.

Under Jewish law, a food may be considered pareve even if it contains a very small amount of milk. Consider this “non-dairy” creamer that contains sodium caseinate, yet the food is considered pareve.



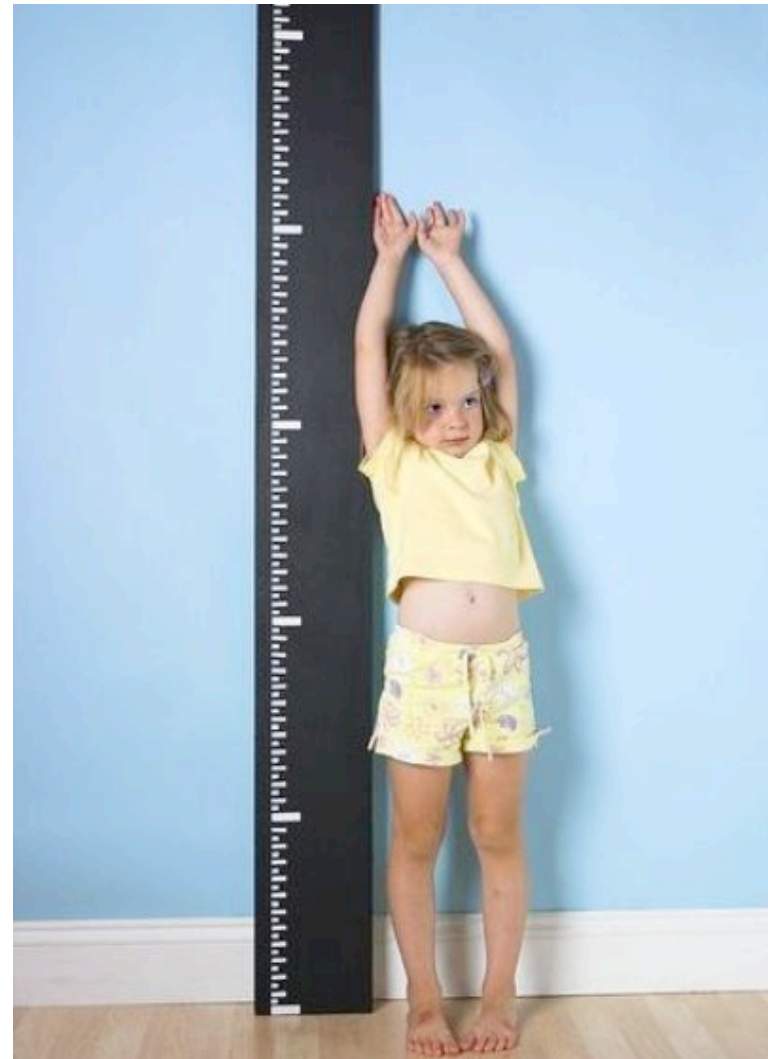
Question

- Are eggs a dairy food? Although many people consider eggs to be a dairy food because of the location of eggs in the grocery store (near the milk and cheese!), eggs are not a dairy food and are safe for people with allergy to cow's milk.



Why do kids need the nutrients in cow's milk?

- Bones
- Teeth
- Nervous system
- Blood pressure
- Muscles
- Weight
- Growth



How much calcium do kids need?

- 1-3 years old 500 mg
- 4-8 years old 800 mg
- 9-18 years old 1300 mg
- 19+ 1000 mg
- 51+ 1200 mg
- 8 oz milk = 300 mg calcium



The average healthy adult has over 2
lbs of calcium in their body!!!

The word "WOW!" is written in a bold, stylized font. The 'W' is blue, the 'O' is green, and the second 'W' is yellow. The exclamation point is pink. The letters have a slightly distressed or hand-drawn appearance with some white highlights and shadows.

Why do kids need Vitamin D?

- Bones
- Teeth
- Nervous system
- Immunity
- Lungs



How much Vitamin D do kids need?

- 400 IU, 10 mcg
- 8 ounces milk = 113 IU Vitamin D



Choosing milk substitutes

- Taste
- Cost
- Convenience
- Nutrition



Infant Formula - Soy



- Per 8 oz:
- 170 mg Calcium
- 144 IU Vitamin D
- 5 grams Protein
- \$6 per 32 oz

Infant Formula Extensively Hydrolyzed

- Per 8 oz:
- 160 mg calcium
- 80 IU vitamin D
- 5 grams protein
- \$8 per 32 oz



Infant Formula -Elemental

- Per 8 oz:
- 200 mg calcium
- 100 IU Vitamin D
- 5 grams Protein
- \$13 per 32 oz



CAUTION!

Never use any non-dairy milk to replace breastmilk or infant formula.

When looking for a substitute for cow's milk, aim to find similar amounts of the important nutrients. Make sure the milk substitutes that you choose are fortified. Except for the fat content, all non-flavored cow's milk contain similar amounts of nutrients. One cup (8 oz) of cow's milk contains the following:

Cow's Milk

- 300 mg Calcium
- 113 IU Vitamin D
- 8 grams Protein
- \$1.00 per 32 oz

Milk Substitutes after age 1 year



- Goat?
- Sheep?
- Buffalo?
- Goat's milk popsicles \$5.50
- These are not advised - many who are allergic to cow's milk are also allergic to these proteins.

Beverages for age 1 and older

Soy Pediatric Drink

- Per 8 oz:
- 300 mg Calcium
- 100 mg Vitamin D
- 7 grams Protein
- \$6 per 32 oz



Elemental Pediatric Drink

- Per 8 oz:
- 280 mg Calcium
- 100 IU Vitamin D
- 7 grams Protein
- \$15 per 32 oz



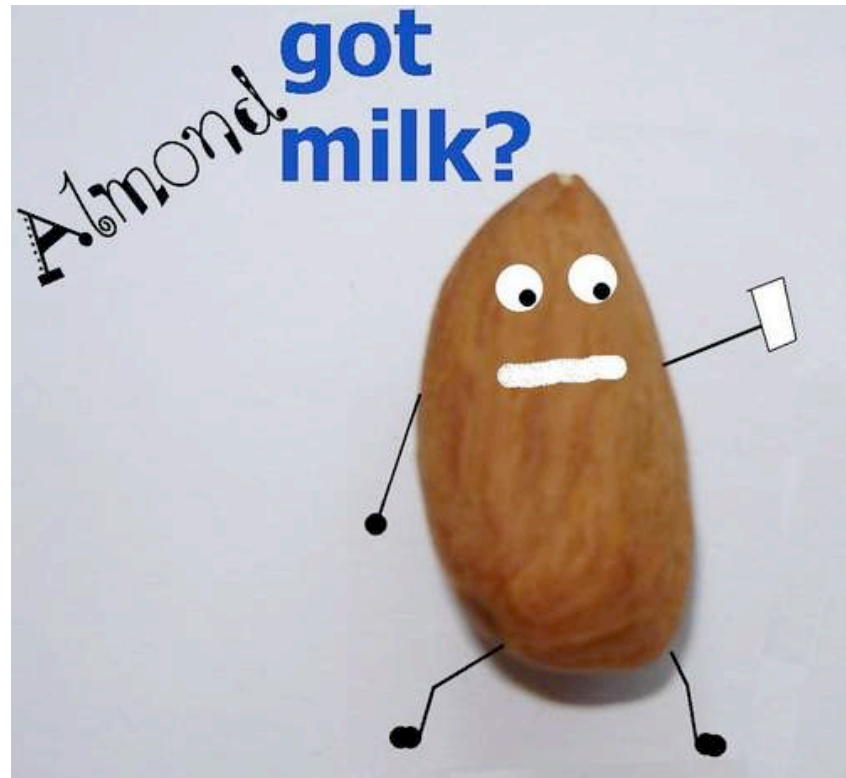
Soy Milk



- Per 8 oz:
- 300 mg Calcium
- 100 IU Vitamin D
- 7 grams Protein
- \$3 per 32 oz
- Bonus: 3 grams fiber

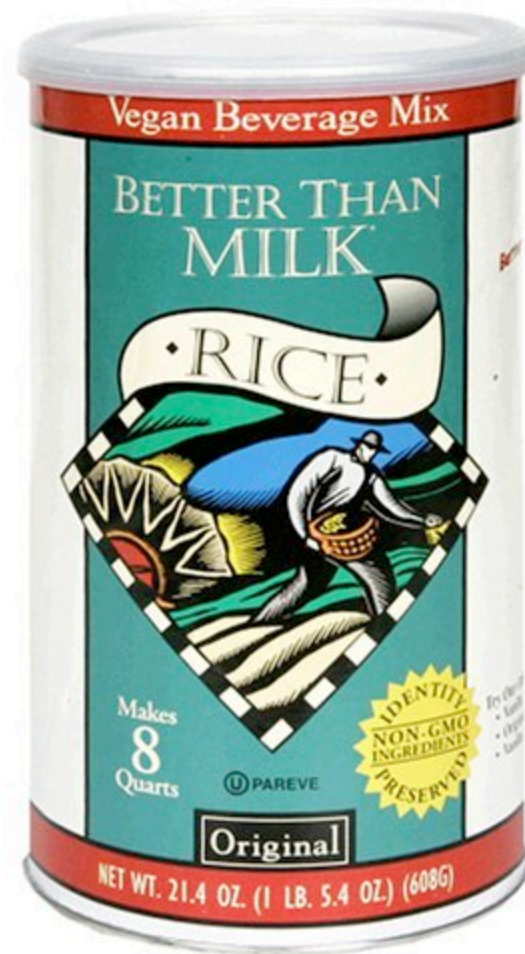
Almond Milk

- Per 8 oz:
- 200 mg calcium
- 100 IU Vitamin D
- 1 gram Protein
- \$5 per 32 oz



Rice Milk

- Per 8 oz:
- 300 mg Calcium
- 100 Vitamin D
- 1 gram Protein
- \$2.25 per 32 oz



Hemp Milk

- Per 8 oz:
- 300 mg Calcium
- 100 IU Vitamin D
- 4 grams Protein
- Bonus: Essential Amino Acids
- \$4 for 32 oz



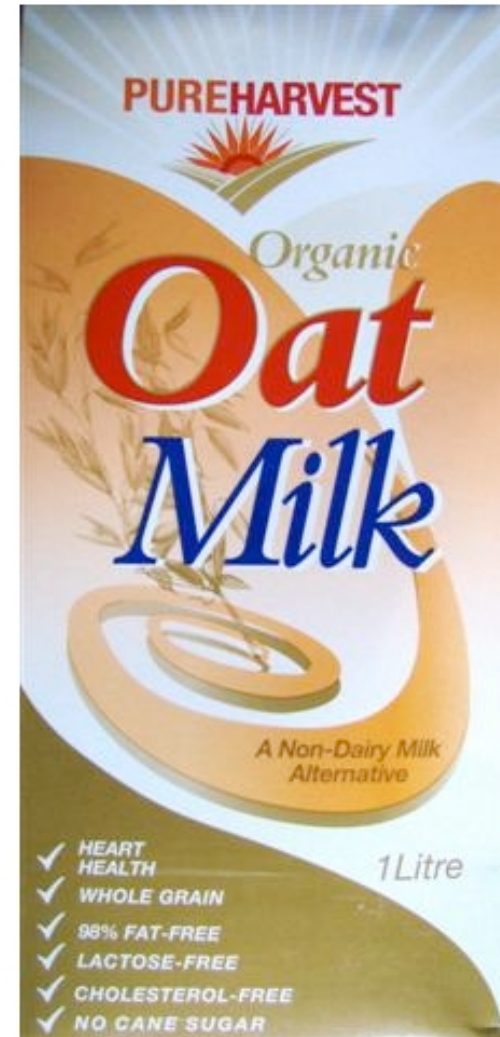
Coconut Milk



- Per 8 oz:
- 41 mg calcium
- 120 Vitamin D
- 5 grams Protein
- \$4.50 per 32 oz
- FDA considers coconut to be a tree nut.

Oat Milk

- Per 8 oz:
- 350 mg Calcium
- 100 IU Vitamin D
- 8 grams Protein
- Bonus: 2 grams fiber
- \$6 per 32 oz



Potato Milk

- Per 8 oz:
- 300 mg Calcium
- 60 IU Vitamin D
- 0 grams Protein
- \$2 per 32 oz



Nut Milks

- Cashew milk
- Brazilnut milk
- Hazelnut milk
- Pine nut milk

and also available

Multigrain non-dairy beverage

Substitutions in Food Preparation

- Buttermilk – add lemon juice
- Thickener – use well-pureed tofu
- Baking – replace milk with fruit juice, cut back on sugar
- Casseroles – use vegetable broth or chicken broth in place of milk
- Shake fortified milks before using to make sure the nutrients are well-mixed throughout

Final thoughts

- Kids with Food Allergies (website)
- Go Dairy Free (website)
- Food Allergy Network (website)
- Divvies (dedicated facility)
- Enjoy Life (dedicated facility)
- Cody the Allergic Cow (book)
- Sophie Safe Cooking (cookbook)

Thank you!

