



MILK ALLERGIES

Eating milk in baked goods



It is important to eat 1-3 servings of milk in baked goods per day to maintain tolerance

Where can I find milk in baked goods?



- Store bought products with milk listed as a MINOR ingredient (listed closer to the bottom)
- Home baked goods with 1 cup of milk per 1 cup of flour baked at a minimum of 350 degrees for at least 30 minutes (ie waffles, pancakes, muffins, cakes etc)



What should I avoid?

NOT A COMPLETE LIST please read all labels carefully

- Avoid all milk products unless as described above
- Uncooked milk
- Cheese
- Ice cream
- Butter
- Yogurt
- Sour cream
- Salad dressings
- Chocolate
- Custard