



Food Sensitivities in a Breastfed Baby

- A baby may be sensitive to a food you eat a lot of.
Most common: cow's milk protein
soy protein
Occasionally: eggs
wheat
corn
beef
nuts
- The protein molecule makes its way to the breastmilk and then irritates the baby's gut and causes **symptoms** such as
 - constant fussiness
 - grunting as if constipated (but stools are soft)
 - infrequent stools
 - acts hungry but doesn't enjoy nursing
 - often fussier after nursing
 - stools might be mucousy with blood, but are often normal yellow seedy
 - spitting up, skin rashes and nasal congestion are common in babies, but may be due to food sensitivity.

Confusing Terminology

- A food sensitivity can be an "intolerance" or an "allergy" to foreign protein, and it is sometimes difficult to tell the difference. True "allergy" results in hives and difficulty breathing, but this is quite rare in infants.
- Note that "lactose intolerance" is NOT the issue here. Lactose is milk sugar, and the issue being discussed involves protein.

Maternal Elimination Diets

- Symptoms of food sensitivity are often "dose related," so if you simply eat less of the problem food, symptoms improve.
- Some babies are so sensitive that you must read food labels in order to avoid tiny amounts of the problem protein in processed foods.
- If you can identify and eliminate the problem protein, symptoms should improve within 2-3 days, but it may take a week or two for baby's gut to heal enough for symptoms to resolve.
- If you accidentally eat the protein again, baby's symptoms usually reappear within about 6 hours.

Options for narrowing down an elimination diet

1. Before starting this difficult process, reconsider other causes of fussiness such as chronic hunger, reflux, abundant maternal milk supply, maternal medications passing through breastmilk, or other issues.
 2. First avoid *obvious* milk products, such as milk, cheese, yogurt, pudding, butter, etc. Since cow's milk protein is the most common cause of food sensitivity, this is a logical first step. If symptoms improve, continue avoiding these foods.
 3. If no better, read labels to avoid hidden milk protein.
 - If symptoms are severe, you might consider reading labels first so symptoms get under control sooner. You can then slowly add milk products back into your diet as you monitor for return of symptoms.
 4. If no better, eliminate soy protein in addition to cow's milk protein.
 - Note that soy LECITHIN is a fat, so IS allowed!
 5. If no better, keep a food diary of other foods and drinks, noting symptoms that occur in the following 6 hours or so. Especially note symptoms after eggs, wheat, corn, beef, and nuts.
 6. If no better or you are desperate for relief from the crying, do a trial of specialized formula.
 - A special "predigested" or "hypoallergenic" formula is free of cow's milk protein and soy protein. If baby's gut heals after a few days without exposure to the problem protein, symptoms should improve, and the diagnosis of food sensitivity becomes more clear.
 - During the trial
 - mom cleans up her diet
 - mom pumps to maintain supply
 - freeze the milk and label with dates. Feed it to baby when she outgrows the sensitivity.
 - After a week or so, baby returns to the breast and hopefully remains symptom free.
- There is a risk that baby will not return to the breast, or the milk supply may decrease with exclusive pumping. Thus, this trial is considered a last resort when attempting to salvage breastfeeding.



How to Read Labels to find Milk and Soy Ingredients

Recheck ingredients regularly, as they change over time.

Key words which indicate milk protein: **Milk / Whey / Casein / Cream / Lact.....**

Key words which indicate soy protein: **Soy**

NOTE: Soy oils/fats are allowed, so **Soy Lecithin** is allowed!

AVOID FOODS THAT CONTAIN THE FOLLOWING INGREDIENTS

CONTAINS MILK PROTEIN:

- milk - fat/protein/hydrolyzed/solids/powdered/dry/evaporated/condensed/cultured/derivatives/acidophilous/lactaid/lacteeze
 - buttermilk
 - butter (solids/fat/oil/whipped/acid/esters)
 - whipped cream
 - sour cream, sour cream solids, sour milk solids
 - half & half
 - ghee
 - diacetyl (artificial butter flavoring)
 - Recaldent (teeth strengthener made from casein)
 - cheese – cream/feta/ricotta/quark/cottage/curds
 - custard, pudding
 - yogurt, ice cream, milk sherbert
 - malted milk / ovaltine
 - casein -- hydrolyzed, hydrolysate, rennet
 - caseinates -- ammonium, calcium, iron, magnesium, potassium, sodium, zinc
 - NOTE: "Non-dairy" products may contain casein.
 - whey -- delactosed/demineralized
 - whey powder / protein concentrate
- NOTE: whey may be found in some spice blends, canned and dehydrated soup mixes, and crackers
- lactalbumin, including phosphate
 - lactoferrin
 - lactulose
 - lactaglobulin
 - lactose

NOTE: These words are tricky, but are allowed!

- lactate
- lactylate
- cocoa butter
- mono/diglycerides

Milk Free Pantry.com shows pictures of food products.

Foodfacts.com and **Shopwell.com** lists the ingredients found in almost all commercial food products.

If not found, Google the product to find its ingredients.

MAY CONTAIN MILK PROTEIN:

- caramel/brown sugar flavoring
- chocolate
- natural and artificial flavoring
- high protein flour
- margarine
- nougat (candy)
- nisin (preservative)
- lactic acid starter culture
- non-dairy products / creamer
- Opta and Simplese (fat replacers)

CONTAINS SOY PROTEIN:

- soy protein/albumin, soy flour – often used as a meat extender, alternative, or protein boost
- textured vegetable protein (TVP) = soy protein
- natto – cooked/fermented soy beans
- tempeh – Indonesian soybean cake
- tofu = soybean curd
- edamame
- soy nuts, soy sprouts
- soy fiber – okara, soy bran, soy isolate fiber
- soy grits – a flour substitute
- soy milk – made into yogurt, cheese, tofu
- soy yogurt – sour cream or cream cheese substitute.
Used to make non-dairy frozen desserts.
- soy cheese – substitute for sour cream/cream cheese
- miso – a condiment made from soy or rice used to flavor sauces, etc
- soy sauces – fermented soy bean juices
 - tamari - by product of Miso
 - shoyu - soy beans and wheat
 - teriyaki - sugar, vinegar, spices
- vegetable broth, gum, starch *may* contain soy
- natural flavors – may be a soy derivative
- hydrolyzed vegetable protein (HVP)
 - flavor enhancer, sometimes from soybeans
- monosodium glutamate (MSG)
 - may contain hydrolyzed protein



Foods you CAN EAT on a milk and soy free diet.

Recheck labels regularly as ingredients may change.

(This list is current as of 8/13)

BREADS

Rotella Breads
 Rotella Bread Crumbs
 Big Sky Bread Company
 Rudi's Organic Bakery
 Oroweat Breads
 Amana Whole Wheat and 12 Grain Bread
 Bob's Red Mill Whole Wheat Bread Mix
 Lakeland Whole Wheat English Muffins
 Village Hearth English Muffins

Tortillas

Mission White Corn Tortillas
 Mission Flour Tortillas

Cornbread

Gluten Free Pantry Yankee Cornbread Mix
 Jiffy Corn Muffin Mix

Pizza Crust

Gluten Free Pantry French Bread & Pizza Mix
 Mama Mary's Pizza Crust

PASTA - Most ok, watch for soy protein fillers

RICE

POTATOS - Betty Crocker Potato Buds

Gravy made without milk or bouillon.

CEREAL - Most dry cereals

Big Sky Bread Company granola
 Back to Nature Granolas - Classic/Raisin
 /Apple Strawberry/Apple Blueberry
 Mother's - Toasted Oat Bran,
 Cinnamon Oat Crunch
 Quaker Oats Oatmeal
 Hodgson Mill Oat Bran Hot Cereal, etc
 Kashi - Autumn Wheat, Strawberry Fields,
 7 Grain Honey Puffs, Cinnamon Harvest,
 7 Whole Grain Flakes, Heart To Heart
 Apple Cinnamon Instant Oatmeal

NOTE: Common breads contain milk, such as most sandwich breads, buns, rolls, biscuits, muffins, pancakes, waffles, sweet rolls and donuts. This includes bread crumbs, so most breaded meat, fish, and veggies are off limits.

SWEETS

Sugars - brown/granulated/powdered/
 confectioner's Marshmallows

Baker's Semi Sweet Chocolate Chips
 Hershey's Chocolate Syrup
 Honey, molasses, sorghum
 Jellies/jams/marmalades/preserves

Cookies / Crackers

Moon Pie

Graham Crackers:

Keebler Honey Grahams
 Honey Maid Cinnamon
 Honey Maid Squares

Back to Nature Honey/Cinnamon Grahams

Barnum Animal Crackers
 Murray's Ginger Snaps
 Archway Coconut Macaroons
 Keebler Sandies Pecan Shortbread
 Stella D'oro Cookies

Pillsbury Sugar Cookie Mix

Duncan Hines Cookie Mix

Cake / Frosting / Brownies / Pie

Angel food cake

Pillsbury Fudge Supreme Premium
 Walnut Brownie Mix

Pillsbury Dark Chocolate Brownie Mix
 Pillsbury Cream Cheese Frosting
 Pillsbury Pie Crust

Gluten Free Pantry Perfect Pie Crust Mix

Duncan Hines Brownies

Duncan Hines Frosting

Hodgson Mill Brownie Mix

Puddings / Sorbets

Edy's Whole Fruit Sorbet

Tapioca made with fruit juice

Hunts Snack Pack Lemon Pudding

Snack bars

LaraBar Snack Bars -

Fruit&Nut Cinnamon Roll, Apple Pie,

Fruit&Nut Cherry Pie,

Chocolate Coconut Chew

Enjoy Life Snack Bars

FRUITS/VEGETABLES/SOUPS

Creamed veggies contain milk/soy.

Broth-most bouillon contains soy protein

Most canned soups

NOTE: Creamed soup/chowder
 contains milk/soy

BEVERAGES

Rice/Almond/Coconut Milks

(Soy milk IS soy!)

Powdered fruit flavored drink mixes

Soda

Tea and Coffee

PROTEIN / MEAT

Meat prepared by baking, broiling or
 roasting with allowed ingredients OK.

Kosher meat

Dilusso Deli meats

Dried peas, beans, lentils

Peanut butter

Eggs prepared without milk -

scramble with water or rice milk

Tyson's Chicken Nuggets

Van De Kamp's fish sticks

Luzianne Creole Dinner Kit

NOTE: Processed meats often contain milk and/or soy, such as lunch meat, bologna, hot dogs, pepperoni, salami, sausage. Also, most meats which are canned/frozen/TV dinners/fish sticks contain milk and/or soy.

SALTY SNACKS

Popcorn

Pretzels - Newman's Own Hot

Salt & Pepper Round Pretzels

Crackers

Nabisco Triscuits

Nabisco Wheat Thins

Zesta Saltines

Premium Saltines

Premium Oyster Crackers

Ritz Crackers

Back to Nature Crispy Wheat Crackers

Chips/Dip

Plain Potato Chips

Plain Corn Chips

Kettle Brand Chips

Fritos bean dip

NOTE: Many snack dips contain milk and soy.

SEASONINGS / FLAVORINGS

Salt and Pepper

Plain herbs and spices

Spice blends without milk/soy

French's Fajita & Taco Seasonings

Vinegar

Ketchup and mustard

Pickles and olives

Vanilla extracts and other flavorings

These are free of milk, but contain soy:

Worcestershire sauce

Soy sauce

MISCELLANEOUS

These are milk-free but contain soy:

Coffee Rich non dairy creamer

Tofutti Sour Cream

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SALAD DRESSING/ MARGARINE/ FAT/ OIL

Annie's Organic Papaya Poppy Seed Dressing,
 Tuscany Italian, Roasted Red Pepper,
 Organic Green Garlic, French,

Walden Farms Dressings -

Italian, French, Raspberry

NOTE: Creamy salad dressings likely contain milk and/or soy.

Vegetable cooking oils and
 hardened shortening

Smart Balance Margarine

Fleischmann's Unsalted Margarine Sticks

Fleischmann's Light Margarine Tubs



What about eggs, wheat, corn, beef and nuts?

Be careful about eliminating too many things from your diet. Everyone will know someone whose baby got better when the mother stopped eating a certain food. Our diets are too complex to be sure exactly what, if anything, is affecting the baby.

Keep in mind that proteins and other substances that appear in the mother's milk is not a bad thing, and in fact, they help desensitize your baby to these proteins. There is ongoing research regarding the prevention and management of food sensitivities/allergies, which can cause a great deal of confusion and sometimes unnecessary "rules" about what can and cannot be eaten by pregnant and nursing mothers and their babies.

<u>Contains Wheat</u>	<u>Contains Eggs</u>	<u>Contains Nuts</u>
<ul style="list-style-type: none"> -Bread crumbs -Bulgur -Cereal extract -Club wheat -Couscous -Cracker meal -Durum -Einkorn -Emmer -Farina -Fu -Kamut -Matzoh -Pasta -Seitan -Semolina -Spelt -Tabbouleh -Vital wheat gluten -Whole wheat berries -Triticale/Triticum/Triticosecale -Hydrolyzed wheat protein <p>SOMETIMES CONTAINS WHEAT</p> <ul style="list-style-type: none"> -Caramel color -Dextrin/maltodextrin -Oats -Glucose syrup -Soy sauce (shoyu, tamari, teriyaki) -Food starch (gelatinized, modified, vegetable) -Artificial/natural flavoring -Hydrolyzed/texturized vegetable protein -Vegetable gum -Monosodium Glutamate (MSG) -Surimi 	<ul style="list-style-type: none"> -Albumin / Ovalbumin -Globulin / Ovoglobulin -Silici albuminate -Cholesterol free egg substitute (Eggbeaters) -Egg (dried, powdered, yolk, solids, white, wash) -Eggnog -Fat substitutes -Livetin -Lysozyme -Mayonnaise -Meringue/powder -Ovomucin/Ovomucoid -Ovotransferrin -Simplese -Trailblazer -Vitellin / Apovitellin -Ovovitelia / Ovovitellin -Surimi <p>SOMETIMES CONTAINS EGG</p> <ul style="list-style-type: none"> -Artificial flavoring -Natural flavoring -Baked goods -Egg substitutes -Lecithin -Macaroni -Marzipan -Marshmallows -Nougat -Pasta 	<ul style="list-style-type: none"> -Nut butters (cashew butter) -Nut meal, meat, paste, pieces, artificial -Natural nut extract (almond/walnut) -Artificial nuts -Almond -Butternut -Cashew -Chestnut -Coconut -Filbert/hazelnut -Gianduja -Marzipan/almond paste -Pecan -Pesto -Pistachio -Praline -Walnut -Pine nut (Indian, pignoli, pignon pinon pinyon) <p>SOMETIMES CONTAINS NUTS</p> <ul style="list-style-type: none"> -Nut oils -Nut extracts: black/walnut hull extract/nut distillates/alcoholic extracts
		<p><u>Contains Corn</u></p> <ul style="list-style-type: none"> -Popcorn -Maize -Vegetable starch/paste/gum/protein -Malto / Dextrose / Dextrate -Polenta -Grits -Caramel corn / flavoring -Modified / Starch -Sorbitol -Hominy <p>TRADITIONALLY CONTAINS CORN</p> <ul style="list-style-type: none"> -Tamales -Nachos -Tacos -Tortillas -Masa harina
		<p>Nuts</p> <ul style="list-style-type: none"> -Beech -Brazil -Chinquapin -Ginkgo -Hickory -Macadamia -Litchi/lichee/lychee -Nangai -Pili -Shea
		<p>Flour</p> <ul style="list-style-type: none"> -all purpose -bread -cake -durum -enriched -graham -high gluten -high protein -instant pastry -self-rising -soft wheat -steel ground -stone ground -whole wheat
		<p>Wheat</p> <ul style="list-style-type: none"> -Grass -Germ -germ oil -bran -sprouted -protein isolate -bran hydrolysate -malt