



Milk (and Soy) Free Diet for the Breastfeeding Mother

Perhaps you've been told that your baby has milk sensitivity, milk intolerance, or milk soy protein intolerance (MSPI). Lactose intolerance, which is the inability to digest milk sugar, is uncommon in infants, as are true allergic reactions to milk. If an intolerance is suspected, your doctor may recommend that you go on a milk, and possibly soy, free diet, in order to continue breastfeeding your baby. This handout will describe why this is necessary and how to accomplish such a diet. Milk and milk proteins are to be eliminated from your diet. Be aware that it may take up to 2 weeks for the proteins already in your system to be eliminated, so be patient!

Why is your baby intolerant to milk?

The proteins from the cow's milk that YOU drink goes through your gut, passes into your blood stream, then to your breast milk and finally to your baby's stomach. These cow milk proteins, and soy proteins, are very large particles that our bodies normally break down to be digested. Some infants have trouble doing this and these large proteins get stuck in the bowel. This can cause irritation, resulting in a fussy baby who sometimes spits up, has diarrhea and sometimes blood in the stool.

What about soy?

Studies have shown that 0.5-2% of newborns will have a milk intolerance. Some experts report that 50% of infants who are cow's milk protein intolerant are also soy protein intolerant. This is important to know when considering formula supplementation, because such infants will not tolerate cow's milk or soy based formulas. Most nursing moms, however, do well with continuing soy in their diets while nursing an infant with MSPI. It is thought that the mother breaks down the soy protein enough prior to passing it to her infant.

What's a Mom to do? Switch to formula?

NO, but if you choose to decline the diet described below, there are "predigested" formulas available. They are, however, very expensive and your baby will most likely need them until around 1 year of age. Most insurances will not cover the cost of formulas. And, there is no guarantee that your baby will be much happier on the high-cost formula. The immune properties in breast milk can also help their irritated gut to heal faster. Most importantly, breast milk is by far the best thing you can feed your baby.

What's a Mom to do? Eliminate milk!

If your baby has a milk intolerance, you may need to eliminate all cow's products from your diet. Because processed foods often contain cow's milk products, many women find this challenging. Hunting down all the milk additives may be exhausting and frustrating. Perhaps the easiest way to approach a cow's milk elimination diet is to think about what you CAN eat, rather than what to avoid. It is a very healthy diet!

In general, you may eat all fruits and veggies (prepared raw or cooked without butter or milk)
all meats, fish, poultry, eggs, nuts (prepared without butter or milk,
and without additives - such as processed cold cuts)
all breads, cereals, potatoes, rice and pastas (without milk or soy)
all oils and sugar

Rice milk can be used in recipes or with cereals in place of cow or soy milk.

When selecting foods, you must read the ingredients on the label. If the following words are listed on a label, you should not eat the food:

Milk	Milk solids	Non-fat dry milk	Milk chocolate
Cream	Casein	Whey	Lactalbumin

All instant and prepared food items should be checked with caution as many contain some form of milk protein. Food in prepared products also change constantly. Therefore, a once thought to be OK food may not be OK 6 months later. Recheck labels periodically.

Foods Allowed

Beverages	Powdered fruit flavored drink mixes, fruit and vegetable juices, soda, tea, coffee, milk free cocoa,		
Fats and Oils	Milk free margarine / vegetable margarine: Benecol, Shedd's spread, Diet Imperial and Mazola Milk free salad dressings: Kraft Miracle Whip. Vegetable cooking oils, Hardened shortening		
Starches	Breads made with water instead of milk: Oroweat potato bread, French, Italian, Vienna, all Jewish bakery products (parve). Saltines, oyster crackers, Rye Krisp, Ritz, Graham Crackers, Triscuits, Pastas, Rice (white/brown), Most dry cereals. Infants should not start cereals until 1 yr of age.		
Seasonings	Salt, pepper, plain herbs and spices, milk free spice blends, vinegar, Ketschup, mustard, Worcestershire sauce, pickles, olives, vanilla extracts and other flavorings, soy sauce.		
Sugars Sweets	Brown, granulated, powdered and confectioner's sugar. Honey, molasses, sorghum. Jellies, jams, marmalades, and preserves. Hard candies, candies made at home without milk.		
Desserts	Ice cream made with soy, tapioca made with fruit juice, carob candy bars, hydrox cookies, off brand sandwich cookies, popcorn, gelatin, homemade cookies made with vegetable shortening and no milk products.		
Meats	All meat prepared by baking, broiling or roasting with allowed ingredients. Kosher meats, hot dogs, soy meat, deli sliced and lunch meats without added milk solids.		
Milk substitutes	Soy (if tolerated) or rice milk, Hershey's chocolate syrup		
Eggs	Prepared without milk. Use water or rice milk for scrambled eggs.		
Soups	Bouillon, broth, most canned soups.	Legumes	Dried peas, beans, lentils, peanut butter
Vegetables and Fruits	All allowed.		

Foods to Avoid

Milk products	All forms of cow and goat milk, butter, most margarine, cheese, cottage cheese, puddings, ice cream, yogurt, custards, creamed or milk soups, sour cream, non-dairy creamers, instant breakfast drinks, instant chocolate drinks, milk sherbert, ovaltine.		
Fats and Oils	Margarine with milk or whey, sour cream, cream cheese, snack dips, creamy salad dressings, creamy sauces, milk gravy		
Meats	Creamed, breaded meat or fish, canned or frozen meats and entrees, TV dinners, fish sticks		
Soups	Creamed soups and chowders. Some canned and dehydrated soup mixes contain whey.		
Starches	Breads and rolls made with milk (most sandwich bread), most hamburger and hotdog buns, refrigerator rolls, bread crumbs. Read labels for biscuits, muffins, pancakes, sweet rolls, donuts, and waffles. Some crackers have milk or whey added.		
Vegetables	Creamed or breaded, veggies in sauce or butter	Desserts	Commercial and homemade cakes, cookies and desserts make with milk. Cheesecake, caramel.
Eggs	Creamed, scrambled with milk	Seasonings	Some spice blends have added whey

Do You Need a Calcium Vitamin?

You'll be fine during your diet trial period. If you plan to stay milk free long term, consider ways to increase calcium. **Breastfeeding mom's need about 1200mg of calcium per day.** Here are your options:

Vitamin Supplements	mg Ca++ / tab
Prenatal Vitamin	✓ label
Tums Regular	200mg
Tums EX	300mg
Rolaids	260mg
Os-Cal 500 D	500mg

Food sources of calcium			
Ca++ fortified orange juice 8 oz	240mg	Spinach ½ cup	70mg
Brown Rice 3 oz	32mg	Green beans ½ cup	50mg
Romaine Lettuce 3½ oz	68mg	Broccoli ½ cup	89mg
Cooked collards ½ cup	179mg	Almonds ½ cup	100mg
Cooked kale ½ cup	166mg	Refried beans ½ cup	60mg
Hummus ½ cup	122mg	Salmon ½ cup	225mg