



# Cow's Milk Allergy

## Questions and Answers

### WHAT IS COW'S MILK ALLERGY?

- Cow's milk allergy (CMA) is a result of the child's immune system reacting to the protein in milk

### HOW COMMON IS COW'S MILK ALLERGY?

- Globally, approximately 3% of children develop cow's milk allergy in the first year of life<sup>1-9</sup>
- Cow's milk allergy is one of the most common childhood food allergies

### WHAT ARE SOME COMMON SYMPTOMS OF COW'S MILK ALLERGY?

- Hives (Red, Itchy Bumps), Eczema
- Swelling of Lips, Tongue, Eyes, or Face
- Vomiting, Diarrhea, or Blood In The Stools
- Constipation and Colicky Symptoms

**If your child has any of these symptoms, talk with a healthcare provider. If serious symptoms occur, seek medical attention immediately.**

### HOW CAN COW'S MILK ALLERGY BE MANAGED?

- If your child is breastfeeding, your child's healthcare provider may suggest a milk-free diet for the breastfeeding parent.
- If formula feeding, your child's healthcare provider may recommend a specialized formula (hypoallergenic).
  - Your child's healthcare provider may also recommend continuing a hypoallergenic formula beyond one year of age if symptoms persist.
- Most children may outgrow their milk allergy early in life, but for some individuals it can be lifelong.

**References:** 1. Kattan J. *Curr Allergy Asthma Rep.* 2016;16(7):47. 2. Boyce JA, et al. *Nutrition.* 2011;27(2):253-67. 3. Fiocchi A, et al. *Pediatr Allergy Immunol.* 2010;21(Suppl 21):1-125. 4. Lee AJ, et al. *Asia Pac Allergy.* 2013;3(1):3-14. 5. Venter C, et al. *Pediatric Clinics.* 2011;58(2):327-49. 6. Osborne NJ, et al. *J Allergy Clin Immunol.* 2011;127(3):668-76. 7. Schoemaker AA, et al. *Allergy.* 2015;70(8):963-72. 8. Bock S, et al. *Pediatrics.* 1987;79(5):683-688. 9. Gupta RS, et al. *Pediatrics.* 2011;128(1):e9-e17.

## WHAT ARE SOME COMMON FOODS CONTAINING MILK?

- Cheese, Sour Cream, Yogurt, Butter
- Breads, Crackers, Granola
- Pasta Sauce, Processed Meats, Packaged Foods
- Ice Cream, Pudding, Cookies, Cakes

## WHAT ARE SOME INGREDIENTS THAT MAY COME FROM MILK?

In the US, these types of ingredients need to be followed with (milk) or the label needs to contain an allergen statement (contains milk).

- Casein or Caseinates
- Whey or Whey Products

**Always read the food label every time you purchase the product because food manufacturers may change ingredients.**

## GENERAL TIPS:

- Communication is very important. Share information about your child’s food allergy with family members, daycare staff and others who may be providing care for your child.
- You may want to provide a list of food your child likes and reiterate the importance of reading the food label every time to ensure ingredients have not changed.
- Do not assume your child will be allergic to foods or eliminate foods from the diet without a discussion with your healthcare provider.
- You may want to keep a food record to track the type of food and any symptoms that may occur after eating. Some symptoms are not immediate and can occur up to 48-72 hours after allergen exposure.

Food Given				Symptoms		
Date	Time	Type of Food	Amount	Symptoms	Time & Duration	Date

