



# COW'S MILK ALLERGY

## QUESTIONS & 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
- Face



- Vomiting
- Diarrhea
- Blood in the stools



- Constipation
- Colic 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.



- Many children outgrow their milk allergy early in life, but some individuals have CMA their whole lives.

### 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 key. Share information about your child's food allergy with:
  - ◇ Family members
  - ◇ Day care staff members
  - ◇ Others who may be providing care for your child



- You should not:
  - ◇ Assume your child will be allergic to foods
  - ◇ Eliminate foods from their diet without a discussion with your child's doctor



- You may want to:
  - ◇ Provide a list of foods your child likes
  - ◇ Remind caregivers in your child's life to read food labels every time to make sure the ingredients haven't changed



- You may want to:
  - ◇ Keep a food record to track what foods you've fed your child & any symptoms that occur after they eat
  - ◇ Remember that some symptoms are not immediate & can occur up to 48-72 hours after allergen exposure

FOOD GIVEN				SYMPTOMS		
Date	Time	Type of Food	Amount	Symptoms	Time & Duration	Date

**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.

