Milk/Cheese Allergy

Having a cow’s milk allergy means that the body is allergic to the proteins contained within the milk. This should not be confused with lactose intolerance which is the body’s inability to break down the sugar lactose due to a lack of the enzyme lactase. Some people can tolerate certain dairy foods when they are lactose intolerant but people with milk allergies cannot have any dairy products or products containing milk or milk proteins.

Most people can eat rather normally with this restriction at Union Drive Marketplace as long as dairy is avoided and desserts are strictly checked. Checking Net Nutrition and talking with Sue Philbrook, Food Service Supervisor at Union Drive Marketplace, will help you understand what to avoid or figure out what dishes can be made for you. You can contact her through her email at sueph@iastate.edu, or phone her at 515-294-4109.

For more information:

NetNutrition - Resource for finding foods safe to eat

USDA - Food Allergies – Excellent resource on Milk Allergies

Food Allergy and Anaphylaxis Network - How to read food labels to look for Milk allergens

Mayo Clinic - Description on Milk allergies