

Dr. *Nancy* BECKER

EARS, NOSE & THROAT 🌿 ALLERGY THERAPY 🌿 FACIAL PLASTIC SURGERY

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MILK

1. No dairy products of any kind.
2. No commercially batter-dipped foods.
3. No commercially prepared au-gratin foods.
4. No hash browns in a restaurant.
5. No commercial sauces or gravies.
6. No commercial candy except hard candy, if not allergic to corn.
7. No goat's milk, sour cream, or yogurt.
8. No whey, casein, dried milk, condensed milk, evaporated milk, powdered milk, or lactose.
9. No cold cuts, bologna or hot dogs, unless Kosher.
10. No baking powder biscuits, baker's bread, Bavarian cream, bisques, blanc mange, boiled salad dressings, butter, buttermilk, or butter sauces.
11. No cakes, chocolate or cocoa mixtures, chowders, cookies, cream, creamed foods, cream sauces, cheese of every description, curds or custards.
12. No doughnuts or ice cream.
13. No foods fried in butter, prepared flour mixes or fritters.
14. No mashed potatoes, malted milk, Ovaltine, Ovomalt, meat loaf, cooked sausages, pancakes, waffles, or omelets.
15. No oleo/margarines, commercial piecrusts, popovers, puddings, or souffles.
16. No creamy salad dressing, sherbets, soda crackers, creamed soups, Spanish cream or spumoni.
17. No rare bits or Zwieback.
18. Soymilk is a good milk substitute if not allergic to soy.
19. Use Mocha Mix and/or Coffee Rich if not allergic to corn.
20. Use Kraft Diet Parkay if not allergic to soy.
21. Safflower oil/margarine may be used if not allergic to soy.
22. 100% corn oil margarine may be used if not allergic to corn.
23. Other milk substitutes include coconut milk, oat milk zucchini milk, potato water, meat broth, and pineapple juice.
24. When ordering food, ask this question "Do you use butter, oleomargarine, cream, cheese of any kind, fresh milk, buttermilk, dried milk, powdered milk, evaporated milk, sour cream or yogurt in this food?"
25. "Non-Dairy" products usually contain milk by-products or fractions of the milk proteins, carbohydrates, and sugars and cause the same symptoms.
26. Casein, whey and lactose combinations will cause the same symptoms as they are fractionated milk (i.e. calcium lactate, etc.)