

MILK-CHOCOLATE FREE DIET

It takes four weeks of this diet to see results. The reality is that milk alone does not build strong bones. A diet rich in fresh vegetables does build strong bones.

AVOID:

Milk – cow, sheep, goat (fresh, powdered, skimmed), all cheeses from these milks, butter, ice cream, most margarines, yoghurt. Many foods contain milk e.g. mayonnaise, mousse, sustain, twisties, cheezels. Always read the labels (NB Sodium caseinate = casein from milk and whey).

Chocolate – all chocolate flavours including Milo, Fotagen, Aktavite, Quik and Cocoa. Cola cross reacts with chocolate and causes symptoms so avoid all coke and cola drinks. Some green cordials contain cola so avoid all green cordials.

Others:

Breakfast cereals: may contain milk e.g. muesli – always check labels

Biscuits: often contain milk

Breads: many are milk free but you need to check

Cakes: make your own as they will contain milk unless specified, avoid packet mixes and substitute soy milk

SUBSTITUTES:

Milk: Rice milk is best to trial initially as many people are also allergic to soy milk. There are many brands of soymilk on the market eg. Vitasoy, So good.

Ice cream: a variety of dairy free ice creams are available.

Butter: look for dairy free substitutes; some margarines such contain dairy products.

Cheese: Soy cheeses are available.

SUGGESTIONS:

Breakfast is the main hurdle.

Use fruit juice or rice milk if cereals are to be continued.

Some people feel worse on Day 5; if you do this is a good sign that you are on the right track. Even if no improvement occurs within four weeks it is essential to add each food back separately to see if symptoms can be provoked or worsened. Add small amounts the first day because there is an increased sensitivity to food. Eventually add larger amounts for the next three days and add other foods with milk in them into your diet.