

Milk Allergies vs Lactose Intolerance & CACFP Requirements

Milk Allergy

- The body's immune response to the protein in milk or dairy products
- Affects numerous parts of the body
- Can be life-threatening

Symptoms

- Hives, itching
- Wheezing, coughing, shortness of breath
- Tingling, swelling of lips, tongue & throat
- Vomiting
- Diarrhea or loose stools
- Abdominal cramps
- Loss of consciousness
- Anaphylaxis

Lactose Intolerance

- The body's inability to digest the sugar (lactose) in milk or dairy products.
- Affects the digestive system.
- Not usually severe

Symptoms

- Abdominal cramps
- Gas
- Bloating
- Nausea
- Diarrhea or loose stools

Lactaid, lactose free, lactose reduced, or acidophilus milk are creditable in the CACFP

These non-dairy fluid milk substitutes are nutritionally equivalent to cow's milk and meet CACFP requirements. A medical statement is not required.

A medical statement is required for a non-dairy substitute that is not nutritionally equivalent to fluid milk.

8th Continent Original Soymilk Unflavored



Pacific All-Natural Ultra Soy Original Unflavored



Ripple Pea Protein Milk Unflavored



Sunrich Naturals Original Soymilk Unflavored



Walmart Great Value Original Soymilk Unflavored



Kirkland Organic Soymilk



WestSoy Organic Plus Plain Soymilk



Silk Original Soymilk Unflavored



Kikkoman Pearl Organic Soymilk Smart Original Unflavored



ALL milk, dairy or non-dairy substitutes, must be unflavored