

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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Discharge Instructions for Milk

Congratulations you have successfully completed an oral challenge in our office!

Refrain from eating the food until the next day because of the small possibility of a delayed reaction.

Regular ingestion of the food is recommended.

Milk 1 – 3 servings/day in baked form at least 3 times a week

Dietary guidelines to include milk baked food products

Allowed

- Store-bought baked goods (such as rolls, muffins, cupcakes, cookies, crackers, and bread) with milk or milk proteins ingredients listed as the 3rd ingredient or further down the list of ingredients. **Avoid products where milk is listed as either of the first 2 ingredients.**
- Home baked goods (such as rolls, muffins, cupcakes, or cookies) that have 240ml milk per batch of a recipe (yield 6 servings per batch) or approximately 40 ml baked milk per serving.
- Home baked items with center that is thoroughly cooked through (not moist or soft). Products should be baked in individual serving size; cupcake, not cake; brownie muffins, not brownies; rolls not bread.
- Baked milk containing baked goods with milk-free chocolate chips.
- Remember to check store-bought products and ingredients based on the patients other food allergies in order to avoid a reaction to other allergens.

Continue to avoid milk products that are not fully cooked such as milk-based frosting, icings, and milk containing flavorings that are typically applied after the product is baked.

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