

LACTOSE INTOLERANCE AND MILK ALLERGIES AND THE CACFP

Lactose intolerance it is the inability to digest milk or dairy products. A child with a lactose intolerance can participate in the CACFP (Child and Adult Care Food Program).

A **milk allergy** is different than lactose intolerance. A milk allergy is the body's immune response to milk or dairy products. Milk allergies are one of the most common food allergies in children. While allergies are a serious medical condition, a child with a milk allergy can participate in the CACFP.

SIGNS AND SYMPTOMS OF LACTOSE INTOLERANCE MAY INCLUDE:

- Gas
- Bloating
- Abdominal cramps
- Nausea
- Diarrhea

SIGNS AND SYMPTOMS OF A MILK ALLERGY MAY INCLUDE:

- Hives
- Wheezing
- Shortness of breath or coughing
- Itching or tingling around the mouth
- Vomiting
- Loose stools or diarrhea
- Abdominal cramps
- Colic, in babies

FOODS TO AVOID WITH LACTOSE INTOLERANCE AND MILK ALLERGIES:

Some children may not be able to tolerate fluid milk, but other dairy products might not cause a problem. Always check with the child's parents/guardian for a list of foods to avoid.

- Milk
- Yogurt
- Cheese
- Ice cream
- Butter

LACTOSE FREE MILK:

Lactose free milk is creditable in the CACFP. Lactose free whole milk can be served to children 12-23 months old, and a lactose free skim or 1% milk may be served to children 2 years and older. A note from the parent making this request can be kept with Food Program records.

FLUID MILK SUBSTITUTIONS THAT MEET USDA CACFP REQUIREMENTS:

8th Continent Original Soymilk Unflavored



Ripple Pea Protein Milk Unflavored



Kikkoman Pearl Organic Soymilk Smart Original Unflavored



Pacific All Natural Ultra Soy Original Unflavored



Lactaid Lactose-Free Milk



Silk Original Soymilk Unflavored



Sunrich Naturals Original Soymilk Unflavored



Great Value Original Soymilk Unflavored



Milk Substitute Nutrition Standards:

For a non-dairy beverage to be allowable in the CACFP it must meet or exceed these standards in 8 fluid ounces (1 cup):

8 grams of Protein, 276 mg Calcium, 500 IU Vitamin A, 100 IU Vitamin D, 24 mg Magnesium, 222 mg Phosphorus, 349 mg Potassium, .44 mg Riboflavin and 1.1 mcg Vitamin B12.

REQUIRED DOCUMENTATION

Children that require a nutritionally equivalent milk substitute (i.e.- soy milk or pea protein milk) may keep a note on file with their child care provider that indicates the reason, the request and is signed by the parent or guardian.

Children that require a non-dairy beverage (i.e.- almond, rice, oat, coconut milk, etc.) that is not nutritionally equivalent to cow's milk need a Special Diet Statement that must include the medical condition, a list of foods/beverages to avoid and a list of foods/ beverages to substitute in place of the avoided foods. The statement or form must be signed by a Medical Doctor (MD), Nurse Practitioner (NP) or Physician Assistant (PA).

The medical statement or "Special Diet Statement to Request Dietary Accommodations" form once completed should be submitted to the Providers Choice office for approval.

FREQUENTLY ASKED QUESTIONS

- CAN I STILL CLAIM A CHILD WITH LACTOSE INTOLERANCE OR DAIRY ALLERGY ON THE CACFP?**
 Yes, the child can have lactose free milk, milk that is nutritionally equivalent (some soy milks and pea protein milk) or non-dairy beverage (almond milk, rice milk, pea protein milks or other nut milks) with a medical statement or Special Diet Statement on file.
- IF A CHILD HAS A LACTOSE INTOLERANCE SHOULD THEY AVOID ALL DAIRY PRODUCTS?**
 Allergies can be very different for every child, always discuss with the parent or guardian what foods should be avoided. As a best practice, have the parent review your menus to determine what will be safe for their child and to indicate where a substitute will be needed.
- AS A CHILD CARE PROVIDER, AM I REQUIRED TO SUPPLY AN ALTERNATE MILK OR CAN A PARENT/CAREGIVER SUPPLY IT?**
 If the child has a medical need for a fluid milk substitute, then a substitute must be provided. If a parent would like to supply a nutritionally equivalent cow's milk substitute (soy milk or pea protein milk) or non-dairy beverage with a Special Diet Statement on file, they are able to provide the substitute but are not required to. The child care provider and parents should work together to determine who will supply the substitute.
- CAN I SERVE VEGAN OR FAUX CHEESE?**
 Vegan and faux cheeses can be served as an "extra" in the CACFP but are not creditable as a meat/meat alternate.

LACTOSE INTOLERANCE SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Crispy Oats Banana Soy Milk	WW Toast Applesauce Soy Milk	Oatmeal Berries Soy Milk	Scrambled Eggs Oranges Milk	Soy Yogurt Banana Milk
Lunch	Turkey Sandwich Carrots Pears Soy Milk	Beef Spaghetti and Pasta Green Beans Peaches Soy Milk	Turkey Tacos Corn Melon Soy Milk	Chicken Stir Fry Brown Rice Broccoli Pineapple Soy Milk	Bean Chili Crackers Snap Peas Mixed Fruit Soy Milk
Snack	Animal Crackers Soy Milk	Popcorn Mixed Fruit	Soy Yogurt Crackers	Apples Nut/Seed Butter	Cucumbers Soy Milk

PLEASE NOTE:

This handout is for informational purposes only. Always consult your medical provider or the Providers Choice Nutritionist for any questions or concerns about food allergies or medical conditions.

ADDITIONAL QUESTIONS?

Contact the Providers Choice office at 800-356-5983



This institution is an equal opportunity provider.

Updated May 2021