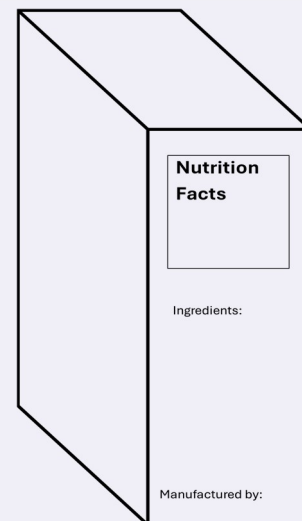


Milk and Soy Free Diet for the Breastfeeding Mother

If you were told that your baby has milk soy protein intolerance (MSPI), you will need to remove milk and soy proteins from your diet to continue breastfeeding.

Things to know:

- It may take up to two weeks for the proteins already in your body to go away.
- Milk and soy will be clearly labeled on the ingredient list.
- Soy oil and soy lecithin are considered safe because the protein is removed.
 - The food label will state "contains soy," even if the soy present is soy oil or soy lecithin.



What to do:

- Always read the ingredients list on the food label before you buy any food product.

Nutrition Facts

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono- and diglycerides.

Contains: Wheat, Milk, Eggs, Soy.

Any Cookie Company
Omaha, NE 68111

Food label terms that indicate milk is present:

















- | | |
|---|---|
| • Milk, milk solids or proteins (including hydrolyzed proteins) | • Casein/caseinate |
| • Cheese | • Whey, whey protein, whey powder |
| • Yogurt | • Milk chocolate |
| • Cream | • Butter, butter solids, butter fat, buttermilk |
| • Nonfat dry milk | • Lactalbumin |

Food label terms that indicate soy is present:

- | | |
|---|--|
| • Soy, soy protein, soy protein isolate | • Soybeans |
| • Soy milk | • Soy caseinate |
| • Soy yogurt | • Soy sauce |
| • Soy flour | • Tofu, textured vegetable protein, tempeh |
| • Vegetable protein, broth, gum or starch | • Miso, hoisin, tamari |

Milk and Soy Free Diet for the Breastfeeding Mother

What to Eat: Items in **blue** may be in your WIC Food Package!

Food Group	Recommended Foods
Milk and Milk Products	<ul style="list-style-type: none"> Alternatives made with almond, rice, coconut or pea protein ("milks," yogurt, frozen desserts)
Meat and Other Protein Foods 	<ul style="list-style-type: none"> All fresh or frozen meats (beef, veal, pork, lamb) or poultry Fresh, frozen or canned fish or shellfish   Eggs Dried beans and peas (not soybeans)  Nuts, seeds, and nut and seed spreads  Processed meats and luncheon meats without milk or soy ingredients
Grains  	<ul style="list-style-type: none"> Breads  Baked goods (brownies, cakes, cookies, muffins, etc.) Cereals Crackers  Noodles/pasta  Pancakes and waffles  Pretzels Rice  Tortillas  Other grain foods made without milk or soy ingredients
Vegetables 	<ul style="list-style-type: none"> All fresh vegetables Frozen or canned vegetables prepared without milk or soy ingredients  100% vegetable juices
Fruits 	<ul style="list-style-type: none"> All fresh fruit Frozen or canned fruits prepared without milk or soy ingredients 100% fruit juice 
Fats and Oils	<ul style="list-style-type: none"> Margarine made without milk or soy ingredients Vegetable oil (including highly refined soy oil, which is processed and considered safe) Vegetable oil spray made without milk or soy ingredients Gravies and sauces made without milk or soy ingredients Salad dressings and mayonnaise made without milk or soy ingredients
Other	<ul style="list-style-type: none"> Salt and pepper Herbs and spices Mustard, ketchup and relish Flavoring extracts Maple syrup Gelatin Honey Jam, jelly, marmalade and preserves Sugar Soups and casseroles made without milk or soy ingredients