



Allergy/Immunology Assoc., Inc.
5915 Landerbrook Dr. Ste. 110
Mayfield Heights, OH 44124

Voice: (216) 381-3333
Facsimile: (216) 381-3002

www.allergycleveland.com

Introducing BAKED MILK at home after the successful challenge

When your child has passed the baked milk challenge, he or she will be able to eat baked products with cow's milk (CM) as an ingredient. Should your child develop an allergic reaction to the food that contains baked milk, please record the offending food, amount eaten, preparation technique, and symptoms, and contact our office at your earliest convenience.

Your child MAY NOW EAT the following:

- Store-bought baked products with CM/CM ingredient listed as the third ingredient or further down the list of ingredients.
- Home-baked products that have no more than one-sixth the cup of CM per baked milk serving. For example, a recipe that has 1 cup CM per batch of a recipe that yields 6 servings.
- Remember to check store bought products and ingredients on the basis of your child's food allergies to avoid a reaction to other foods he/she is allergic to.
- All baked products must be baked throughout and not be wet or soggy in the middle.

Your child SHOULD CONTINUE TO AVOID unbaked CM and CM-based foods such as the following:

- Baked products with CM listed as first or second ingredient.
- Products that may have a CM ingredient that has not been baked such as a CM ingredient contained in frosting on a cookie or cupcake, or a cheese flavoring on a cracker that may not have been baked (eg, flavorings may be applied topically after the product is baked)
- Milk chocolate chips that will melt during baking but not "bake." Please continue to use CM-free chocolate chips
- Regular milk or dairy in any form including whole, low-fat, nonfat, or skim CM, lactose free products, dry milk powder, yogurt, sour cream, butter, hard and soft cheeses, ice cream/sherbet, etc
- Frostings with a CM ingredient

Theodore Sher, M.D.
Robert Hostoffer, D.O.
Haig Tcheurekdjian, M.D.
Christopher Mitchell, PA-C

- French toast/pancakes
- Homemade waffles
- Cooked milk products that are not baked such as puddings

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