



Allergy and Asthma Associates, P.A.

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Facts about Milk Allergy and Baked Milk Challenges

Most kids with milk allergy will outgrow their sensitivity and typically do so in the first decade of life.

Children with milk allergy usually become tolerant of extensively heated milk (“baked milk” in muffins, cake, casseroles) before they lose their allergy to moderately heated milk (e.g., cheese pizza). Typically, the last milk allergy to resolve is that to least cooked milk (e.g., carton milk, ice cream, yogurt).

Children with milk allergy who have been found to tolerate baked milk and then have it commonly in the diet tend to outgrow their remaining milk allergy more quickly than do milk-allergic kids who remain rigidly restricted from all milk sources. So, allowing baked milk, if tolerated, in the diet offers more nutritional variety and is therapeutic!

A food challenge with baked milk should be performed in the allergist’s office. Kids who pass a baked milk challenge and then consume it routinely in the diet then can be offered the lesser cooked forms of milk at home (rather than with an in-office challenge), starting with the moderately heated forms like cheese pizza. Such advancement usually starts many months after the successful introduction of *baked* milk. We will advise you when the time seems right to try lesser-cooked forms of milk.

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