



The exclusion diet and challenge protocol is an assessment tool to identify A1 beta-casein and lactose intolerance following milk intake. It should be undertaken with the support and supervision of a medical practitioner and/or dietitian.

Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a healthcare practitioner.



Investigate
Communicate
Collaborate

Adverse Milk Reaction Assessment Tool for Adults

SYMPTOM* DIARY

CHALLENGE 1:

CHALLENGE 2:

*Symptom Severity Grading:

- 0 – No symptoms present
- 1 – Mild
- 2 – Moderate
- 3 – Severe

References

1. Boyce et al., (2010). Guidelines for the diagnosis and management of food allergy in the United States: report of the NIAID-sponsored expert panel. *J Allergy Clin Immunol.* 2010;126(6 Suppl):S1-58.
2. Pal et al., (2015). Milk Intolerance, Beta-Casein and Lactose. *Nutrients.* 31:7(9):7285-97.
3. Suchy, F.J. et al., (2010). NIH consensus development conference statement: Lactose intolerance and health. *NIH Consens. State Sci. Statements* 2010, 27, 1-27.
4. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on lactose thresholds in lactose intolerance and galactosaemia. *EFSA Journal* 2010;8(9):1777. [29 pp.]. doi:10.2903/j.efsa.2010.1777. Available online: www.efsa.europa.eu/efsajournal.htm

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