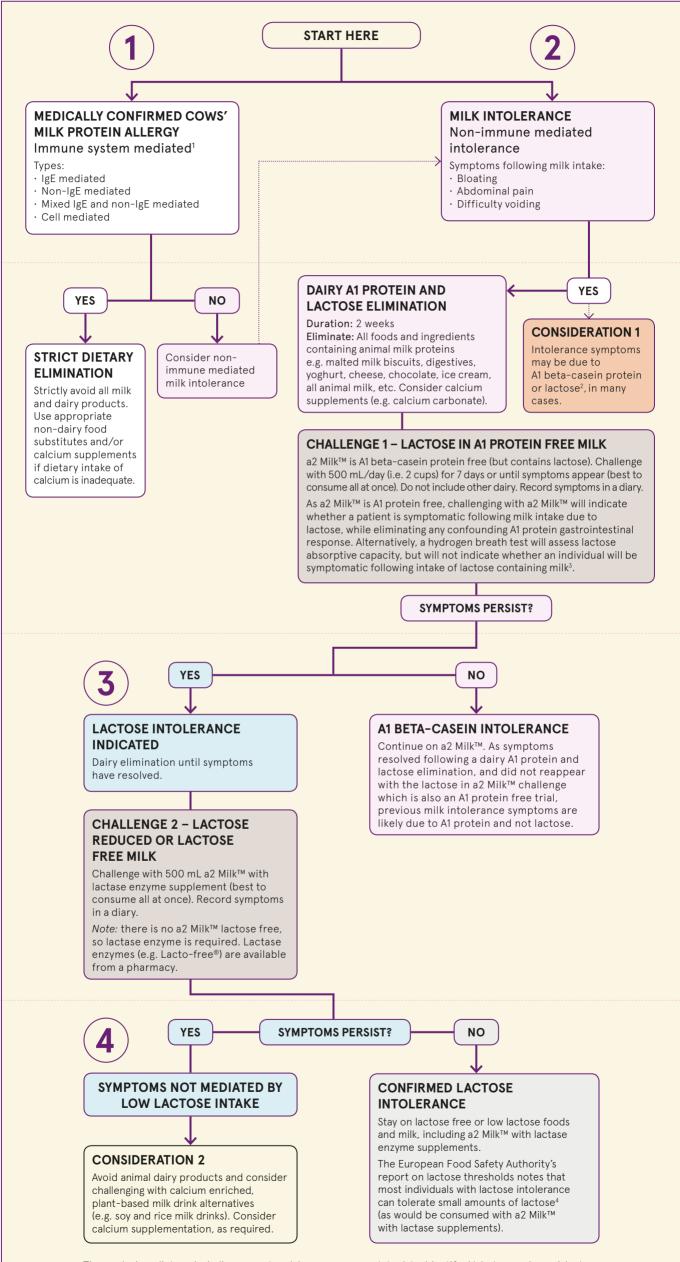
Adverse Milk Reaction Assessment Tool for Adults







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.





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SYM	PTO	M* [DIARY
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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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