

Allergic reactions to casein / Doses

The concentration of casein detected in food product causing allergic reactions. These figures as well as the estimated doses can be a basis for those measures that can /should be taken. Caseins constitute 80 percent of the milk proteins.

Food	Year	Consumed amount	Casein conc. mg/kg	Estimated dose	Reported reaction	Sex/Age
Candies	1999	30 g	30	0.9 mg	Anaphylactic reaction* emergency treatment	f/6 years
Yoghurt (soy-based)	2010	15 ml	107	1.5 mg	Serious allergic reaction, emergency treatment	f/18 years
Chocolate coated mallow	2006	5 g	1200	6 mg	Anaphylactic reaction* emergency treatment	f/ 9 years
Dark chocolate	2007	9 g	779	6.9 mg	Allergic reaction	m/ 12 years
Biscuit	1995	25 g	300	7.5 mg	Vomiting, breathing problems	f/ 10 years
Potato chips	2003	40 g	830	36 mg	Fatal anaphylaxis**	m/ 10 years
Ice cream (soy-based)	1991	5 g	2000	10 mg	Swelling of lips and tongue	m/ 3 years
Soy-based infant formula	2000	250 ml	40	10 mg	Asthma, vomiting	f/ 3 years
Chocolate	1995	3 g	4000	12 mg	Stomach pain, vomiting	m/ 9 years
Chocolate	1997	25 g	1300	32 mg	Urticaria, vomiting	f/ 3 years
Chocolate cake	2006	82 g	800	66 mg	Allergic reaction	m/ 5 years
Chocolate	1999	50 g	2900	145 mg	Stomach pain	m/ 14 years
Chocolate	1998	50 g	5400	270 mg	Stomach pain	m/ 14 years
Sausage	1992	50 g	400	20 mg	Vomiting, urticaria	m/ 6 years
Sausage	1996	50 g	800	40 mg	Vomiting, breathing difficulties	m/ 5 years
Sausage	1992	100 g	600	60 mg	Fatal anaphylaxis	f/ 15 years
Sausage	2009	100 g	19	1.9 mg	Allergic reaction	m
Sausage	1997	10 g	11000	100 mg	Urticaria, vomiting, breathing difficulties	f/ 3 years
Sausage	1996	25 g	5000	125 mg	Stomach pain	m/ 6 years
Sausage	1995	25 g	16000	400 mg	Vomiting, diarrhea	f/ 3 years
Sausage	1995	25 g	17000	425 mg	Stomach pain, vomiting	m/ 11 years
Meatballs	2011	20 g	890	17 mg	Oral allergy syndrome, stomach pain	m

* Anaphylactic reaction means that the allergic individual suffers from blood pressure drop, respiratory comprise/cramps in the airways and a systemic reaction, called anaphylactic shock

** Fatal anaphylaxis means that the shock proceeds to unconsciousness and death