

Living Well with Galactosemia

Jessica - I have a healthy, 12-year old daughter who was born with Galactosemia which is a metabolic disorder that does not allow the body to break down galactose - a milk protein. She has been on a dairy-free diet since she was 9 days old. At that time, I began my search to find any and every commercial product that did not contain dairy or dairy derivatives such as whey, lactic acid, sodium caseinate, etc.

Fortunately, we also keep kosher and the kosher "pareve" labeling system that appears on a package is a way to assure that the product does not contain dairy or dairy derivatives. It was very surprising to learn that things such as a simple, brand-name can of tuna can contain dairy! It has also been my goal to find a way to adapt recipes to make them dairy free so that my daughter could eat the "same" things as her friends.

I know that when someone's child is first diagnosed, it feels like a death sentence because of all of the possible problems that can be caused by Galactosemia. My daughter's first year was a tough one, but now the dairy-free diet is a no-brainer and she is a happy, healthy 12-year old.

I was so excited to find this website as I am always eager to learn about new dairy-free products and recipes. Thanks!!!