



Milk-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from the Food Allergy & Anaphylaxis Network. The price is \$2.00 plus shipping and handling. Call (800) 929-4040 to order.

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word “milk” on the product label.

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactulose
buttermilk	milk (<i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole</i>)
casein	milk protein hydrolysate
casein hydrolysate	pudding
caseinates (<i>in all forms</i>)	Recaldent [®]
cheese	rennet casein
cottage cheese	sour cream, sour cream solids
cream	sour milk solids
curds	tagatose
custard	whew (<i>in all forms</i>)
diacetyl	whew protein hydrolysate
ghee	yogurt
half-and-half	
lactalbumin, lactalbumin phosphate	
lactoferrin	
lactose	

Milk is sometimes found in the following:

artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat

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