

Capital Allergy & Respiratory Disease Center A Medical Corporation

HOW TO READ A LABEL FOR A MILK-FREE DIET

Avoid foods with these ingredients:

Artificial butter flavor

Butter, butter fat, butter oil

Buttermilk

Casein

Caseinates (ammounium, calcium, magnesium, potassium, sodium)

Cheese

Cream

Cottage cheese

Curds

Custard

Ghee

Half & half

Hydrolysates (casein, milk protein, protein, whey, whey protein)

Lactalbumin, lactalbumin phosphate

Lactulose

Milk (derivative, powder, protein, solids, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, and goat's milk)

Nougat

Pudding

Rennet casein

Sour cream, sour cream solids

Sour milk solids

Whey (in all forms including sweet, protein concentrate)

Yogurt

"D" on a label next to "K" or "U" indicates presence of milk protein

May contain milk protein:

Flavorings including caramel: Bavarian cream, coconut cream, brown sugar, butter.

Chocolate

Luncheon meat, hotdogs, sausages

High protein flour

Margarine

Simplesse

The Food Allergy Network