



MILK FREE DIET INFORMATION SHEET

Avoid all food products that contain **milk** as an ingredient (required by U.S. law to list the word "**milk**" on the product label.)

Avoid **milk in all forms** (condensed, derivative, dry, evaporated, goat's milk, milk from other animals, lowfat, malted, milk fat, nonfat, powder, protein, skimmed, solids, and whole)

Avoid foods that use other words that could mean, contain or may contain milk:

artificial butter flavor	lactalbumin, lactalbumin phosphate
butter, butter fat, butter oil, buttermilk	lactose, lactulose
casein, casein hydrolysate, rennet casein	margarine
caseinates (in all forms)	nisin
cheese	nougat
cottage cheese, curds	pudding
cream	Recaldent®
custard	Simplese made with milk or egg)
diacetyl	sour cream
whey (delactosed, demineralized, concentrate)	ghee
half-and-half	yogurt
hydrolysate (milk protein, casein, whey)	

Avoid baked goods, ice cream shops, and candy (e.g. caramel, chocolate candy).

Avoid breads, breaded foods, crackers, cereals that contain milk.

Avoid luncheon meat, hot dogs, sausages because they often contain or are cross-contaminated with milk.

Avoid foods with a 'D' on the label next to or.

For additional information: www.foodallergy.org