

## Milk-Free Diet

**Avoid foods that contain any of these ingredients:**

- Artificial butter flavor
- Cream
- Curds
- Half & Half
- Lactoglobulin
- Nougat
- Casein, Rennet casein
- Custard
- Cheese
- Yogurt
- Pudding
- Lactose
- Sour milk solids
- Sour cream, sour cream solids
- Lactalbumin, lactalbumin phosphate
- Whey (delactosed, demineralized protein concentrate)
- Milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, and skim)
- Hydrolysates (casein, milk protein, protein, whey, whey protein)
- Caseinates (ammonia, calcium, magnesium, potassium, sodium)
- Butter, butter fat, buttermilk

**Ingredients that may indicate the presence of milk protein:**

- Brown sugar flavoring
- Chocolate
- Margarine
- Simplese
- Caramel flavoring
- High protein flour
- Natural flavoring

**Foods that have milk products:**

- Sherbert
- Yogurt
- Gravy
- Cake mix
- Non-dairy creamer
- Hot dogs
- Quick breads
- Sauces and dips
- Fritters
- Tuna fish

**Ingredient Surprises:**

- Imitation butter flavor - contains milk protein and is not always listed on the label.
- Water-added hams - often use milk and soy derivatives as binders.
- Hot dogs and deli meats - may also use milk and soy as binders
- The kosher simple "D" "U-circle D" or "K-D" may indicate the presence of milk protein. Foods with "D" should be avoided, even if milk is not listed as an ingredient.

**Resources:**

- Food Allergy Network, (703) 691-3179, (800) 929-4040
- Nabisco Foods (Allergy Free Products), (800) 622-4720