



AVOIDING INTOLERANCES AND ALLERGENS

Dairy - Free Diet

Ingredients to avoid:

Artificial butter flavour; butter-flavoured oil	Butter, butter solids
Malted milk	Milk: whole, low-fat, reduced fat, nonfat
Buttermilk	Milk chocolate
Casein; caseinates (ammonium, calcium, hydrolysate, magnesium, potassium, sodium)	
Milk derivative; milk powder; milk protein; milk solids; milk solid pastes	
Cheese, all types; cheese flavour; cheese sauce; cottage cheese; cream cheese	
Nonfat milk solids; nonfat dry milk	Nougat
Cream; sour cream; whipped cream	Curds
Rennet casein	Simplese
Sour milk solids	Goat's milk
Sweetened condensed milk	Half-and-half
Hydrolysates (casein, milk, protein, whey, whey protein)	
Whey: curd, lactose-free, demineralized, whey protein concentrate; whey solids	
Yogurt; frozen yogurt; yogurt powder	Ice cream
Lactalbumin; lactalbumin phosphate;	Recaldent
Foods that may indicate the presence of lactoglobulin milk protein: caramel candies, high protein flour, non-dairy products	Lactate solids
Lactose	Lactulose
Diacetyl	Tagatose

Milk is sometimes found in the following:

Artificial butter flavour, Baked goods, Caramel candies, Chocolate, Lactic acid starter culture and other bacterial cultures, Luncheon meat, hot dogs, sausages, Margarine, Nisin, Nondairy products

Some Unexpected Sources of Milk:

Deli meat slicers are frequently used for both meat and cheese products.

Some brands of canned tuna fish contain casein, a milk protein.

Many non-dairy products contain casein (a milk derivative), listed on the ingredient labels.

Some specialty products made with milk substitutes (i.e., soy-, nut- or rice-based dairy products) are manufactured on equipment shared with milk.

Some meats may contain casein as a binder. Check all labels carefully.

Shellfish is sometimes dipped in milk to reduce the fishy odor. Ask questions about the risk of milk contact when purchasing shellfish.

Many restaurants put butter on steaks after they have been grilled to add extra flavour. The butter is not visible after it melts.

Some medications contain milk protein.



Keep in mind the following:

Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.

Kosher Dairy:

A "D" or the word "dairy" following the circled K or U on a product label indicates the presence of milk protein or a risk that the product is contaminated with milk protein. These products should be avoided.

Kosher Pareve:

A product labeled "pareve" is considered milk-free under kosher dietary law. However, a food product may be considered pareve even if it contains a very small amount of milk protein – potentially enough to cause an allergic reaction in susceptible individuals. Do not assume that pareve-labeled products will always be safe.

These ingredients do not contain milk protein and need not be restricted by someone avoiding milk:

Calcium lactate

Calcium stearoyl lactylate

Cocoa butter

Cream of tartar

Ghee

Lactic acid (however, lactic acid starter culture may contain milk)

Oleoresin

Sodium lactate

Sodium stearoyl lactylate