



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 (ammonium, 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
Simplese

The Food Allergy Network