

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, cottage cheese
cream, ice cream, ice milk, sherbet
curds
custard
Ghee
Half & Half
hydrolysates (casein, milk protein,
protein)
lactalbumin, lactalbumin phosphate
lactoglobulin
lactose, lactulose, lactate
milk (acidophilus, chocolate, derivative,
powder, protein, solids, malted,
condensed, evaporated, dry, whole, low-
fat, non-fat, skimmed, dried, goat's,
sheep's, whole)
nougat
Ready Sponge (bakery ingredient)
pudding rennet casein sour cream, sour
cream solids sour milk solids whey (all
forms including sweet, delactosed,
hydrolyzed, protein, powdered,
concentrate) yogurt/yougurt powder

- **'D' on a label next to 'K' or 'U'** indicates presence of milk protein
- ***May* contain milk protein/dairy:**
flavorings including: caramel (color), bavarian cream, coconut cream, brown sugar, butter, natural flavorings, natural butter, margarine, coffee whiteners, non-dairy creamer, chocolate, luncheon meat, hotdogs, sausages, high protein flour, hydrolyzed (vegetable) protein margarine, mayonnaise MSG, sodium lactylate, carageenan, Seasonings/spices, Tomato paste, Simplese