



### How to Read a Label for a MILK-FREE DIET

**AVOID** foods that contain any of the following ingredients:

artificial butter  
butter, butter fat, butter oil  
buttermilk and buttermilk solids  
casein, caseinates (ammonium, calcium, magnesium, potassium, sodium)  
cheese, cottage cheese, curds  
cream  
custard, puddings  
Ghee (used in Indian cooking)  
Half and Half®  
hydrolysates (casein, milk protein, whey, whey protein)  
lactalbumin, lactalbumin phosphate  
lactoglobulin  
lactose  
lactulose  
milk, (derivative, powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, goat's milk and sheep's milk)  
nougat  
rennet casein  
sour cream and sour cream solids  
whey (in all forms including sweet, delactosed, demineralized, protein concentrate)  
yogurt

Ingredients that **MAY** indicate the presence of **MILK PROTEIN** (please call manufacturer before using):

brown sugar flavoring  
bavarian flavoring  
caramel flavoring  
chocolate  
coconut cream flavoring  
butter flavoring  
margarine  
natural flavoring  
Simplese®

- ▶ A "D" on a product label next to a K or a U indicates the presence of milk protein. Avoid these items.
- ▶ Simplese® is used as a fat substitute and is made from either egg or milk.
- ▶ Processed meats including hot dogs, sausages and luncheon meats frequently contain milk or are processed on milk containing lines.
- ▶ Deli meats should be avoided due to cross contamination from other meat products containing milk and/or cheese products.