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## MILK AVOIDANCE

**It is important to read all ingredient labels to identify foods that contain milk.** All manufactured food products that contain milk as an ingredient are required by US law to **list the word “Milk” on the product label.**

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

Artificial butter flavor, butter fat, butter oil	Lactalbumin, lactalbumin phosphate,
Butter	lactoglobulin, lactoferrin, lactulose
Casein and caseinates (in all forms)	Milk
Cheese (all types)	Nougat
Cheese flavor	Pudding
Cream	Rennet, rennet casein
Curds	Recaldent™ (used in teeth-whitening chewing gums)
Custard	Simplex®
Ghee	Whey (in all forms)
Hydrolysates (casein, milk protein, protein, whey, whey protein)	Yogurt
Ice cream	

### **Foods that often contain milk:**

- Milk may be found in many products such as many margarines, breads, cookies, cakes, chewing gum, chocolates, caramels, cold cuts, crackers, cereals, non-dairy products, processed and canned meats and frozen and refrigerated soy products.
- Sheep and goat's milk are generally NOT safe for those with cow's milk allergy.

### **Look out for:**

- Cross contact- Cross contact occurs when safe foods come in contact with milk. This happens through shared cooking utensils, frying oils, cooking surfaces or not keeping safe foods separate from those made with milk. Avoid cross-contact by washing everything well with soap and water.
- Deli meats should be avoided due to possible cross contact from cheese and meats containing milk sliced on the same slicer.
- Kosher Dairy - A “D” on a product label next to the circled K or U indicates the presence of milk protein. These products must be avoided.
- Kosher - Parve or pareve are words that indicate that a product is not supposed to contain milk. 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 some people. Do not assume pareve products are always safe.
- Milk may be found in cosmetics, nutrition supplements, medicines, and pet foods.

### **Usually safe:**

- Cocoa butter, coconut milk, calcium lactate, oleoresin, cream of tartar

Milk is an important dietary source of protein, calcium, vitamin D and vitamin B12. Please discuss a safe dietary alternative to cow's milk with your doctor.

**Read all product labels carefully before buying and eating any item.**

### **RESOURCES**

-This program has additional information sheets that you may find helpful  
-Explore additional educational materials, for example, from Food Allergy Research & Education ([www.foodallergy.org](http://www.foodallergy.org))

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