**MILK FREE DIET INFORMATION SHEET**

Avoid all food products that contain **milk** as an ingredient (required by U.S. law to list the word **“milk”** on the product label.)

Avoid **milk in all forms** (condensed, derivative, dry, evaporated, goat’s milk, milk from other animals, lowfat, malted, milk fat, nonfat, powder, protein, skimmed, solids, and whole)

Avoid foods that use other words that could mean, contain or may contain **milk**:

artificial butter flavor lactalbumin, lactalbumin phosphate

butter, butter fat, butter oil, buttermilk lactose, lactulose

casein, casein hydrolysate, rennet casein margarine

caseinates (in all forms) nisin

cheese nougat

cottage cheese, curds pudding

cream Recaldent®

custard Simplesse (can be made with milk or egg)

diacetyl sour cream

ghee whey (delactosed, demineralized, concentrate)

half-and-half yogurt

hydrolysate (milk protein, casein, whey)

Avoid baked goods, ice cream shops, and candy (e.g. caramel, chocolate candy).

Avoid breads, breaded foods, crackers, cereals that contain milk.

Avoid luncheon meat, hot dogs, sausages because they often contain or are cross-contaminated with milk.

Avoid foods with a ‘D’ on the label next to or.

For additional information: [www.foodallergy.org](http://www.foodallergy.org), 1-800-929-4040