

Milk Free Diet

AVOID foods that contain these ingredients:

- Artificial butter flavor
- Butter, butter fat, butter milk
- Casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese, cottage cheese, curds
- Cream
- Custard, pudding
- Ghee
- Half & Half
- Hydrolysates (casein, milk protein, protein, whey, whey protein)
- Lactalbumin, lactalbumin phosphate
- Lactoglobulin
- Lactose
- Milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skim)
- Nougat
- Rennet casein
- Sour cream, sour cream solids
- Whey (delactased, demineralized, protein concentrate)
- Yogurt



Ingredients that **MAY** indicate the presence of milk protein:

- Brown Sugar flavoring
 - Carmel flavoring
 - Chocolate
 - High protein flour
 - Margarine
 - Natural flavoring
 - Simplese
- A “D” on a product label next to the circled K or U indicates the presence of milk protein. These products must be avoided.
- Simplese is used as a fat substitute and is made from either egg or milk protein.
- Processed meats including hot dogs, sausages, and luncheon meats frequently contain milk or are processed on milk containing lines. Please call companies to obtain this information.
- Parve or Paerve are words that indicate that a product does not contain milk, nor run on the same line as a milk containing product.
- Deli meats should be avoided due to cross contamination from other meat products containing milk and/or cheese products.