

Reading a Label for Milk Allergy

Milk allergy is very common. Many foods are made with milk. Some of these foods are:

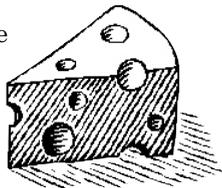
- Baked products like cake, cookies, and breads
- Frozen desserts
- Gravies
- Cream sauces
- Soups

The Food Label

Milk is required to be listed on the Nutrition Facts food label.

The label will either say “milk” in the ingredient list or say “contains milk” below the ingredient list. The following ingredients **contain milk** and are not safe.

- Artificial butter flavor
- Butter, butter fat, butter oil
- Buttermilk
- Casein
- Caseinates (listed as ammonium, calcium, magnesium, potassium, or sodium caseinate)
- Cheese
- Cottage cheese
- Cream
- Curds
- Custard
- Ghee
- Half & half
- Hydrolysates (listed as casein, milk protein, protein, whey, or whey protein hydrolysate)
- Lactalbumin, lactalbumin phosphate
- Lactoferrin
- Lactoglobulin
- Lactulose
- Milk (derivative, powder, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed and goat’s milk)
- Nisin
- Nougat
- Pudding
- Recaldent
- Rennet casein
- Sour cream, sour cream solids
- Sour milk solids
- Whey (in all forms, including sweet, delactosed, and protein concentrate)
- Yogurt



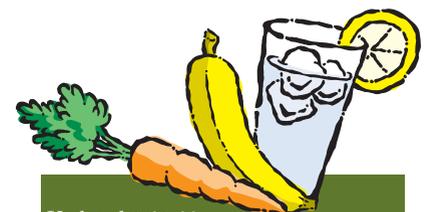
The following ingredients **do not contain milk** and are safe.

- Calcium Lactate
- Calcium stearoyl lactylate
- Cocoa butter
- Cream of tartar
- Lactic acid
- Oleoresin
- Sodium lactate
- Sodium stearoyl lactate

The following foods or ingredients **may contain milk**. If there is milk in the product, it will be listed on the label. You may also check with the product maker to be sure.

- Canned tuna fish
- Caramel candies
- Chocolate
- Flavorings (including caramel, Bavarian cream, coconut cream, brown sugar, butter, and natural flavorings)
- Lactic acid started culture
- Lactose
- Luncheon meat, hot dogs, sausages
- High protein flour
- Margarine
- Non-dairy products
- Simplesse

Kosher foods may also be marked for dairy products. The symbol “D” or “DE” indicates a product contains dairy or is produced on the same equipment as dairy foods and is **not safe**.



Beware of the foods below. They may contain milk.

- Foods that are breaded may use milk in the breading process.
- Salad dressings may also contain milk or cheese.
- Be aware that “non dairy” products are not always milk-free.
- Make sure the slicer in your local deli is not used for both cheese and meat.
- Some restaurants put butter on steaks after cooking and is not visible after it melts.
- Ask for bread or sandwich buns not to be buttered.

Milk Substitutes

Milk is an important source of many vitamins and minerals including:

- Calcium
- Vitamin A
- Vitamin D
- Riboflavin
- Pantothenic acid
- Phosphorus



Offer a variety of foods to make sure your child gets enough vitamins and minerals to be healthy. Try the following:

For calcium, vitamin A and vitamin D, try:

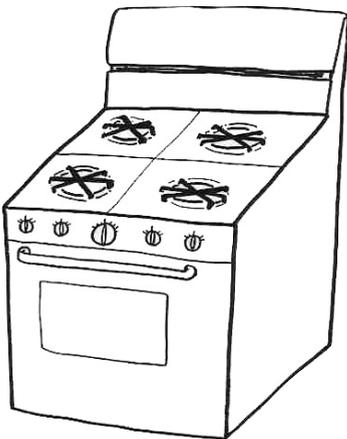
- Enriched soy, potato, or rice milk beverages

For additional calcium sources, try:

- Tofu made with calcium
- Calcium-fortified juice
- Calcium-fortified cereals

For riboflavin, pantothenic acid, and phosphorus, try:

- Meats
- Legumes/beans
- Nuts
- Whole grains



Use these in cooking instead of milk:

- Juice
- Rice milk
- Soy milk
- Water