

# Milk Allergy Avoidance List

## Hidden Names for Milk

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Foods covered by the FDA labeling laws that contain milk must be labeled in plain English to declare that "contains milk." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for milk ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA ([tinyurl.com/KFA-FALCPA](http://tinyurl.com/KFA-FALCPA)), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



### CONTAIN MILK

The following ingredients found on a label indicate the presence of milk protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

**Milk** — acidophilus milk, buttermilk, buttermilk blend, buttermilk solids, cultured milk, condensed milk, dried milk, dry milk solids (DMS), evaporated milk, fat free milk, fully cream milk powder, goat's milk, Lactaid® milk, lactose free milk, low fat milk, malted milk, milk derivative, milk powder, milk protein, milk solids, milk solid pastes, nonfat dry milk, nonfat milk, nonfat milk solids, pasteurized milk, powdered milk, sheep's milk, skim milk, skim milk powder, sour milk, sour milk solids, sweet cream buttermilk powder, sweetened condensed milk, sweetened condensed skim milk, whole milk, 1% milk, 2% milk

**Butter** — artificial butter, artificial butter flavor, butter, butter extract, butter fat, butter flavored oil, butter solids, dairy butter, natural butter, natural butter flavor, whipped butter

**Casein & caseinates** — ammonium caseinate, calcium caseinate, hydrolyzed casein, iron caseinate magnesium caseinate, potassium caseinate, sodium caseinate, zinc caseinate

**Cheese** — cheese (all types), cheese flavor (artificial and natural), cheese food, cottage cheese, cream cheese, imitation cheese, vegetarian cheeses with casein

**Cream, whipped cream**

**Curds**

**Custard**

**Dairy product solids**

**Galactose**

**Ghee**

**Half & Half**

**Hydrolysates** — casein hydrolysate, milk protein hydrolysate, protein hydrolysate, whey hydrolysate, whey protein hydrolysate

**Ice cream, ice milk, sherbet**

**Lactalbumin, lactalbumin phosphate**

**Lactate solids**

**Lactyc yeast**

**Lactitol monohydrate**

**Lactoglobulin**

**Lactose**

**Lactulose**

**Milk fat, anhydrous milk fat**

**Nisin preparation**

**Nougat**

**Pudding**

**Quark**

**Recaldent**

**Rennet, rennet casein**

**Simplese® (fat replacer)**

**Sour cream, sour cream solids, imitation sour cream**

**Whey** — acid whey, cured whey, delactosed whey, demineralized whey, hydrolyzed whey, powdered whey, reduced mineral whey, sweet dairy whey, whey, whey protein, whey protein concentrate, whey powder, whey solids

**Yogurt (regular or frozen), yogurt powder**

### MAY CONTAIN MILK

**Natural flavoring**

**Flavoring**

**Caramel flavoring**

**High protein flour**

**Lactic acid (usually not a problem)**

**Lactic acid starter culture**

**"Non-dairy" products may contain casein**

**Rice cheese**

**Soy cheese**

### SHOULD BE SAFE

These milk derivatives should be safe for most individuals with milk allergy, but check with your doctor before using.

**Lactoferrin**

**Tagatose (Naturlose®)**

**To print travel-size cards, visit: [tinyurl.com/milkallergylist](http://tinyurl.com/milkallergylist)**

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For more detailed information and a list of resources, please visit [KidsWithFoodAllergies.org](http://KidsWithFoodAllergies.org).

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