

Milk Allergy Avoidance List

Hidden Names for Milk

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

Effective January 1, 2006, foods covered by the FDA labeling laws that contain milk must be labeled in plain English to declare that it "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), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

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