

INGREDIENTS THAT CONTAIN DAIRY

MILK PRODUCTS

Acidophilus milk
 Butter
(or anything that has Butter on the label such as Whipped Butter)

Buttermilk
 Buttermilk powder
 Calcium Caseinate
 Cheese
 Cottage cheese
 Condensed milk
 Cream
 Cultured milk
 Curds
 Custard
 Dry milk powder
 Dry milk solids
 Evaporated milk
 Ghee
 Goat cheese
 Goat milk
 Half & half
 Ice Cream
 Kefir
 Milk

(or anything that has Milk on the label such as Nonfat Milk)

Natural butter flavor
 Nougat
 Paneer
 Pudding
 Quark
 Sheep milk

Sheep milk cheese
 Sour cream
 Sweetened condensed milk
 Whipped cream
 Whipped topping
 Yogurt

MILK DERIVATIVES

Calcium Caseinate
 Casein (in all forms)
 Caseinate (in all forms)
 Diacetyl
 Hydrolysates
 Lactalbumin
 Lactoferrin
 Lactoglobulin
 Lactose
 Lactulose
 Recaldent
 Sour milk solids
 Whey
(or anything that has Whey on the label such as Whey Powder)

INGREDIENTS LIKELY TO CONTAIN DAIRY

Artificial or natural flavors/
 flavoring
 Artificial butter flavor
 Caramel flavoring
 Chocolate
 Crackers
 Deli or Lunchmeat
 Galactose
 Hydrolyzed vegetable protein
 Lactic acid starter culture
 Lactobacillus
 Luncheon meat, hot dogs,
 sausages
 Margarine
 Microwave Popcorn
 Pancake Mix
 Prebiotics
 Probiotics
 Pudding
 Rice cheese
(look for casein or caseinate)
 Salad Dressings
 Scrambled eggs in a restaurant
 Soy cheese
(look for casein or caseinate)

