Caring for Your Child

Reading Labels for a Milk-Free Diet

Milk is considered a major food allergen under the Food Allergen Labeling and Consumer Protection Act of 2006. **All food products containing milk as an ingredient must list the word “Milk” on the product label.**

If you are unsure about any product, confirm ingredients with the manufacturer or discuss with your allergist before using.

For more information about food labeling laws, go to www.foodallergy.org.

**Avoid Foods with these Ingredients:**
- Artificial butter flavor
- Butter, butter fat, butter oil
- Buttermilk
- Casein
- Caseinates
- Cheese
- Cream
- Cottage cheese
- Curds
- Custard
- Ghee
- Half & Half ®
- Lactalbumin, lactalbumin phosphate
- Lactoglobulin
- Milk chocolate
- Milk (derivative, powder, protein, solid, melted, condensed, evaporated, dry, whole, low-fat, non-fat, skimmed, and goat’s milk)
- Nougat
- Pudding
- Rennet casein
- Sour cream, sour cream solids
- Sour milk solids
- Whey (in all forms including sweet, delactosed, whey protein concentrate)
- Yogurt

“D” on a label next to “K” or “U” indicates the presence of milk protein
May contain milk protein:

- Flavorings, including caramel, Bavarian cream, coconut cream, brown sugar flavoring, butter flavor, natural chocolate (semisweet, sweet)
- Luncheon meat (cold cuts), hot dogs, sausages
- High protein flour, margarine

These ingredients DO NOT contain milk protein

- calcium lactate
- calcium stearoyl lactylate
- cocoa butter
- cream of tartar
- lactic acid (but lactic acid starter culture MAY contain milk)
- oleoresin
- sodium lactate
- sodium stearoyl lactylate