



Allergy Section

How to Read a Label for a  
***MILK-FREE DIET***

**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, protein concentrate)  
Yogurt

- “D” on a label next to “K” or “U” indicates presence of milk protein

**May contain milk protein:**

Flavoring including: caramel, Bavarian cream, coconut cream, brown sugar, butter, natural chocolate (semisweet, sweet), luncheon meat, hot dogs, sausages, high protein flour, margarine, Simplese®