



Milk Allergy Avoidance List

Hidden names for milk protein

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](#), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

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.

Contain 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, magnesium caseinate, potassium caseinate, sodium caseinate, hydrolyzed casein, iron 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 [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, non-fat dry milk, non-fat milk, non-fat 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]

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:

Lactoferrin

Tagatose (Naturlose)

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

[Print travel-size cards to help you read labels for milk allergy](#)

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