





Print Version: Milk Allergy Avoidance List

Hidden names for milk protein

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. Print and share copies of this list to assist people who shop or label read for your milk allergic child.

<p>Contains Milk:</p> <ul style="list-style-type: none"> Butter Casein & caseinates Cheese Cream, whipped cream Curds Custard Dairy product solids Galactose Ghee Half & Half <p>Hydrolysates</p> <ul style="list-style-type: none"> Ice cream, ice milk, sherbet Lactalbumin Lactate solids Lactyc yeast Lactitol monohydrate Lactoglobulin Lactose Lactulose Milk, milk fat Nisin preparation <p>Nougat</p> <ul style="list-style-type: none"> Pudding Quark Recaldent Rennet Simplese Sour cream Whey Yogurt <p>May Contain Milk:</p> <p><i>Artificial flavoring, flavoring</i></p> <p><i>Caramel flavoring</i></p> <p><i>High protein flour</i></p> <p><i>Lactic acid, lactic acid starter culture</i></p> <p><i>“Non-dairy” products</i></p> <p><i>Rice cheese, soy cheese</i></p>  <p>www.kidswithfoodallergies.org</p>	<p>Contains Milk:</p> <ul style="list-style-type: none"> Butter Casein & caseinates Cheese Cream, whipped cream Curds Custard Dairy product solids Galactose Ghee Half & Half <p>Hydrolysates</p> <ul style="list-style-type: none"> Ice cream, ice milk, sherbet Lactalbumin Lactate solids Lactyc yeast Lactitol monohydrate Lactoglobulin Lactose Lactulose Milk, milk fat Nisin preparation <p>Nougat</p> <ul style="list-style-type: none"> Pudding Quark Recaldent Rennet Simplese Sour cream Whey Yogurt <p>May Contain Milk:</p> <p><i>Artificial flavoring, flavoring</i></p> <p><i>Caramel flavoring</i></p> <p><i>High protein flour</i></p> <p><i>Lactic acid, lactic acid starter culture</i></p> <p><i>“Non-dairy” products</i></p> <p><i>Rice cheese, soy cheese</i></p>  <p>www.kidswithfoodallergies.org</p>
<p>Contains Milk:</p> <ul style="list-style-type: none"> Butter Casein & caseinates Cheese Cream, whipped cream Curds Custard Dairy product solids Galactose Ghee Half & Half <p>Hydrolysates</p> <ul style="list-style-type: none"> Ice cream, ice milk, sherbet Lactalbumin Lactate solids Lactyc yeast Lactitol monohydrate Lactoglobulin Lactose Lactulose Milk, milk fat Nisin preparation <p>Nougat</p> <ul style="list-style-type: none"> Pudding Quark Recaldent Rennet Simplese Sour cream Whey Yogurt <p>May Contain Milk:</p> <p><i>Artificial flavoring, flavoring</i></p> <p><i>Caramel flavoring</i></p> <p><i>High protein flour</i></p> <p><i>Lactic acid, lactic acid starter culture</i></p> <p><i>“Non-dairy” products</i></p> <p><i>Rice cheese, soy cheese</i></p>  <p>www.kidswithfoodallergies.org</p>	<p>Contains Milk:</p> <ul style="list-style-type: none"> Butter Casein & caseinates Cheese Cream, whipped cream Curds Custard Dairy product solids Galactose Ghee Half & Half <p>Hydrolysates</p> <ul style="list-style-type: none"> Ice cream, ice milk, sherbet Lactalbumin Lactate solids Lactyc yeast Lactitol monohydrate Lactoglobulin Lactose Lactulose Milk, milk fat Nisin preparation <p>Nougat</p> <ul style="list-style-type: none"> Pudding Quark Recaldent Rennet Simplese Sour cream Whey Yogurt <p>May Contain Milk:</p> <p><i>Artificial flavoring, flavoring</i></p> <p><i>Caramel flavoring</i></p> <p><i>High protein flour</i></p> <p><i>Lactic acid, lactic acid starter culture</i></p> <p><i>“Non-dairy” products</i></p> <p><i>Rice cheese, soy cheese</i></p>  <p>www.kidswithfoodallergies.org</p>