

Milk Allergy Avoidance List

Hidden Names for Milk

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The FDA food allergen label law requires foods to state if they contain a top 8 food allergen. Foods that contain milk must say so in plain English. But, there are many foods and products that are not covered by the law, so it is still important to know how to read a label for milk ingredients.

Products exempt from plain English labeling rules: 1. Foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA). 2. Cosmetics and personal care products. 3. Prescription and over-the-counter medications. 4. Pet food, toys and crafts.

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