



MILK ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

Milk can appear on food labels under many different names. To avoid milk in foods and other products, it helps to learn the different names of milk. If you see these ingredients on a label or menu, it means it contains milk protein and is not safe for someone with milk allergy. If the product is regulated by the Food and Drug Administration (FDA), the word "milk" must appear on the label.

When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to milk.

CUT

**I have a milk allergy!
I must avoid all foods that contain milk.**

Contains Milk

Animal-free dairy, animal-free milk, non-animal whey protein	Dairy product solids	Lactose
Butter	Galactose	Lactulose
Casein & caseinates	Ghee	Milk, milk fat
Cheese	Half & Half	Nougat
Cream, whipped cream	Hydrolysates	Pudding
Curds	Ice cream, ice milk, sherbet	Quark
Custard	Lactalbumin	RECALDENT™
	Lactate solids	Rennet
	Lactitol monohydrate	SIMPLESSE®
	Lactoglobulin	Whey
		Yogurt

Milk is Sometimes Found in

Flavoring, natural flavoring	"Non-dairy" products
Caramel flavoring	"Plant-based" foods
High protein flour	Rice cheese, soy cheese
Lactose	Vegan foods
Nisin preparation or preservative	

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

KFA Kids with Food Allergies For more detailed information and a list of resources, please visit: kidswithfoodallergies.org/milk
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CUT

CHEF: FOOD ALLERGY ALERT

I have food allergies!
In order for me to avoid an allergic reaction, I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens: _____
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	_____

Before preparing my food, please take these steps to help keep me safe. I appreciate you!

- Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings.
- Please use separate and clean utensils, equipment and surfaces to prepare my meal.
- Wash hands with soapy water and change gloves.

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