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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 (ammonium, calcium, magnesium, potassium, sodium)
- Cheese
- Cream
- Cottage cheese
- Curds
- Custard
- Ghee
- Half & Half®
- Hydrolysates (casein, milk protein, protein, whey, whey proteins)
- Lactalbumin, lactalbumin phosphate
- Lactoglobulin
- Lactose
- Lactulose
- Milk (derivative, powder, protein, solids, malted, 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

- Flavorings including: caramel, Bavarian cream, coconut cream, brown sugar, butter, natural chocolate
- Luncheon meat, hotdogs, sausages
- High protein flour
- Margarine
- Simplese®