

Milk/Dairy Elimination Diet

This diet eliminates all dairy products. Chocolate is also eliminated because most chocolate contains milk.

Read labels for the following words that indicate the presence of milk in a product (this list is not all-inclusive, so read labels):

Milk (<i>in all forms including condensed, derivative, dry, evaporated, low-fat, non-fat, pasteurized, powder, protein, skimmed, solids, whole</i>)	Caseinate (<i>in all forms</i>)	Lactoglobulin, lactoferrin, lactulose
Artificial butter flavor	Cheese, cottage cheese	Nisin
Butter/butter fat/ butter oil	Cream	Nougat
Buttermilk	Curds	Pudding
Casein (<i>casein hydrosylate, rennet casein</i>)	Custard	Sour cream, sour cream solids
	Ghee (<i>clarified butter</i>)	Whey/whey solids/whey powder/whey concentrate
	Goat's milk (<i>and milk from all other animals</i>)	Yogurt & Kefir
	Lactalbumin (<i>lactalbumin phosphate</i>)	

Avoid the following foods unless the ingredient list indicates a milk-free product (this list is not all-inclusive, so read labels):

Baked goods (<i>cookies, cakes, cake mixes, muffins, some breads, pancakes, biscuits</i>)	Creamy salad dressing and dips	Instant mashed potato
Breakfast cereal (some brands)	Desserts (pie, pudding, custard)	Malted beverage mix
Candy	Frosting	Margarine
Caramel	Gravy	Milk-based formula
Chocolate	High protein drink	Non-dairy creamer
Cream sauce	Ice cream/sherbet/frozen yogurt	Sauces (e.g., Béarnaise)
Creamed soup	Imitation butter flavor	Sausage (some brands)
	Imitation dairy product	Simplese (fat substitute)
		Whipped topping

Substitute the following foods for those eliminated above:

Soy milk, rice milk, oat milk; soy or rice ice cream; Fleischman's unsalted margarine (derived from soy); Cherrybrook Kitchen cookie and cake mixes; Enjoy Life Allergen Free Cookies; Enjoy Life and Tropical Source chocolate chips. You can get a list of dairy-free products at Whole Foods Grocery Store (you should still check labels).

The following ingredients do not contain milk and do not need to be restricted:

Calcium lactate, calcium stearoyl lactylate, cocoa butter, cream of tartar, lactic acid (unless starter culture)
 sodium lactate (**but avoid sodium caseinate**), sodium stearoyl lactylate