

## Milk/Dairy Elimination Diet 2

(For food protein intolerance, such as food protein induced enterocolitis, proctocolitis)

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	Recaldent ( <i>some gum and toothpaste</i> )
	Ghee ( <i>clarified butter</i> )	Sour cream, sour cream solids
	Goat's milk ( <i>and milk from all other animals</i> )	Whey/whey solids/whey powder/whey concentrate
	Lactalbumin ( <i>lactalbumin phosphate</i> )	Yogurt & Kefir

**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 and creamed soup	Ice cream/sherbet/frozen yogurt	Sauces (e.g., Béarnaise)
	Imitation butter flavor	Simpleese (fat substitute)
	Imitation dairy product	Whipped topping

**The following ingredients may indicate the presence of milk:**

Brown sugar flavoring	High protein flour and flavor	Natural and artificial flavoring
Canned tuna ( <i>some brands contain casein</i> )	Lactic acid starter culture	Soy cheese ( <i>some brands contain casein</i> )
Caramel color or flavoring	Lactose	
	Luncheon meat, hot dogs, sausages	

**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; Tropical Source chocolate chips. You can get a list of dairy-free products at Whole Foods (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.