

Milk/Dairy Elimination Diet

This diet eliminates all dairy products. Be cautious when ordering food from a restaurant or otherwise prepared by someone else. Talk with your server about your milk allergy, and ask that the pans and utensils used to cook need to be washed with soap and water before they prepare your dish. Many restaurants have allergen menus available.

Check for the following words that indicate the presence of milk in a product

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

Items that *may* contain dairy:

- Prescription and over the counter drugs
- Personal care items including toothpaste or mouthwash
- Alcoholic drinks
- Baked goods
- Breakfast cereal
- Candy
- Canned tuna fish
- Caramel
- Chocolate
- Deli/luncheon Meat
- Frosting
- Gravy
- High protein drink
- Imitation butter flavor
- Imitation dairy product Instant mashed potato
- Malted beverage mix
- Margarine
- Non-dairy creamer
- Nougat
- Salad dressings
- Sauces
- Whipped topping

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 sodium lactate, sodium stearoyl lactylate

There are many dairy free snacks and milk substitutes available.

- The Food Allergy Research and Education (FARE) website has multiple allergen free recipes on their website (www.foodallergy.org).
- Whole Foods Grocery Store can provide a list of dairy-free products
- Trader Joe's can provide a list of their vegan products