

Milk Allergy Avoidance List

Hidden Names for Milk


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TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

Effective January 1, 2006, foods covered by the FDA labeling laws that contain milk must be labeled in plain English to declare that it "contains milk." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for milk ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

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<p>CONTAIN MILK</p> <p>Butter Casein & caseinates Cheese Cream, whipped cream Curds Custard Dairy product solids Galactose Ghee</p> <p>Half & Half Hydrolysates Ice cream, ice milk, sherbet Lactalbumin Lactate solids Lactyc yeast Lactitol monohydrate Lactoglobulin Lactose Lactulose</p> <p>Milk, milk fat Nisin preparation Nougat Pudding Quark Recaldent Rennet Simplese® Sour cream Whey Yogurt</p>	<p>MAY CONTAIN MILK</p> <p>Artificial flavoring Natural flavoring Caramel flavoring Flavoring High protein flour</p> <p>Lactic acid, lactic acid starter culture "Non-dairy" products Rice cheese, soy cheese</p> <p>If the ingredients listed on this card are found on a label, that indicates the presence of milk protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.</p> <p> For more detailed information and a list of resources, please visit KidsWithFoodAllergies.org. Copyright ©2013, Kids With Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved. Rev. Oct., 2013</p>
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