



## Dairy Allergens

### Dairy Hidden Names:

Milk, milk solids, lactate, lactose, Lactic Acid Starter Culture, lactalbumin, lactoglobulin, lactyc yeast, lactoferrin, lactulose, whey, curds, milk protein, albumin, casein, caseinate (in all forms-sodium, calcium, potassium, zinc, iron), dry milk solids, nonfat dry milk, diacetyl, tagatose, ghee, caramel colorings and flavorings, artificial and natural flavorings, high protein flour, hydrolysates, hydrolyzed milk protein, nisin, rennet casein, lactic acid (usually not a problem but know source).

### Foods To Watch Out For:

Butter, artificial butter, oleo margarine, Cream, Cheese, cream cheese, sour cream, yogurt, half-and-half, Ice Cream, Ices, hot dogs, luncheon meats, chocolate, breads, rolls, cakes, candy, pie crusts, Saltine crackers, salad dressings, pretzels, canned soups, pudding, batters, waffles, pancakes, Bisquick, cottage Cheese, crackers, gravies, cream sauces, omelets, powdered milk, canned milk, Doritos Tortilla Chips, Durkee French Fried Onions, custard, nougat, etc.

Be very cautious of all restaurant foods. Cross-contamination happens a lot. Also, servers don't know all the ingredients in foods.

Read all labels carefully, every time you purchase them! Manufactures will change ingredients.

### Allowed Foods:

All fruits, all vegetables, home-made soups, clear soups, home-made bread, gelatin desserts, home-made cookies, coconut milk, almond milk (if no nut allergies), all meats and fish, poultry and eggs (if no egg allergies).

### Food Ideas:

Apple juice is good on cereal (use 100% apple juice - you don't want the added sugars and corn syrup).

Substitute fruit juices in breads, and desserts such as tapioca and rice pudding.

Substitute pure broth in sauces and gravies.

Use olive oil, avocado oil or coconut oil instead of butter.

Replace milk with potato water in recipes for bread and rolls.



(Information from: Dietitian's Patient Education Manual; FARE—Food Allergy Research & Education (FoodAllergy.org); and several books and articles about food allergies.)

