

# Ingredients that Contain Dairy

## MILK PRODUCTS

Acidophilus milk  
Butter  
*(or anything that has Butter on the label such as Whipped Butter)*  
Buttermilk  
Buttermilk powder  
Calcium Caseinate  
Cheese  
Cottage cheese  
Condensed milk  
Cream  
Cultured milk  
Curds  
Custard  
Dry milk powder  
Dry milk solids  
Evaporated milk  
Ghee  
Goat cheese  
Goat milk  
Half & half  
Ice Cream  
Kefir  
Milk  
*(or anything that has Milk on the label such as Nonfat Milk)*  
Natural butter flavor  
Nougat  
Paneer  
Pudding  
Quark  
Sheep milk

Sheep milk cheese  
Sour cream  
Sweetened condensed milk  
Whipped cream  
Whipped topping  
Yogurt

## MILK DERIVATIVES

Calcium Caseinate  
Casein (in all forms)  
Caseinate (in all forms)  
DiacetylHydrolysates  
Lactalbumin  
Lactoferrin  
Lactoglobulin  
Lactose  
Lactulose  
Recaldent  
Sour milk solids  
Whey  
*(or anything that has Whey on the label such as Whey Powder)*

## INGREDIENTS LIKELY TO CONTAIN DAIRY

Artificial or natural flavors/  
flavoring  
Artificial butter flavor  
Caramel flavoring  
Chocolate  
Crackers  
Deli or Lunchmeat  
Galactose  
Hydrolyzed vegetable protein  
Lactic acid starter culture  
Lactobacillus  
Luncheon meat, hot dogs,  
sausages  
Margarine  
Microwave Popcorn  
Pancake Mix  
Prebiotics  
Probiotics  
Pudding  
Rice cheese  
*(look for casein or caseinate)*  
Salad Dressings  
Scrambled eggs in a restaurant  
Soy cheese  
*(look for casein or caseinate)*

