

kellymom.com Hidden Dairy "Cheat Sheet"

Dairy Ingredients and Hidden Dairy

Artificial butter flavor, **Butter**, **Butter fat**, **Buttermilk**, **Butter oil**, **Casein**, **Caseinates** (ammonia, calcium, magnesium, potassium, sodium), **Cheese**, **Cottage cheese**, **Cream**, **Curds**, **Custard**, **Ghee**, **Goat's milk**, **Half & half**, **Hydrolysates** (casein, milk protein, protein, whey, whey protein), **Kefir**, **Koumiss**, **Lactalbumin**, **Lactalbumin phosphate**, **Lactoglobulin**, **Lactose**, **Lactulose**, **Milk** (condensed, derivative, powder, dry, evaporated, low fat, malted, non fat, protein, skim, solids, whole), **Milkfat**, **Nougat**, **Paneer**, **Pudding**, **Rennet casein**, **Sour cream**, **Sour cream solids**, **Sour milk solids**, **Whey** (in any form including delactosed, demineralized, protein concentrate, sweet), **Yogurt**

Ingredients that MAY contain milk protein:

Chocolate, **Flavorings** (natural or artificial), **High protein flour**, **Hot Dogs**, **Luncheon Meat**, **Margarine**, **Simplese**, **Sausage**, **Starter Distillate**.

Avoid "deli" meats, because the slicers frequently are used to cut both meat and cheese products. Also, some deli meats contain dairy products.

Kosher labeling: A product label marked **Parve** or **Pareve** is certified dairy-free. A product with a **circled "U"** on the label (with NO other symbols or letters) is Parve. A **"D"** or **"DE"** on a product label next to a circled "K" or circled "U" may indicate the presence of milk protein.
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