

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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