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## Cow's Milk-Free Diet

Food components on labels that may indicate cow's milk protein presence are butter, buttermilk, casein, caseinate, cheese, cottage cheese, cream, curds, whey, custard, cow's milk, nonfat milk, milk solids, milk chocolate, lactoalbumin, lactoglobulin, sodium caseinate and sour cream.

Major categories to be avoided by the milk-allergic individual include:

1. Dairy products (such as milk, ice cream, yogurt, cream, cheeses).
2. Cow's milk-based formulas and supplements.
3. Beverages made with milk (such as malted milk, cocoa, hot chocolate, Eggnog, Yoo-hoo Chocolate Flavored Drink and Ovaltine).
4. General Foods International Coffees (sodium caseinate), Slender, Ultra Slim Fast, Sego Lite, Nutrament and Go.
5. Bread, crackers, cereals, cookies and other flour products made with cow's milk protein ingredients.
6. Candies and desserts made with milk or milk products (e.g. puddings, custard, many cakes, cream pies, doughnuts).
7. Margarine (if it contains milk protein) and butter.
8. Vegetables and pastas prepared with milk or milk products.
9. Gravies, sauces, soups and salad dressings made with butter or other milk protein sources (e.g., white sauce (béchamel), Florentine sauce, moray sauce, Dijon naise and Hungarian sauce).
10. Meats prepared with butter or milk.
11. Cold luncheon meats containing milk proteins.
12. Scrambled eggs or egg-substitute products with milk components.
13. Meat substitutes made with milk or milk protein products.
14. Spreads made with sodium caseinate, nonfat milk solids and/or whey and nondairy creamers with milk protein.
15. Nondairy coffee creamers, dried sauces, gravy mixes, sour cream alternatives and imitation cheeses may contain milk protein ingredients.

Careful label reading is advised

- The designation "parve" means a product does not contain milk.
- Many packaged entree, vegetable and salad mixes contain milk products and should be avoided.
- Simplese (fat substitute) contains milk protein and should not be consumed.