

DAIRY

The most common allergens in dairy include LACTOSE (milk sugar) and CASEIN (milk protein). Very rarely does MILK FAT become a problem. It is helpful to identify which part of dairy you are reacting to as this could influence the choices you make.

LACTOSE	CASEIN	FAT	SUBSTITUTES
Milk (except Zymil) Milk powder Non-fat milk products Milk solids Cheese Whey protein Whey protein concentrate Ice-cream Yoghurt commercial (home-made fermented for 24 hours contains no lactose) Cheeses that are VERY LOW & may be tolerated include: Mozzarella Cheddar	Milk (cow, goat, animal) Milk powder Non-fat milk products Milk solids Cheese Dairy-free cheeses (usually still contains casein, only lactose free) Whey protein Whey protein isolate (very little lactose) Whey protein concentrate Sodium caseinate Lactalbumin (natural flavour) Lactoglobulin Colostrum Ice-cream Kefir Buttermilk Yoghurt Sherbet Canned tuna Cool whip Artificial butter flavour	100% butter 100% cream 100% sour cream Ghee	Rice milk Almond milk Hazelnut milk Other nut milks Coconut milk/cream Oat milk Pea Protein Sprouted Rice Protein Sorbets without milk Coconut ice-cream Fruit popsicles Nut cheeses Raw chocolates Dairy-free chocolates

MILK **may** also be found in the following foods:

- Baking powder
- Breads
- Boiled salad dressings
- Bologna, Cold meats, Salamis, Hams, Bacon, Sausages
- Cakes, Cookies, Biscuits
- Cocoa (not raw Cacao)
- Chowders
- Creamed foods and sauces
- Curds, Custards, Souffles
- Candy (expect hard candy)
- Scrambled eggs
- Escaloped dishes (unless made specifically without milk)
- Baking mixes, pancake mixes, waffles
- Gravies and sauces
- Malted or chocolate milk, Hot chocolate, Ovaltine
- Seasoned/flavoured potato chips