

MILK Allergen Card



Ingredients to avoid if you are allergic to milk*:

ALL DAIRY PRODUCTS

A2 Milk
Ammonium caseinate
Butter/Butter fat
Calcium caseinate
Casein
Casein hydrolysate
Caseinates
Cheese
Cream
Cultured buttermilk
Curds
Delactosed whey
Ghee
Hydrolysed casein
Hydrolysed whey
Infant formula cow's milk based including partially hydrolysed (HA) formula
Imitation milk
Lactalbumin
Lactalbumin phosphate
Lacto acidophilus
Low fat milk
Magnesium caseinate
Malted milk
Milk⁺
Nougat
Potassium caseinate
Rennet casein
Sodium caseinate
Sour cream
Skim milk
Sweet whey
Whey protein
Whey solids
Whey/Whey powder
Yoghurt

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+Any product containing the word milk from an animal source must be avoided (eg goat milk).

***Lactose does not normally contain the protein that causes reactions, but there may be a risk of contamination with milk protein. Lactose found in medication is generally safe*

Products which might contain milk include:

Baked goods (cakes,etc)
Batter fried foods
Bottled water
Canned products (i.e.any)
Caramel lollies
Cheese
Cheese powder
Chocolate
Coated/seasoned foods
Custards and puddings
Deli meats
Dips
Egg replacers
Fat substitutes
Flavouring (natural/artificial)
Flavoured coffees, drinks
Frozen desserts
Fruit Juice
Gravy
Herbal medicine
High protein flour
Ice cream
Lactic acid starter culture
Margarine spreads
Meat pies
Non-dairy cheeses
Non-dairy whiteners
Pastries
Poultry/turkey (basted)
Probiotics
Protein hydrolysate
Salad dressings
Sauces and spreads
Sausages
Soups/soup mixes
Sports drinks
Stock
Vegetable stock
Whitener

*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with milk allergy. It is NOT meant to replace medical advice given by your doctor.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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