

HIDDEN DAIRY INGREDIENTS

- Artificial flavor*
- Ammonium caseinate
- Anhydrous milk fat
- Bacterial cultures*
- Butter (artificial butter, artificial butter flavor, butter acid, butter ester(s), butter extract, butter fat, butter flavored oil, butter solids, dairy butter, natural butter, natural butter flavor, whipped butter)
- Buttermilk
- Calcium caseinate
- Caramel coloring*
- Casein
- Casein hydrolysate
- Casein Phosphopeptide-Amorphous Calcium Phosphate
- Caseinates (in all forms)
- Cheese (all animal-based, sometimes imitation & vegetarian)
- Cheese flavor (artificial and natural)
- Cottage cheese
- Cream
- Curds
- Custard
- Dairy protein
- Diacetyl
- Flavoring*
- Galactose*
- Ghee
- Goat products (milk, cheese, etc.)
- Half & Half
- High protein flour*
- Hydrolysates (casein hydrolysate, ice cream, ice milk, milk protein hydrolysate, protein hydrolysate, sherbet, whey hydrolysate, whey protein hydrolysate)
- Hydrolyzed casein
- Hydrolyzed Vegetable Protein*
- Iron caseinate
- Lactalbumin
- Lactalbumin phosphate
- Lactate solids
- Lactic acid starter culture (and other bacteria cultures)
- Lactic yeast
- Lactitol monohydrate
- Lactobacillus*
- Lactoferrin
- Lactoglobulin
- Lactose
- Lactulose
- Magnesium caseinate
- Margarine*
- Milk (in all forms, some of which include acidophilus milk, buttermilk varieties, cultured milk, condensed, dried, dry milk solids (DMS), evaporated, fat-free, goat's milk, Lactaid® milk, lactose-free milk, low fat milk, malted milk, milk derivative, milk powders, milk protein, milk solids, milk solid pastes, nonfat dry milk, nonfat milk solids, pasteurized milk, sheep's milk, skim milk, etc.)
- Milk fat
- Milk protein hydrolysate
- Milk solids
- Natural flavor*
- Nisin
- "Non-dairy" products* (many contain casein)
- Paneer
- Phosphate
- Potassium caseinate
- Quark
- Recaldent(R)
- Rennet
- Rennet casein
- Rice cheese
- Shellfish*
- Simplese
- Sour cream (sometimes imitation)
- Sour cream solids
- Sour milk solids
- Soy cheese
- Starol lactate
- Stearic acid
- Tagatose
- Whey (in all forms, such as, acid whey, cured whey, delactosed whey, demineralized whey, hydrolyzed whey, powdered whey, reduced mineral whey, sweet dairy whey, whey, whey powder, whey protein, whey protein concentrate, whey protein hydrolysate, whey solids)
- Yogurt (regular or frozen)
- Yogurt powder

**Some of these ingredients may be derived from something other than dairy. See page 2 for further explanation.
 -Note: This list is for informational purposes only, and should not be solely relied on. Ingredients continually change and processing varies, which means a product that was once safe may not be later on. Prior to consumption of any food product, always check with the manufacturer if an ingredient label is not clear. Be sure to always research and understand ingredients you come across, even if they are not found on this list.*

MANUFACTURER CLARIFICATION NEEDED

FOR HIDDEN DAIRY INGREDIENTS

For a complete list of hidden dairy ingredients, see page 1.

- **Flavoring, Artificial Flavoring, Natural Flavoring, or Artificial Color:** These contain vague ingredients derived from various sources, some of which may be derived from dairy.
- **Caramel Coloring:** It is typically derived from corn syrup, potatoes, wheat, or other carbohydrate sources. In very rare cases, lactose can be used.
- **Galactose:** This is often a lactose byproduct. Sometimes it is derived from sugar beets and other gums instead, though.
- **High Protein or Protein:** Ingredient notes with no additional details may be derived from casein or whey. This is often the case with “High Energy” foods.
- **Hydrolyzed Vegetable Protein:** The processing phase may use casein, and trace amounts would likely remain.
- **Lactic Acid Starter Culture and Other Bacteria Cultures:** Usually derived from beets or dextrose, however, is sometimes derived from milk proteins due to being prepared by using milk as an initial growth medium.
- **Lactobacillus:** This is a bacteria that may have been cultured or produced on dairy and may contain trace amounts. It is known for its ability to convert lactose and other simple sugars to lactic acid.
- **Margarine:** Many types contain trace amounts of milk proteins, whey, or lactose.
- **“Non-Dairy” Products:** May contain casein or other hidden ingredients. Check labels.
- **Shellfish:** Sometimes dipped in milk (to reduce the fishy odor)

RARELY SOURCES OF DAIRY, BUT POTENTIALLY COULD BE:

- Calcium Lactate
- Calcium Lactylate
- Lactic Acid (although lactic acid starter culture may contain milk)
- Potassium Lactate
- Sodium Lactate
- Sodium Stearoyl Lactylate

TIDBITS:

- Lactose-free does NOT mean dairy free! Lactose is the sugar found in milk. Lactose-free milk still contains the dairy protein. Always check ingredient labels!
- Kosher dairy labeling does not ensure safety from cross-contamination. Possible traces of allergens may be in Kosher foods. Read the ingredient label and/or contact the manufacturer to be certain on each product.

THE FOLLOWING INGREDIENTS ARE SURPRISINGLY DAIRY-FREE:

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| ■ Calcium Carbonate | ■ Cocoa Powder | ■ Lecithin Oleoresin |
| ■ Calcium Citrate | ■ Coconut cream | ■ Milk Thistle |
| ■ Calcium Phosphate | ■ Cream of Coconut | ■ Nut Butters |
| ■ Calcium Propionate | ■ Cream of Tartar | ■ Oleoresin |
| ■ Cocoa Butter | ■ Glucono Delta-Lactone | ■ Shea Butter |