



## Milk Ingredients

**The following terms indicate the presence of cow's milk:**

- Butter; artificial butter flavor; natural butter flavor; butter solids; butter-flavored oil; whipped butter
- Buttermilk; buttermilk solids
- Cheese; processed cheese
- Cottage Cheese
- Cream Cheese
- Feta; Ricotta; Quark; Curd(s)
- Homogenized Milk (1%, 2%, whole, skim, low fat, non fat)
- Acidophilus Milk; Lactaid Milk; Lacteeze Milk
- Condensed Milk, Evaporated Milk, Cultured Milk; Dry Milk
- Milk Solids; Milk derivative; Milk protein; Sour milk solids
- Malted Milk
- Milk Powder
- Cream; Whipped Cream; Light Cream
- Half and Half
- Ice Cream; Sherbert
- Yogurt
- Custard; Pudding
- Nougat
- Casein; casein hydrolysate; hydrolyzed casein; rennet casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Whey; whey protein; delactosed whey; demineralized whey; whey protein concentrate
- Lactose; lactulose; lactoglobulin; lactalbumin; lactalbumin phosphate

**The following terms MAY indicate the presence of cow's milk:**

- Brown sugar flavoring
- Caramel flavoring
- Chocolate
- High protein flour
- Margarine
- Natural flavoring
- Simplese

**Note:** The terms lactic acid, lactate and lactylate do NOT contain cow's milk.

(Ingredient list from **Food Allergies in Babies and Children** by Janice Jonega, PhD, RD)

***MilkWorks is a Comprehensive Resource to Help You Breastfeed Your Baby***

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