

Dairy Free Dude's Guide

Reading Food Labels - Dairy Allergy Safety





Sign up for **LABEL ALERTS** with **FARE!**

Get the latest info on recalls and mislabeled products that have allergen contamination and save your self or your allergic loved one: <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/allergy-alerts>

Food Label Reading 101

Ingredients and manufacturing processes can change at any time. **ALWAYS** read labels. Call manufacturers to ask specifics about ingredients or cross-contamination (cross-contact) possibility. Look for the following words on the packaging:

- **INGREDIENTS:** Usually near the Nutrition Facts label, but can be anywhere on the packaging.
- **CONTAINS:** The “rules” (FALCPA 2004) say that top 8 allergens are supposed to be listed by their “common” names. Also look for “may contain”, “manufactured in a facility that also processes” or “made on shared equipment with”.
- **IMPORTED PRODUCTS:** Be extra careful as imported products do not always follow US guidelines for labeling.
- **“xx”-FREE:** Free-from labeling (like dairy-free) is voluntary (not regulated) and products often do include the allergen measured at a parts per million threshold. There is no threshold ensured as safe for a food-allergic person.
- **NON-DAIRY:** Products marked as non-dairy often contain the milk protein caseinate.
- **VEGAN:** The criteria for vegan trademarks should ensure safety for the dairy-allergic person, as it includes no cross-contamination or animal-derived products. <https://www.vegsoc.org/vegetarian-and-vegan-trademarks/>

Is it or isn't it DAIRY? 1/2

After reading this list, you might feel you need a college degree in label reading to ensure your safety when shopping. With practice and vigilance it becomes easier. Start early with children to give them time to learn to recognize potential trouble foods.

DAIRY - STEER CLEAR

Acidophilus Milk	Magnesium Caseinate
Ammonium Caseinate	Milk (Malted, Derivative, Fat,
Butter & Butter Fat	Powder, Protein, Solids,
Butter Oil, Acid, Ester	Low-fat, Non-fat, Skim,
Buttermilk (+ Powder)	Sweetened Condensed,
Calcium Caseinate	Whole)
Casein, Caseinate (ALL)	Natural Butter Flavor
Cheese (ALL animal-derived)	Nougat
Condensed Milk	Paneer
Cottage Cheese	Potassium Caseinate
Cream, Curds, Custard	Pudding
Dry Milk (Powder, Solids)	Recaldent
Evaporated Milk	Rennet Casein
Ghee	Sheep Milk/Cheese
Goat Cheese/Milk	Sodium Caseinate
Half & Half	Sour Cream
Hydrolyzed Milk Protein	Sour Milk Solids
Iron Caseinate	Whey (Sweet, Powder)
Lactalbumin	Whey Protein (Concentrate,
Lactoferrin	Hydrolysate)
Lactoglobulin	Whipped Cream & Topping
Lactose, Lactulose	Yogurt & Zinc Caseinate





Is it or isn't it DAIRY? 2/2

COULD BE DAIRY

Artificial or Natural Flavors/Flavoring - You can call the manufacturer, but often they won't be able to answer as to the presence of allergens, and may cite "proprietary blend/mix/ingredients" as their reason to not disclose information on allergens.

Baked Goods - Safest to stick with your own baking!

Caramel

Chocolate

Cultured Dextrose - Can be from a corn source, but is also often derived from a dairy source. If so, it should be clearly declared as "milk" on the label.

Galactose - Can be derived from sugar beets and other gums, but is also often a byproduct of lactose (milk sugar).

High Protein/Protein/High Energy - May be derived from milk proteins (casein/whey).

Hydrolyzed Vegetable Protein - The processing phase may use casein.

Lactic Acid - Often sourced from sugar beets, cornstarch, potatoes, or molasses, but commonly derived from dairy ingredients. **Lactic Acid Starter Culture & other bacterial cultures** - Often sourced from dairy ingredients.

Lactobacillus - Often noted ingredient in probiotics. May have been cultured/produced on dairy ingredients.

Lunch Meats, Hot Dogs & Sausages - Dairy ingredients often used in the flavoring and/or cutting of these.

Margarine - Milk proteins are in most brands.

Nougat

Prebiotics - Often derived from milk-based foods.

Restaurant-prepared meats - Often use butter as a finish.



Looks Like Dairy

Again, **ALWAYS** read labels, and consult the company directly to ensure your safety. Watch out for ingredients in personal care products as well. Some ingredients look like dairy, while they are not. You can also often do a google search to determine whether an ingredient is a dairy-containing ingredient or not. These ingredients are **typically NOT dairy**:

- Calcium -Propionate, -Carbonate, -Citrate, -Phosphate
- Cocoa -Butter, -Powder
- Coconut -Butter, -Cream
- Cream of Coconut, Cream of Tartar, Creamed Honey
- Fruit Butter
- Glucono Delta-Lactone
- Lecithin Oleoresin
- Malt/ed -Barley, -Liquor, -Vinegar
- Milk Thistle
- Nut Butters
- Shea Butter

<https://www.allergicliving.com/2019/04/15/after-daughters-fatal-reaction-to-toothpaste-mother-calls-for-caution/>

BEST Practices

YOU are the BEST advocate for your own safety.

ALWAYS read labels.

TRAIN others in the home to read labels.

MINIMIZE the allergen in the home or completely ban it from the home if possible for the safest environment. (It is especially valuable for the food-allergic person to have one place to let their guard down - **HOME**).

NEVER try any new product before bed. Try to limit possibility of reactions (as can happen with new products) to the daytime when others are around to assist you in case of reaction.

ALWAYS have your epinephrine injector at hand. It helps tremendously to have others trained in how to help administer it.

THANK those in your life who are willing to support and help you manage your allergy.



Credits

DAIRY FREE DUDE LLC is not a medical provider and as such does not provide medical advice. ALWAYS consult your own medical provider(s) as a partner in your allergy care, and follow best practices.

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