

Foods Containing Dairy

When removing dairy, we need to remove all sources of lactose and casein. Here is a list of all the foods that contain lactose and casein:

- Butter, butter fat, butter oil, butter acid, butter ester(s) • Buttermilk
- Cake mixes
- Caramel candies
- Casein
- Cereals
- Cheese
- Chewing gum
- Chocolate milk
- Cottage cheese
- Cream
- Curds
- Custard
- Gelato
- Half-and-half
- Ice cream
- Lactalbumin, lactalbumin phosphate
- Lactic acid starter culture and other bacterial cultures • Lactoferrin
- Lactose
- Lactulose
- Margarine
- Milk (condensed, derivative, dry, evaporated, goat's milk, lowfat, malted, milk fat, nonfat, powdered, protein, skimmed, solids, whole)
- Milk protein hydrolysate
- Nisin
- Nougat
- Pudding
- Rennet
- Salad dressing
- Sherbet
- Sour cream, sour cream solids
- Sour milk solids
- Tagatose
- Whey
- Whey protein hydrolysate
- Yogurt