

# Milk Ingredients

The following “ingredients” generally indicate the presence of cow’s milk protein in a food product:

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

The following “ingredients” MAY indicate the presence of cow’s milk protein:

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

The following “ingredients” should NOT indicate the presence of cow’s milk protein:

- Lactic acid; lactate; lactylate

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

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