

## OBVIOUS DAIRY CONTENT



**MILK  
CREAM**

**BUTTER  
CHEESE**

**YOGURT  
KEFIR**

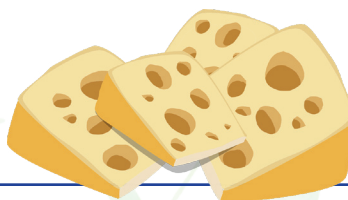
**ICE-CREAM  
SOUR CREAM**

Products that are made from, or contain, dairy:

Milk chocolate  
Custard  
Pudding  
Sherbet  
Gelato  
Cottage cheese  
Whey  
No/low-fat dairy  
Butter fat  
Ghee  
Half & Half

Condensed milk  
Evaporated milk  
Buttermilk  
Skim milk powder  
Cream cheese  
Quark  
Curds  
Rennet

Lactose  
Lactulose  
Lactoferrin  
Diacetyl  
Casein  
Caseinates  
(all forms)  
Lactalbumin  
Milk derivatives  
(solids, malted,  
evaporated,  
dried)



## PRODUCTS THAT MAY CONTAIN DAIRY\*

### PROCESSED FOODS & SNACKS

Hot dogs  
Sausages  
Lunch meat

Margarine  
Baked goods  
Custard  
Non-dairy products

Chocolate, dark  
Caramel candy  
Nougat

Energy bars  
Grenola bars  
Protein bars  
Protein powder



### INGREDIENTS

High protein flour  
Artificial flavour  
Natural flavour  
Caramel flavour

Lactic acid  
Lactic acid starter culture  
Nisin



### SAUCES & CONDIMENTS

Dressings  
Marinades  
Gravy  
Sauces

### OTHER

Medications  
Supplements