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Hidden Dairy Ingredients

Acidophilus Milk
Casein
Caseinate
Curds
Galactose
Ghee
Lactalbumin
Lactate
Lactic Acid
Lactoglobulin
Lactose
Malted Milk
Nougat
Potassium Caseinate
Ready Sponge
Rennet
Sodium Caseinate
Whey

Beware of artificial butter flavor, caramel color, flavorings, seasonings, canned fish, canned tuna, "non-dairy substitutes" (often contain dairy), processed meats, deli meats, supplements and medications (may contain cornstarch that contains casein), cosmetics and hygiene products. Beware of cross-contamination on meat cutters at grocery stores, as they often slice cheese interchangeably with meat.