

HIDDEN DAIRY INGREDIENTS

As a dairy detoxer, you will soon become proficient at deciphering labels to avoid milk and other dairy derivatives. While we wish it were as simple as scanning for “milk” in the list of ingredients, food manufacturers have gotten very creative with labeling products containing milk. Follow these steps.

STEP 1

When you pick up a package of food, look for a statement on the label that says “Contains: Milk” (usually below the list of ingredients). If no such statement appears, move on to Step 2!

STEP 2

Scan for “milk” or other “milk” synonyms or derivatives on the ingredients label (see our list of the most common below). Of course if “milk” is preceded by something that comes from a plant, like almond, coconut, rice, soy, etc., that’s dairy-free milk.

WHAT ABOUT A LABEL THAT SAYS, “MAY CONTAIN MILK?”

Statements such as “may contain milk” or “made in a facility with milk” do *not* necessarily mean there is dairy in the product. These are legal statements that companies put on their labels to cover their legal bases in the minute chance that cross-contamination with dairy occurs. Be sure to check the label.

COMMON NAMES FOR DAIRY INGREDIENTS AND MILK DERIVATIVES

Butter
Buttermilk
Casein
Caseinate
Cheese
Creams, Curds, Custards, Puddings, Yogurts
Ghee
Kefir
Lactalbumin
Lactoferrin
Lactoglobulin
Lactose
Lactulose
Milk
Nougat
Recaldent
Rennet
Whey

As always, we’re here to help! If you have questions, email us: hello@thedairydetox.com.

