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Hidden Dairy “Cheat Sheet”

Business card-sized
(cut out and fold in the middle)

Personal use only.

If you would like to distribute this handout to clients or patients, please visit
www.dokterjerawat.com/file-download/Gizi-Card for more information.

Dairy Ingredients Hidden Dairy	Ingredients that MAY contain milk protein:
<p>Artificial butter flavor, Butter, Butter Fat, Buttermilk, Butter Oil, Casein, Casainates (ammonia, calcium, magnesium, potassium, sodium), Cheese, Cottage cheese, Cream, Curds, Custard, Ghee, Goat’s milk, Half & half, Hydrolysates (casein, milk protein, protein, whey, whey protein), Kefir, Koumiss, Lactalbumin, Lactalbumin phosphate, Lactoglobulin, Lactose, Lactulose, Milk (condensed, derivative, powder, dry, evaporated, low fat, malted, non fat, protein, skim, solids, whole), Milkfat, Nougat, Paneer, Pudding, Rennet casein, Sour cream, Sour cream solids, Saour milk solids, Whey (in any form including delactosed, demineralized, protein, concentrate, sweet), Yogurt</p>	<p>Chocolate, Flavorings (natural or artificial), High protein flour, Hot Dogs, Luncheon Meat, Margarine, Simplese, Sausage, Starter Distillate.</p> <p>Avoid “deli” meats, because the slicers frequently are used to cut both, meat, and cheese product. Also, some deli meats contain dairy products.</p> <p>Kosher labeling : A product label marked Parve or Pareve is certified dairy-free. A product with a circled “U” on the label (with NO other symbols or letters) is Parave. A “D” or “DE” on a product label next to a circled “K” or circled “U” may indicate the presence of milk protein. www.dokterjerawat.com</p>