

Terms indicating the presence of milk

Apart from the obvious ingredients to avoid (such as milk, cream and dairy) watch out for the following:

- Butter
- Butter fat
- Buttermilk
- Butter oil
- Casein, hydrolysed casein
- Sodium caseinate / Calcium caseinate
- Whey
- Cheese
- Curd
- Yoghurt / fromage frais
- Ghee
- Ice cream