

Many seemingly dairy-free food products actually contain some form of dairy, whether it be in the form of casein, lactalbumin, whey or another dairy derivative. ALWAYS look at the contents before purchasing. You will also be pleasantly surprised that many 'buttery' items are just flavored and, in fact, do not contain dairy.

-**boxed cereals** may contain casein, nonfat milk powder or whey protein or whey protein isolates.

-**Prepared breadcrumbs** more often than not contain some form of dairy, be it butterfat, casein, dry milk powder, whey or some combination

-**Factory made sandwich breads, hot dog and burger buns**, both white and wheat varieties, contain casein, whey or nonfat milk powder and sometimes all three. Make them at home or buy from the bakery section of your store.

-**Quick breads**, such as banana nut, corn bread and pumpkin, almost always contain butter and milk. While some processed varieties may not contain actual butter, they will usually contain whey protein isolates and milk powder

-Store-bought **crackers** almost always contain butter, butter fat or nonfat milk powder. Ritz, Triskets and Graham crackers are notable exceptions

-**soy, nut and rice-based "cheeses"** contain some form of casein or whey proteins. Usually, these products will be labeled as "vegan" if they are dairy-free. Lactose free does not mean dairy free so use caution if looking for vegan

-**vegetarian "meat" products** -In order to act as an emulsifying and stabilizing agent, many **vegetarian "meat" products** contain casein or whey protein isolates. They may also contain eggs. Typically, these products will be labeled as "vegan" or "casein-free" if they are dairy-free

What are these dairy additives?

Casein

A milk phosphoprotein, casein is used as an emulsifying and binding agent in countless processed foods and vitamin supplements. Other forms of casein commonly found in foods are *Ammonium Caseinate, Calcium caseinate, Casein Hydrolysate, Iron Caseinate, Magnesium Caseinate, Paracasein, Potassium Caseinate, Rennet Casein, Sodium Caseinate, and Zinc Caseinate.*

Delactosed

A high-protein food ingredient derived from whey.

Lactalbumin

Used as an emulsifying and binding agent in food products, lactalbumin is a whey-derivative and the albumin component in milk. (Albumins are emulsifying and binding agents in animal proteins, and have a similar function in food products; eggs are often the albumin component in food products and recipes.)

Lactoglobulin

Similar to lactalbumin, lactoglobulin is a whey protein which functions as a gelling and stabilizing agent. It is most commonly found in clear sports beverages.

Lactose

Also referred to as "milk sugar," lactose is the disaccharide component in milk.

Recaldent

A casein-derivative, recaldent is commonly found in dental products, although it has also been used in chewing gum.

Whey and Whey Proteins

Whey is produced during the first stages of cheese-making as a liquid which is then processed to obtain whey protein isolates. Whey protein is composed of lactalbumin and lactoglobulin, and is found in both food products and health supplements. Other common forms of whey present in food products are *sweet whey, whey powder, whey protein, whey protein concentrate, and whey protein hydrolysate.*

Handy list for the store:

Casein; Delactosed; Lactalbumin; Lactoglobulin; Lactose; Recaldent; Whey; lactoferrin; diacetyl; lactulose; tagotose.

Derivative names: The above words preceded or followed by other chemical names. The word *Caseinate alone or w/ other chemical names* and the word *Paracasein*.

