

# Crawford & Fitch - Ear, Nose and Throat

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## MILK

Milk is to be avoided in **ANY** form. This is a list of foods where milk commonly occurs. If there is any question regarding a prepared food, investigate the contents listed on the label.

Milk is widely used in processed, packaged foods. It can be referred to by many different names. Therefore, **AVOID** all food products with a label that states Milk, Dry Milk Solids, Nonfat Milk Solids, Buttermilk, Cream, Whey, Yogurt, Cheese, Curds, Butter, Margarine (can contain milk), Sour Cream, Casein, Caseinate, Sodium Caseinate, Lactate, Lactalbumin, Lactose.

1. Custard, junket, ice cream, milk pudding
2. Batters, waffles, pancakes, cake, cookies and prepared flours (such as Bisquick)
3. Ordinary bread
4. Malted milk, ovaltine, cocomalt, drinking chocolate, buttermilk, canned or dried milk
5. Milk chocolate candy, chocolate creams, filled candy bars nougat
6. Cottage cheese and other cheese
7. Any foods prepared with milk, cheese or cream, such as gravies, cream sauces, fritters, rarebits, timbales, souffles, au gratin dishes, omelets
8. Frankfurters and other sausages (dried skim milk used as binder) and wiener schnitzel
9. Powdered milk