

When Milk isn't called Milk

Always, always check labels. Even on products known to be safe. Milk is sometimes added to existing products for no apparent reason. If it doesn't list ingredients, don't buy, it's not worth the risk. Note that some products may contain and have listed margarine, bread crumbs, which may themselves contain milk products, *but are not listed*.

The following items are from Milk

- Casein
- Caseinate
- Whey
- Whey Powder
- Sodium Caseinate
- Calcium Caseinate
- "Beverage Whitener" ..generally
- Caramel .. sometimes (O.K. if pure colour & not adulterated)

and can usually be found in these products ...

- Cheese
- Yoghurt
- Butter
- Margarine (most of them)
- Custard
- Biscuits
- Cakes
- most Processed Foods (commercial foods)