

Understanding Dairy Ingredients from an Integrative Health Perspective

If you want to reduce dairy exposure, carefully checking ingredient lists can help you identify hidden sources. Some individuals may opt for plant-based alternatives.

✦ **Tip:** If you are avoiding dairy, look for terms like "whey," "casein," and "milk solids" on ingredient labels, as these can be found in baked goods, protein powders, and even some medications.

Acidophilus Milk	Lactulose
Ammonium Caseinate	Low-Fat Milk
Butter	Magnesium Caseinate
Butter Fat	Malted Milk
Butter Oil	Milk
Butter Solids	Milk Derivative
Buttermilk	Milk Fat
Buttermilk Powder	Milk Powder
Casein	Milk Protein
Caseinate	Milk Solids
Cheese (All animal-based)	Natural Butter Flavor
Condensed Milk	Nonfat Milk
Cottage Cheese	Nougat
Cream	Paneer
Curds	Pudding
Custard	Sheep Milk
Delactosed Whey	Sheep Milk Cheese
Demineralized Whey	Skim Milk
Dry Milk Powder	Sodium Caseinate
Dry Milk Solids	Sour Cream
Evaporated Milk	Sour Milk Solids
Ghee	Sweetened Condensed Milk
Goat Cheese	Sweet Whey
Goat Milk	Whey
Half & Half	Whey Powder
Hydrolyzed Casein	Whey Protein Concentrate
Hydrolyzed Milk Protein	Whey Protein Hydrolysate
Ice Cream	Whipped Cream
Lactalbumin	Whipped Topping
Lactoglobulin	Whole Milk
Lactose	Yogurt