



READING FOOD LABELS

HOW TO READ A LABEL FOR A MILK-FREE DIET

Terms that indicate the presence of cow's MILK protein	
Artificial butter flavor	Lactoglobulin
Butter, butter fat, butter oil	Lactose
Buttermilk	Lactulose
Casein	Milk (derivative, powder, protein, solids, malted, condensed, evaporated, dry, evaporated, dry, whole, low-fat, not-fat, skimmed, and goat's milk)
Caseinates (ammonium, calcium, magnesium, potassium, sodium)	Nisin
Cheese	Nougat
Cream	Pudding
Cottage cheese	Rennet casein
Curds	Sour cream, sour cream solids
Custard	Sour milk solids
Ghee	Whey (in all forms including sweet, delactosed, protein concentrate)
Half & Half ®	Yogurt
Hydrolysates (casein, milk protein protein, whey, whey protein)	
Lactalbumin, lactalbumin phosphate	
Lactoferrin	

There are two kosher symbols that can be of help for those with a milk allergy: a "D," or the word "dairy," on a label next to "K" or "U" (usually found near the product name) indicates presence of milk protein, and a "DE" on a label indicates the product was produced on equipment shared with dairy.

Terms that <u>may</u> indicate the presence of MILK protein	
Caramel candies	Margarine
Chocolate	Natural and artificial flavoring
High protein flour	Non-dairy products
Luncheon meat, hot dogs, sausages	Simplese®

HOW TO READ A LABEL FOR AN EGG-FREE DIET

Terms that indicate the presence of EGG protein	
Albumin	Macaroni
Egg (white, yolk, dried, powdered, solids)	Mayonnaise
Egg substitutes	Meringue
Egg nog	Ovalbumin
Globulin	Ovomucin
Livetin	Ovomucoid
Lysozyme (used in Europe)	Simplese®
	Surimi

HOW TO READ A LABEL FOR A PEANUT-FREE DIET

Terms that indicate the presence of PEANUT protein	
Artificial nuts	Nu-Nuts®
Beer nuts	Nutmeat
Cold pressed, expelled, or extruded peanut oil	Nut pieces
Ground nuts	Peanuts
Mixed nuts	Peanut butter
Monkey nuts	Peanut flour

Terms that <u>may</u> indicate the presence of PEANUT protein	
African, Asian (especially Chinese, Indian, Indonesian, Thai and Vietnamese dishes)	Hydrolyzed vegetable protein
Mexican baked goods (pastries, cookies, etc.)	Mandelonas (peanuts soaked in almond flavoring)
Arachis oil is peanut oil	Marzipan
Candy (including chocolate candy)	Mole sauce
Chili	Natural and artificial flavoring
Egg rolls	Nougat
Enchilada sauce	Sunflower seeds (often produced on equipment shared with peanuts)
Hydrolyzed plant protein	

HOW TO READ LABELS FOR A SOY-FREE DIET

Terms that indicate the presence of SOYBEAN protein	
Edamame	Soy sauce
Hydrolyzed soy protein	Soybean (granules, curds)
Miso	Tamari
Shoyu sauce	Tempeh
Soy (albumin, flour, grits, milk, nuts, sprouts)	Textured vegetable protein (TVP)
Soy protein (concentrate, isolate)	Tofu

Terms that <u>may</u> indicate the presence of SOYBEAN protein	
Hydrolyzed protein	Vegetable gum
Natural and artificial flavoring	Vegetable starch
Vegetable broth	

HOW TO READ LABELS FOR A WHEAT-FREE DIET

Terms that indicate the presence of WHEAT protein	
Bran	Matzoh matzoh meal (also spelled as matzo)
Bread crumbs	Pasta
Bulgur	Seitan
Cereal extract	Semolina
Couscous	Spelt
Cracker meal	Vital gluten
Durum, durum flour	Wheat (bran, germ, gluten, malt, starch)
Flour (all purpose, enriched, graham, high gluten, high protein, pastry, soft wheat)	Wheat grass
Farina	Whole wheat berries
Gluten	Whole wheat flour
Kamut	

Terms that <u>may</u> indicate the presence of WHEAT protein	
Soy sauce	Starch (gelatinized starch, modified food starch, modified starch, vegetable starch, wheat starch)
Starch	Surimi
Hydrolyzed vegetable protein	Vegetable gum
Natural and artificial flavoring	

HOW TO READ A LABEL FOR A SHELLFISH-FREE DIET

Terms that indicate the presence of SHELLFISH protein	
Abalone	Mussels
Clams (cherrystone, littleneck, pismo, quahog)	Octopus
Cockle (periwinkle, sea urchin)	Oysters
Crab	Prawns
Crawfish (crayfish, ecrivisse)	Scallops
Lobster (langouste, langousine, scampo, coral, tomalley)	Shrimp (crevette)
Mollusks	Snails (escargot)
	Squid (calimari)

Terms that <u>may</u> indicate the presence of SHELLFISH protein	
Bouillabaisse	Seafood flavoring (such as crab or clam extract)
Fish stock	Surimi
Natural and artificial flavoring	

HOW TO READ A LABEL FOR A CORN-FREE DIET

Terms that indicate the presence of CORN protein	
Baking powder	Corn syrup solids
Corn	Cornmeal
Corn alcohol	Grits
Corn flour	Hominy
Cornstarch	Maize
Corn sweetener	

Terms that <u>may</u> indicate the presence of CORN protein	
Food starch	
Modified food starch	
Vegetable gum	
Vegetable starch	