



Now Find Data Sheet:

Hidden Dairy

Dairy comes in all shapes and sizes. Products and ingredients that are derived from dairy have many different names that don't always scream dairy, so it is important to know how to recognize these ingredients on labels.

Our app, **Now Find Dairy Free**, can help you find safe, dairy free foods in your local grocery store.

Any food containing milk that is covered by the FDA labeling laws, must be labeled in plain English that it "contains milk." Unfortunately, there are also many dairy derived products and ingredients that do not fall under the labeling laws.

Below is a list of milk products and ingredients that may not be so easily recognized and might not be covered by FDA labeling laws. This is not an exhaustive list, but only the products that we have come across. If you find a product or ingredient that you are not familiar with and cannot verify as dairy free, always contact the manufacturer for verification.

Anhydrous milk fat

**Artificial butter
flavoring**

Artificial flavorings

Butter fat

Butter oil

Caramel flavoring

Casein

Caseinates

Dairy product solids

**Fat replacers
like Simplese® and
Dairy-Lo®**

Galactose

Hydrolysates

Includes: casein
hydrolysate, milk
protein hydrolysate,
protein hydrolysate,
whey hydrolysate,
whey protein
hydrolysate

Lactalbumin

Lactate solids

Lactic acid

**Lactic acid starter
culture**

**Lactitol
monohydrate**

Lactoglobulin

Lactose

Lactulose

Lactyc yeast

Milk fat

Natural flavoring

Nisin preparation

Quark

Recaldent

Renet

Sulfites

Whey

Compliments of NowFindFoods.com



Check out our FREE Apps to help you explore new products that fit your lifestyle and locate them at your local grocery store



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