Other names for milk on food labels

Milk hides under many names. If you see any word in the red box, the food contains milk. Keep this on the fridge or snap a photo for the store.

⚠ Always means milk

- Butter
- Butterfat, butter oil
- Buttermilk
- Casein, caseinates
- Cheese (all kinds)
- Condensed milk
- Cottage cheese, cream cheese
- Cream, sour cream
- Curds, paneer
- Custard
- Dulce de leche
- Ghee
- Kefir, labneh
- Lactalbumin
- Lactoferrin
- Lactoglobulin
- Lactose
- Milk (all kinds, incl. goat, sheep)
- Milk powder, milk solids
- Milkfat
- Pudding
- Recaldent
- Tagatose
- Whey (all kinds)
- Whey protein concentrate
- Yogurt

Often contains milk: check the label

- Butter, cheese or dairy flavor
- Caramel and caramel sauce
- Chocolate, including dark chocolate
- Margarine
- Nougat
- Pesto
- Tzatziki and creamy dips
- Creamy soups and bisques
- Plant-based cheese (some contain casein)
- Non-dairy creamer (often contains caseinate)
- Lactitol (E966), nisin

Sounds like milk, is not milk

Cocoa butter
a fat from cocoa beans

Cream of tartar
a baking acid from grapes

Peanut butter
no milk, but it is a peanut allergen

Coconut milk
no milk; check coconut if you avoid it

What the label words mean

Contains: Milk	Milk is an ingredient. US and EU law require this to be declared.
May contain milk	Made on shared lines or in a shared plant. Treat it as a risk, not a pass.
Non-dairy, dairy-free	Not regulated to mean milk-free. Non-dairy creamers often contain caseinate.
Kosher D or DE	D means it contains dairy. DE means dairy equipment. Either way, read the label.
Pareve or parve	No milk under kosher law, but it is not an allergy test. Traces are still possible.

⚠ This list is long, but not complete. A label without these words does not prove a food has no milk. If you are not sure, ask the maker or choose something else.

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