



Healthy Living at Hannaford

How to read a Label for a MILK-FREE or EGG-FREE Diet

All FDA-regulated manufactured food products that contain milk or egg as ingredient are required by U.S. law to list the word "milk" or "egg" on the product label.

MILK

Avoid foods that contain milk or any of these ingredients:

butter, butterfat, butter oil, butter acid, butter ester(s)
buttermilk
casein
casein hydrolysate
caseinates (in all forms)
cheese
cottage cheese
cream
curds
custard
diacetyl
ghee
half-and-half

- lactalbumin, lactalbumin phosphate
- lactoferrin
- lactose
- lactulose
- milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk form other animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
- milk protein hydrolysate
- pudding
- Recaldent™
- rennet casein
- sour cream, sour cream solids
- sour milk solids
- tagatose
- whey (in all forms)
- why protein hydrolysate
- yogurt

Milk is sometimes found in the following:

- artificial butter flavor
- baked goods
- caramel candies
- chocolate
- lactic acid starter culture and other bacterial cultures
- luncheon meat, hot dogs, sausages
- margarine
- nisin
- nondairy products
- nougat

EGG

Avoid foods that contain egg or any of these ingredients:

albumin (also spelled albumen)
egg (dried, powdered, solids, white, yolk)
eggnog
lysozyme
mayonnaise
meringue (meringue powder)
ovalbumin
surimi

Egg is sometimes found in the following:

- baked goods
- egg substitutes
- lecithin
- macaroni
- marzipan
- marshmallows
- nougat
- pasta
- caesar dressing

Keep in mind:

Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc.. as these are known to be cross-reactive with chicken egg.

The information found on this page is a guideline designed to support, not replace, the relationship that exists between a patient and his/her physician. The authors, Hannaford Bros. Co. and the Food Allergy & Anaphylaxis Network disclaim any responsibility for any adverse effects resulting from the information presented here. The information enclosed is not designed to take the place of a doctor's instructions. Patients are urged to contact a doctor for specific information regarding guidelines for care.



Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.