



simply healthy

from your Hannaford dietitian

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 an 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 from 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)
whey 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.

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Interested in learning more? 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 lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitians.