

# Milk



Leaflet #7



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Milk must be mentioned when a dish contains milk, butter, cream, yoghurt, or cheese. It is also good practice to identify the animal of origin, because some people can tolerate goats' or ewes' milk, but not cows' milk. It is not enough to state 'dairy'.

Please also note that dairy does not include eggs.

For many people, it is the lactose (milk sugar) that causes the problem, which is lactose intolerance, which is due to the absence of the enzyme lactase.

Babies naturally produce lactase to enable them to digest milk. However, the human body is designed to reduce the amount of lactase produced because we are not meant to consume milk after weaning.

Milk allergy is caused by the milk protein, casein.

## Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

## Other names to look for:

- Buttermilk, Butter
- Condensed milk
- Evaporated milk
- Milk powder, Milk protein
- Skimmed milk powder
- Cream, Crème fraiche
- Ghee, Margarine
- Cheese, Yoghurt
- Fromage frais, Ice cream
- Casein, Caseinates
- Sodium/Calcium caseinate
- Whey, Whey solids
- Hydrolysed whey, Whey protein
- Lactose, Milk sugar
- Lactoglobulin, Lactalbumin