

MSPI Food Allergen Graph: Avoiding Milk and Soy Protein (MSPI) Ingredients

Common food allergens may be listed many different ways on food labels and can be hidden in common foods. Below you will find different labels for Milk and Soy allergens.

Milk Protein Ingredients:

Milk in all forms (condensed, derivative, dry, evaporated, goat's milk and other milk from animals, malted, milkfat, powder, protein, skimmed, solids)
Butter, butterfat, butter oil, butter acid, butter esters
Buttermilk
Casein and Caseinates (in all forms)
Cheese
Cottage cheese
Cream
Curds
Custard
Diacetyl (artificial butter flavoring)
Ghee
Half-and-half
Lactalbumin, lactalbumin phosphate
Lactoferrin
Lactose
Lactulose
Milk Protein Hydrolysate
Pudding
Recaldent®
Rennet Casein
Sour cream, sour cream solids
Sour milk solids
Tagatose
Whey, whey protein hydrolysate
Yogurt

Tricky words but are allowed:

Lactate
Lactylate
Cocoa butter
Mono/diglycerides

Soy or Soy Protein Ingredients:

Soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy spouts, soy yogurt)
Soy protein / albumin, soy flour – often used as a meat extender, alternative, or protein boost.
(Concentrate, hydrolyzed, isolate)
Soy fiber – okara, soy bran, soy isolate fiber
Soybean curd or granules
Edamame
Miso – made from soy or rice for flavoring sauces
Modified Food Starch
Natto – Cooked / fermented soy beans
Soy sauces – fermented soy bean juices

- Tamari by product of Miso
- Shoyu – soy beans and wheat
- Teriyaki – sugar, vinegar, spices

Tofu – soybean curd
Textured vegetable protein (TVP)
Soya
Tempeh – Indonesian soybean cake
Natural flavors may be a soy derivative
Flavor enhancer may be from soybeans
Monosodium glutamate (MSG)
Vegetable broth, gum, starch may contain soy

Soy oil and Soy Lecithin

are highly processed and refined fats. These may or may not be tolerated.

Milk is sometimes found in the following:

Artificial butter flavor
Baked goods
Brown sugar flavoring
Caramel flavoring
Caramel candies
Chocolate
High protein flour
Lactic acid starter culture and other bacterial cultures
Luncheon meat, hot dogs, sausages
Margarine
Natural and artificial flavoring
Nisin (preservative)
Nondairy products and creamers
Nougat
Opta and Simplesse (fat replacers)

Some unexpected sources of milk include:

*Deli meat slicers are used for both meat and cheese
*Some canned tuna contain casein, a milk protein
*Many non-dairy products contain casein
*Items manufactured on equipment shared with milk products
*Some meats may contain casein as a binder
*Shellfish may be dipped in milk to reduce the fishy odor
*Many restaurants put butter on steaks after grilling to add extra flavor
*Some medications contain milk protein

Some unexpected sources of Soy include:

Baked goods
Canned tuna and meat
Cereals
Cookies
Crackers
High protein energy bars and snacks
Infant formulas
Low-fat peanut butter
Processed meats
Sauces
Canned broths and soups.

Read all product labels carefully before purchasing and eating them. Products and ingredients can change without warning,
Read every label, every time.

Resources: Foodfacts.com and Shopwell.com list almost all commercial food products. Websites : www.milkfreepantry.com/
www.foodallergy.org; www.mspimama.com; <http://thesensitivepantry.squarespace.com/>; <https://dairyfreeforbaby.com/mpsi-guide/>