

# 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

## 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/](http://www.milkfreepantry.com/)  
[www.foodallergy.com/](http://www.foodallergy.com/); [www.mspimama.com/](http://www.mspimama.com/); [www.thesensitivepantry.com/](http://www.thesensitivepantry.com/); <http://mspiguide.com/>