

Table 1: Avoiding Milk and Soy Protein (MSPI) Ingredients

Milk Protein Ingredients:

Milk in all forms (condensed, derivative, dry, evaporated goat's milk and other milk from animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)

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

Vegetable broth, gum, starch may contain soy

Natural flavors may be a soy derivative

Flavor enhancer may be from soybeans

Monosodium glutamate (MSG)

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 Simplese (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, so read every label, every time.

Resources: Foodfacts.com and Shopwell.com list almost all commercial food products. Other website that may be helpful are: www.milkfreepantry.com/ shows food products pictures. www.foodallergy.com/; www.mspimama.com/; www.thesensitivepantry.com/; <http://mspiquide.com/>