

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> All pure vegetables and their juices 	<ul style="list-style-type: none"> Vegetables prepared as or topped with: breaded and battered, butter or margarine added, creamed, instant potatoes, mashed with butter, prepared or frozen with milk, cream, butter sauces, scalloped
Fruit	<ul style="list-style-type: none"> All pure fruits and their juices 	<ul style="list-style-type: none"> Fruits prepared with ingredients not allowed
Salads	<ul style="list-style-type: none"> Salads with allowed ingredients 	<ul style="list-style-type: none"> Salads containing ingredients containing milk or foods made from milk (eg. Cheese)
Grain Products	<ul style="list-style-type: none"> Plain grains, flours, starches Bagels, breads, baked goods made without milk or milk products French and Italian bread Plain cooked, ready to eat cereals Pasta without cheese or milk containing sauce Soda crackers 	<ul style="list-style-type: none"> Commercial foods and mixes, baked products, cereals, breads, crackers, biscuits, doughnuts, muffins, pancakes containing milk and milk product ingredients
Milk & Alternatives	<ul style="list-style-type: none"> Rice and soy beverages Coconut, nut and seed milks Potato starch-based drinks Casein hydrolysate formula Milk substitutes, non-dairy creamers without milk ingredients* (<i>see lists for other names and possible sources of milk</i>) 	<ul style="list-style-type: none"> All animal milk Lactaid, lactose-free, lactose-restricted milk Milk powder, milk solids Modified milk, condensed milk, malted milk, buttermilk Cream, half-and-half, whipping cream, cream cheese, sour cream Yogurt, kefir All cheeses
Meat & Alternatives	<ul style="list-style-type: none"> All fresh or frozen meat, poultry, fish Canned or processed meat, poultry, fish without milk or milk products Kosher meat products Omelets, scrambled egg without milk or cheese 	<ul style="list-style-type: none"> Breaded, battered or creamed commercial prepared dishes Dishes made with milk, cream, cheese Meatloaf, hotdogs, cold cuts, sausages commercially prepared with milk or milk products

Item	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> • Plain, boiled, fried, poached egg • All plain legumes, lentils, soy beans • Peanut butter • Milk and casein free tofu • All plain nuts and seeds • Veggie burgers without milk ingredients* 	<ul style="list-style-type: none"> • Nuts, seeds or mixtures with milk or lactose coating
Soups	<ul style="list-style-type: none"> • Soups made without milk or milk products 	<ul style="list-style-type: none"> • Soups made with milk or milk products
Oils & Fats	<ul style="list-style-type: none"> • Milk-free margarine* (<i>see lists for other names and possible sources of milk</i>) • Whey free margarine • Real mayonnaise • Clarified butter • Gravy made without milk • Lard, shortening • Meat drippings • Pure vegetable oils • Ketchup, mustard, relish, soy sauce, Tabasco, Worcestershire sauce 	<ul style="list-style-type: none"> • Butter • Cream • Cream cheese • Sour cream • Margarine made with whey or milk • Salad dressing made with milk • Simplese • Commercial gravies or gravy mixes prepared with milk or milk products
Desserts & Sweets	<ul style="list-style-type: none"> • Pure sugar, honey, syrup • Rice or soy based desserts • Puree cocoa 	<ul style="list-style-type: none"> • Ice cream, ice milk • Milk Chocolate • Candies made from milk and milk products (toffee, caramel) • Dairy- based whipped toppings • Sugar substitutes with lactose (Equal brand sweetener)
Fluids	<ul style="list-style-type: none"> • Clear tea, herbal tea ,coffee • Vegetable and fruit juices & drinks • Mineral water • Soft drinks 	<ul style="list-style-type: none"> • Diet drinks with lactose
Miscellaneous	<ul style="list-style-type: none"> • Pure herbs and spices 	<ul style="list-style-type: none"> • Nutritional Supplements (ie. Boost®, Ensure®) • Powdered protein supplements (ie. Skim milk powder, Beneprotein)

***Other Names for Milk:**

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| <ul style="list-style-type: none"> • Acidophilus milk • Ammonium/calcium/magnesium/potassium/sodium caseinate • Casein/caseinate/rennet casein | <ul style="list-style-type: none"> • Curds • Delactosed/demineralized whey • Dry milk/milk/sour milk solids |
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- Hydrolyzed casein, hydrolyzed milk protein
- Lactalbumin/lactalbumin phosphate
- Lactate/lactose/lactulose
- Lactoferrin
- Lactoglobulin
- Milk derived/fat/protein
- Modified milk ingredients
- Opta™, Simplese (fat replacers)
- Whey protein concentrate

***Possible Sources of Milk:**

- Artificial butter, butter fat/flavour/oil, ghee, margarine
- Baked goods and baking mixes
- Brown sugar
- Buttermilk, cream, dips, salad dressings, sour cream, spreads
- Caramel colouring/flavouring
- Casein in wax used on fresh fruits and vegetables
- Casseroles, frozen prepared foods
- Cereals, cookies, crackers
- Cheese, cheese curds
- Chocolate
- Desserts
- Egg/fat substitutes
- Flavoured coffee, coffee whitener, non-dairy creamer
- Glazes, nougat
- Gravy, sauces
- High protein flour
- Kefir (milk drink), kumiss (fermented milk drink), malt drink mixes
- Meats such as deli meats, hot dogs, patés, sausages
- Pizza
- Instant/mashed/scalloped potatoes
- Seasonings
- Snack foods
- Soups, soup mixes
- Soy “cheese”

Note:

- Milk Free diet is **NOT** a Lactose Free diet

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN),2011
- Health Canada
- Food Allergy Canada