

# Medical Herbalism

North American Institute of Medical Herbalism  
P.O. Box 83097 Portland, OR 97203 720-279-4824 naimh.com

## Some hidden sources of milk.

You can usually find milk or milk proteins on the labels if they are contained in the food. This is not generally true in restaurants. The ingredients below can keep your food intolerance and systemic inflammation in a state of aggravation.

- Artificial butter flavor
- Butter
- Butterfat
- Buttermilk
- Butteroil
- Casein
- Cheese
- Cottage cheese
- Cream
- Curds
- Custard
- Ghee
- Half and half
- Hydrolysates (casein, milk proteins, whey, whey proteins)
- Koumis
- Lactalbumin
- Lactalbumin phosphate
- Lactoglobulin
- Lactose
- Lactulose
- Milk (condensed, derivative, dry, evaporated, powder, low fat, malted, nonfat, protein, skim, solids, whole)
- Milkfat
- Paneer
- Pudding
- Rennet casein
- Sour cream
- Sour cream solids
- Whey (all forms)
- Yogurt
- Caseinates (ammonia, calcium, magnesium, potassium, sodium)
- Canned tuna fish
- Chewing gum
- Deli meat
- Dips and salad dressings
- Goat's milk
- Hot dogs
- Instant mashed potatoes
- Kefir
- Lactaid milk
- Nougat
- Pate
- Sausage
- Shellfish
- Sherbet
- Soy or rice cheese