



## Reading Food Labels for Galactosaemia

The following are a list of ingredients that contain milk and are therefore **NOT** suitable for patients with Galactosaemia:

Milk  
Skimmed milk  
Skimmed milk powder  
Yoghurt  
Butter  
Cream  
Margarine (unless dairy free)  
Lactose  
Milk solids  
Milk protein  
Milk fat  
Non-fat milk solids  
Separate milk solids  
Shortening containing skimmed milk or whey  
Whey  
Hydrolysed whey protein  
Whey syrup sweetener  
Hydrolysed whey sugar  
Vegetarian whey  
Casein  
Caseinates  
Hydrolysed casein  
Sodium caseinates  
Calcium caseinates  
Cheese (unless known to be suitable)  
Cheese powder  
Buttermilk  
Milk fat  
Animal fat  
Artificial cream  
Artificial sweeteners called tagatose and lactitol

