



**Metabolic.ie**

National Centre for Inherited Metabolic Disorders

## 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

Butterfat

Butter oil

Milk fat

Animal fat

Ghee

Artificial cream

Artificial sweeteners called tagatose and lactitol

