

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

