



## 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
- 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
- Hydrolysed casein
- Cheese (unless known to be suitable)
- Cheese powder
- Buttermilk
- Artificial cream
- Artificial sweeteners called tagatose and lactitol



**Lactose Free milk products are not suitable as they still contain Galactose**