

TERMS for MILK, WHEAT, GLUTEN, and CORN

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WORDS THAT MEAN MILK / DAIRY / CASEIN

Artificial or natural flavors, Butter fat, butter oil, butter solids, buttermilk powder, calcium caseinate, casein, caseinate, cheese, coconut cream, condensed milk, cosmetics, curds, dairy-free cheese may contain dairy, delactosed whey, demineralized whey, dry milk powder, dry milk solids, egg flavors, evaporated milk, galactose, ghee, high protein powder, hydrolysates, hydrolyzed casein, hydrolyzed milk protein, iron caseinate, lactalbumin, lactic acid starter culture, lactoferrin, lactoglobulin, lactose, lactulose, low-fat milk, magnesium caseinate, malted milk, medicines (some), milk derivative, milk fat, milk powder, milk protein, milk solids, natural butter flavor, non-dairy products, nonfat milk, nougat, paneer, potassium caseinate, protein, pudding, recaldent, rennet casein, skim milk, sodium caseinate, sour milk solids, sweet whey, tuna fish in cans, whey, whey powder, whey protein concentrate, whey protein hydrolysate, whipped topping, zinc caseinate, PREbiotics (note this is not PRObiotics)

FOODS THAT CONTAIN MILK / CASEIN

butter, margarine, milk, cream, half and half, yogurt, sour cream, sherbet, chocolate, ice cream, creamed soups/vegetables, soup bases, puddings, custards, processed foods, buttermilk, cheeses, sweetened condensed milk, some hot dogs, some luncheon meats, some sausage,

DAIRY- FREE ALTERNATIVES FOR MILK

coconut milk, coconut butter, nut butters, nut milks (but be sure no sugar added)

WORDS THAT MEAN WHEAT OR GLUTEN

all purpose flour, artificial flavor, artificial flavoring, bagels, barley grass, bran, breads, bread flour, bleached flour, bulghur, cake flour, caramel color, cereal extract, crackers, Triticum vulgare, Triticale, Hordeum vulgare, secale cereale, couscous, dextrin, doughnuts, durum, emmer, farina, flavorings, glucose syrup, hot dogs, hydrolyzed plant protein, hydrolyzed vegetable protein, hydrolyzed wheat protein, hydrolyzed wheat starch, ice cream, imitation crab meat, malt, maltodextrin, marinara sauce, matzo, modified starch, modified food starch, muffins, natural flavor, natural flavoring, pasta, potato chips, processed meats, rice cakes, seasonings, seitan, seitas, soy sauce, starch, spelt, Triticum spelta, turkey patties, vegetable protein, vegetable starch, wheat germ extract, wheat germ oil, wheat grass; food with no gluten-containing ingredients still can be cross-contaminated with gluten during processing

WHEAT ALTERNATIVES

Brown rice, tapioca, quinoa, arrowroot, nut flours, manioc

WORDS THAT MAY MEAN CORN

(from www.cornallergens.com/list/corn-allergen-list.php)

Acetic acid, Alcohol, Alpha tocopherol, Artificial flavorings, Artificial sweeteners, Ascorbates, Ascorbic acid, Aspartame (Artificial sweetener), Astaxanthin, Baking powder, Barley malt* (generally OK if no caramel color), Bleached flour", Blended sugar (sugar/dextrose), Brown sugar* (generally OK if no caramel color), Calcium citrate, Calcium fumarate, Calcium lactate, Calcium magnesium acetate (CMA), Calcium stearate, Calcium stearoyllactylate, Caramel and caramel color, Carbonmethylcellulose sodium, Cellulose microcrystalline, Cellulose powdered,

WORDS THAT MEAN CORN (continued)

Cetearyl glucoside, Choline chloride, Citric acid*, Citrus cloud emulsion (CCS), Coco glycerides (cocoglycerides), Confectioner's sugar, Corn alcohol, Corn gluten, Corn extract, Corn flour, Corn oil, Corn oil margarine, Corn starch, Corn sweetener, corn sugar, Corn syrup, corn syrup solids, Corn, popcorn, cornmeal, Cornstarch, corn flour, Carmellose sodium, Crystalline dextrose, Crystalline fructose, Cyclodextrin, DATUM (a dough conditioner) Decyl glucoside, Decyl polyglucose, Dextrin, Dextrose (also found in IV solutions), Dextrose anything (such as monohydrates or anhydrous) d-gluconic acid, Distilled white vinegar, Drying agent, Erythorbic acid, Erythritol, Ethanol, Ethocel 20, Ethylcellulose, Ethylene, Ethyl acetate, Ethyl alcohol, Ethyl lactate, Ethyl maltol, Fibersol-2, Flavorings*, Food starch, Fructose*, Fruit juice concentrate *, Fumaric acid, Germ meal, Gluconate, Gluconic acid, Glucono delta-lactone, Gluconolactone, Glucosamine, Glucose*, Glucose syrup* (also found in IV solutions, Glutamate, Gluten, Gluten feed/meal, Glycerides, Glycerin", Glycerol, Golden syrup, Grits, High fructose corn syrup, Hominy, Honey * , Hydrolyzed corn, Hydrolyzed corn protein, Hydrolyzed vegetable protein, Hydroxypropyl methylcellulose, Hydroxypropyl methyl cellulose phthalate (HPMCP), Inositol, Invert syrup or sugar, Iodized salt, Lactate, Lactic acid*, Lauryl glucoside, Lecithin, Linoleic acid, Lysine, Magnesium citrate, Magnesium stearate, Maize, Malic acid, Malonic acid, Malt, malt extract, Malt syrup from corn, Malitol, Maltodextrin, Maltol, Maltose, Mannitol, Methylcellulose, Methyl glucose, Methyl glucoside, Microcrystalline cellulose, Modified cellulose gum, Modified corn starch, Modified food starch, Molasses* (corn syrup may present; know your product), Mono- and di-glycerides, Monosodium glutamate, MSG, Natural flavorings*, Olestral, Olean, Polenta, Polydextrose, Polylactic acid (PLA), Polysorbates* (e.g. Polysorbate 80, Polyvinyl acetate, Potassium citrate, Potassium fumarate, Potassium gluconate, Powdered sugar, Pregelatinized starch, Propionic acid, Proylene glycol, Propylene glycol monostearate*, Saccharin, Salt (iodized salt), Semolina (unless from wheat), Simethicone, Sodium carboxymethylcellulose, Sodium Citrate, Sodium erythorbate, Sodium fumarate, Sorbate, Sorbic acid, Sorbitan* (anything), Sorbitol, Sorghum* (not all is bad; the syrup and/or grain CAN be mixed with corn), Splenda (artificial sweetener), Starch (any kind that's not specified), Stearic acid, Stearoyls, Sucralose (Artificial sweetener), Sucrose, Sugar* (not identified as cane or beet), Threonine, Tocopherol (Vitamin E), Treacle (aka golden syrup), Triethyl citrate, Unmodified starch, Vanilla, Vallin, Vegetable anything that's not specific, Vinegar (distilled white), Vinyl acetate, Vitamin C* and Vitamin E*, Vitamins, Xanthan gum, Xylitol, Yeast, Zea mays, Zea mays starch, Zein.

FOODS THAT MAY CONTAIN CORN (many processed foods --3 out of 4 supermarket products!)

fast-food hamburger patties, most french fries are cooked in corn oil, fast food taco meat, processed chicken nuggets, diet soda (artificial sweetener from corn syrup), regular soda (high fructose corn syrup), ketchup (corn syrup), puddings, fruit juices (corn syrup sweeteners), yogurt (corn syrup), salad dressings (corn syrup), soup mixes and canned soups, baked goods, premade gravy, mayonnaise (corn-derived oil), peanut butter (corn syrup), vitamin D fortified milk, plastic water bottles made from corn, toothpaste (sorbitol from corn), gum (sweeteners from corn), make-up (what we put on our skin is absorbed into our bodies), shampoos and conditioners (citric acid from corn- we absorb what we put onto our skin), diapers (some eco-friendly diaper manufacturers are using cornstarch to keep babies' bottoms dry), nitrocellulose glue (in envelope adhesive that we lick), perfumes (grain alcohol from corn), aspirin (coating is cellulose microcrystalline from corn), polenta, maize

www.godairyfree.org/dairy-free-grocery-shopping-guide/dairy-ingredient-list-2 TheMaize.com, Men's Health, National Corn Growers Association, Time Magazine, Forbes.com, Celiacdisease.about.com/od/copingwiththediet/a/Gluten-On-Food-Labels.htm