

GROUP 2: MILK

Always check the label ingredients before you use a product. Many processed or prepared foods contain milk.

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

Milk/dairy products:

- Milk and milk solids Non-fat, skim milk or powdered milk and milk solids
- Buttermilk Evaporated milk
- Yogurt Cream, cream cheese, sour cream
- Curds Cheese, cheese powder or cheese sauce
- Cottage cheese Butter, butter fat, artificial butter flavor
- Whey and whey products

Foods containing milk/milk products:

- Au gratin foods Chocolate and cream candy
- Coffee creamers Creamed or scalloped foods
- Custard Nougat
- Ice cream Malted milk
- Many puddings Margarines (some, check the label)
- White sauces

Ingredients to look for:

- Lactalbumin, lactalbumin phosphate Lactoglobulin
- Casein or sodium caseinate Lactose (milk sugar)

You must also avoid Foods that contain Calcium if you were treated for Calcium:

- Vegetables Lettuce
- Broccoli Cabbage
- Brussel sprouts Beans
- Oats Nuts
- Sunflower seeds Fish
- All Calcium supplements All Vitamins containing Calcium

FOODS YOU CAN EAT OR DRINK

Boiled White Rice, Chicken, Beef, Pork, Coffee or Tea without milk, Salt and Sugar.