

# Hidden Danger Foods – Dairy

- Breads – Even Gluten-Free Brands! – Some use whey as a preservative.
- Caramel – Often made with butter and milk products.
- Cereal
- Chicken Broth – not all, but some use milk or butter. Check your labels!
- Chocolate or chocolate beverages– Many brands use milk as a base.
- Cookies & Crackers – Usually contain milk and butter.
- Custard / Pudding – By and large, most contain milk bases.
- Granola & Protein Bars
- Hot Dogs – Unless you buy a Kosher brand, you may get some added dairy in your hot dogs. Yuck!
- Instant Potatoes – They often have milk or butter in them to make them creamier.
- Lactose Free Milks – Milk protein is the problem most of the time, not just lactose! Lactose-free is not dairy-free
- Margarine – Most are not dairy free, and many are rich in hydrogenated oils. Use Smart Balance instead – it's dairy free!
- Meal Replacement / Protein Powders & Beverages – These often contain milk powder or whey! Look for Vegan brands, Like Vegan Shakeology!
- Potato Chips – If they are flavored, they often contain milk powders!
- Salad Dressings – Stay away from Ranch varieties and other “creamy”-looking flavors. You're usually safer with vinaigrettes, but as usual, check those labels every time!
- Soup – Most use milk in their thickening agent, so look at those labels!
- Soy “Meat” Products – Veggie meat products are notorious for hiding dairy!!
- Soy Cheeses – Check your labels! Every once in a while, you'll find brands that use traces of dairy ingredients to change the texture and consistency.
- Spice Mixes – Several contain whey powder.
- Whipped Toppings – Even when they say “dairy-free,” they often contain casein,, which is a derivative of milk protein!
- Granola – They often contain butter. Keep an eye on those labels!
- Pre-Prepared Tomato or Spaghetti Sauces – Butter is super common in these foods! Check your labels, or make your own! I have an awesome recipe in “Glairy-Free” that doesn't contain any extra stuff, and it freezes well!

*Sources:*

<https://www.godairyfree.org/food-and-grocery/food-label-info/hidden-dairy>

[http://www.huffingtonpost.ca/2016/09/26/food-that-contain-dairy\\_n\\_12102260.html](http://www.huffingtonpost.ca/2016/09/26/food-that-contain-dairy_n_12102260.html)