



Dairy, Soy, and Gluten Intolerance

List of foods of potential concern

In addition to the obvious foods, many foods claiming to be dairy, soy, or wheat alternatives still may have components within them that are sensitizing. Below is a listing of many products and/or ingredients of potential concern. Use this list as a guide, however please realize that it may not be complete, as there are potentially other hidden foods that may contain casein, soy, or particularly gluten. Please refer to the web sites below for more complete and updated information. **Unless the food specifically states casein, soy, or gluten free, you must read the ingredients.**

Dairy foods, and foods which may contain casein:

- General dairy:** Milk, cheese, butter yogurt, sour cream, ice cream, sherbet
- Milk components:** Milk powder, milk protein, milk fat, milk solids, acidophilus milk, Lactaid milk, buttermilk, condensed milk, cultured milk, evaporated milk, goat's milk, malted milk
- Butter:** Even artificial butter and margarine can have casein, often butter flavored oil will have casein. Ghee is a good alternative (Ghee is extra clarified butter used in Indian food)
- Cheese:** Many soy and rice cheeses have casein as well.
- Caseinates:** Ammonium caseinate, calcium caseinate, magnesium caseinate, potassium caseinate, sodium caseinate. These are often found in canned tuna and salmon.
- Creams:** Half & Half, coffee creamer, non-dairy creamer, imitation cream, some coconut creams
- Lactose:** Lacto globulin, lactalbumin, lactoferrin, lactalbumin phosphate, sodium lactylate, lactulose. These are often found in prescription drugs. Lactate/Lactic acid (if derived from cornstarch, potatoes or molasses, they are acceptable.)
- Whey:** Whey acid, cured whey, demineralized whey, hydrolyzed whey, powdered whey, whey concentrate, whey powder, whey protein, whey solids
- Flavorings:** Caramel, coconut cream, chocolate, cream, brown sugar, and most natural flavorings

Foods containing soy:

Anything with the word soy in it, hydrolyzed vegetable protein, texturized vegetable protein, vegetable oil, meat alternative foods, tofu, tempeh, miso, natto, many non-dairy desserts, many vegetable broths, yuba, okara, oyster sauce, lecithin, canned tuna,

Foods that may contain gluten:

Unless specifically noted to be gluten free, avoid all flours made from wheat, barley, oats, spelt, rye and kamut. This includes all purpose flour, barley flour, bread flour, brown flour, cake flour, durum, enriched, gluten, graham, granary, high protein flour, oat, pastry flour, rye, semolina, seitan, sprouted, strong flour

- All cereals made from wheat, barley, oats, spelt, rye, and kamut, including cereal extract, cereal biding, bran farina
- **Wheat:** Bran, durum, triticum, germ, gluten, oats, wheat nuts, abyssian hard, hard wheat, whole wheat berries.
- **Whole grains:** Wheat, oats, barley, rye, spelt, spelt triticum, bulgur, kamut, Pearl barley, Job's tears.
- **Pastas:** Egg noodles, semolina, semolina rye, soba noodles, buckwheat noodles.
- **Starches:** U.S. manufacturer's ingredient "starch" will be cornstarch only (not true for foreign manufactures or pharmaceuticals). "Modified food starch" may be made from wheat - also from corn, arrowroot, potato, tapioca or maize. Modified starch, food starch, modified food starch, gelatinized starch, and vegetable starch could contain wheat.
- **Malt products:** Malt extract, malt flavoring, malt syrup, malt vinegar, barley malt, rice malt (if contains barley or koji), grain alcohols (avoid if barley derived).
- **Maltodextrin or maltodextrose:** may be from barley malt or acorn flour. Avoid if source is not indicated.
- **Colorings and flavorings:** mustard powder, high protein flavor, caramel coloring, and most natural flavorings and natural colorings. MSG may contain wheat gluten.
- **Emulsifiers** - Emulsifiers alter the surface properties of other ingredients they contact; emulsifiers may contain gluten from grain.
- **Hydrosylates:** hordeum casein, milk protein, whey, whey protein hydrosylates, hydrolyzed vegetable protein, oat starch, plant protein, seitan. Most vegetarian meat substitutes contain these.
- **Soy Sauce** - unless stated to be gluten free

Good websites for gluten intolerance and Celiac disease

www.gfcfdiet.com
www.gnd.org
www.autismndi.com
www.missroben.com
www.glutenfreemall.com
www.autismmedical.com
www.dietaryneedsdirect.co.uk
www.glutenfreediet.ca
www.celiachealth.org
www.celiac.com
www.clanthompson.com
www.csaceliacs.org
www.celiackids.com
www.celiac.org
www.gluten.net

Sources of uncontaminated oats:

www.glutenfreeoats.com
www.creamhillestates.com
www.bobsredmill.com
www.onlyoats.com
www.giftsofnature.com

Tips for making the process easier with kids:

- **At home:** Make your home a dairy, soy, or gluten-free home – it is healthier for everyone and helps the affected child not feel left out. Always have fresh fruits and vegetables present at home.
- **At school:** Discuss the issue with your child's teacher so they understand the impact of the inciting food on your child. Always keep snacks available at school. Ask your child's teacher to notify if a birthday or special event is coming that may involve food, so that you can be prepared with a special snack.
- **Educate** family and friends who spend time with your child.
- Speak with restaurant managers and chefs about hidden contaminants.