

## **MILK**

Milk is to be avoided in ANY form. This is a list of foods where milk commonly occurs. If there is any question regarding a prepared food, investigate the contents listed on the label.

The diet trial will not be worth doing unless milk elimination is rigidly observed.

1. Custard, junket, ice cream, milk pudding.
2. Batters, waffles, pancakes, cake, cookies and prepared flours (such as Bisquick)
3. Ordinary bread.
4. Malted milk, Ovaltine, Cocomalt, drinking chocolate, buttermilk, canned or dried milk.
5. Milk chocolate candy, chocolate creams, filled candy bars, nougat.
6. Cottage cheese and other cheese.
7. Cream of rice and macaroni.
8. Any foods prepared with milk, cheese, cream, such as gravies, cream sauces, fritters, rarebits, timbales, souffles, au gratin dishes, omelets.
9. Frankfurter and other sausages (dried skim milk used as binder) and wiener schnitzel.
10. Powdered milk. canned

**POST THIS IN YOUR KITCHEN!**