

HIDDEN SOURCES OF DAIRY (CASEIN)

MARGARINES (only some are dairy free).

WINE Check out vegan wine directory for list of 'safe' wines: <http://www.barnivore.com>. 'Arrogant Frog' is sold in Australia for less than \$20 and tastes pretty good!

HOT CHOCOLATE, chai latte powders and sorbets often contain powdered milk.

DELI MEATS themselves and the slicers are frequently used for both meat and cheese products. Some meats may contain casein as a binder.

SOME CANS OF TUNA especially those with flavours like lemon and pepper (portview tuna).

SHELLFISH is sometimes dipped in milk to reduce the fishy odor.

POTATO CHIPS and crisps, check the labels.

PRE-PACKAGED BROTH, stocks and gravy's.

CRACKER BISCUITS like sayo and cruskits.

DRIED HERBS & SPICES such as Masterfoods crushed garlic, ginger and other food seasonings.

SALT & VINEGAR CHIPS and lightly salted brown rice crackers can contain milk.

SOUPS (like vegetable ones), pasta sauces (tomato based ones), fresh pasta, almost all pre mixed packet spice mixes like Mexican fajitas etc.

LOLLIES AND MANY SWEETS.

MUESLI BARS often contain milk powders.

ROTISSERIE ROAST CHICKENS have dairy due to the flavourings in the stuffing and seasoning.

SOME SPECIALTY PRODUCTS made with milk substitutes (i.e., soy-, nut- or rice-based dairy products) are manufactured on equipment shared with milk.

EATING OUT can be tricky as butter is used in everything always check with staff.

SOME MEDICATIONS AND SUPPLEMENTS contain milk protein as well as some birth control. Always ask / check the label.

CHALK contains dairy, so watch your little ones around chalk.

BALLOONS can have dairy - yep who knew!?