

# 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 12 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
- Buttermilk
- Yogurt
- Curds
- Cottage cheese
- Whey and whey products
- Non-fat, skim milk or powdered milk and milk solids
- Evaporated milk
- Cream, cream cheese, sour cream
- Cheese, cheese powder or cheese sauce
- Butter, butter fat, artificial butter flavor

#### Foods containing milk/milk products:

- Au gratin foods
- Chocolate and cream candy
- Coffee creamers
- Creamed or scalloped foods
- Custard
- Nougat
- Ice cream
- Malted milk
- Puddings
- Margarines
- 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

White rice that is boiled and rinsed, Chicken, Beef, Pork, Coffee or Tea without milk, Salt and Sugar.