

# Eating Milk-Free at UMass



## Questions or Concerns

Please ask the cashier to call the manager so they can assist immediately.

## Items from the Kitchen

If you see an item you want without dairy next to an item with dairy, but worry about cross contact, please ask the manager to get a portion from the kitchen for you.

## Deep-Fried Products

Avoid deep fried items as the deep fryer may have come into contact with various products cooked in the same fryer.

## Martin's Potato Buns

Burger buns on campus contain milk. Ask the manager to give you another bun that does not contain milk.

## Desserts

Plant-based desserts (no animal by-products, dairy, and egg) are available at dinner.

## Available Alternatives

UMass Dining offers dairy-free milk alternatives daily. Please ask our staff if you do not see any as they may just need to be replenished.

- Milk Alternatives: Lactaid 100%, Rice Dream, Almond Milk, Soy Milk, Oat Milk
- Dairy-Free "Mozzarella" & "Cheddar Cheese" (contains corn & coconut allergens)

Please note that cooking does not destroy allergens.

## Airborne Allergy

Please inform the dietitians/management staff if you have an airborne allergy to milk. The dietitians can be reached at [dietitian@umass.edu](mailto:dietitian@umass.edu) or you can make an appointment here:

<https://umassdining.com/nutrition/book-appointment>

## Hidden Milk Ingredients

- Bechamel Sauce
- Butter, Butter Solids
- Butter Fat
- Butter Flavor
- Buttermilk
- Casein/Casein Hydrolysate
- Caseinates
- Cheese (any kind)
- Cottage Cheese
- Cream
- Curds
- Custard
- Ghee
- Half-and-half
- High Protein Flour
- Ice Cream, Ice Milk
- Milk Protein
- Non-fat Dry Milk
- Nougat
- Pudding
- Rennet/Rennet Casein
- Sodium Casein
- Sour/Whipping Cream
- Whey/Whey Protein Hydrolysate
- Yogurt
- Lactate solids
- Lactoglobulin, Lactalbumin
- Lactose/Lactoferrin
- Malted Milk
- Margarine
- Milk (condensed, derivative, dry, evaporated, milk from other animals ie. goat, sheep, malted, milk fat, powder, solids)

\* Lactic Acid is not a dairy product. It is created in the fermentation of sugar during processing from carbohydrates such as cornstarch, potatoes or molasses.

\*This is not a full list of hidden milk ingredients.

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