

## Eating Milk-Free at UMass



### Questions or concerns

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

### Items from the Kitchen

If you see an item you want without milk at a station but worry about cross contact, please ask the staff to get a portion from the kitchen for you.

### Deep-Fried Products

Avoid deep fried items as the deep fryer is contaminated from various products cooked in the same fryer.

### Desserts

Please check the web site, app and menu identifiers. Plant based desserts (no animal by-products, no dairy and no egg) are available at dinner. Additionally, Worcester will have oat milk soft serve. Look for the plant based icon.



### Available Alternatives

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

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

## Airborne Sensitivity

Please inform the dietitians/management staff if you have an airborne sensitivity 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 or whipping cream
- Whey/whey protein hydrolysate
- Yogurt
- Lactate solids
- Lactoglobulin, lactalbumin
- Lactose/lactoferrin
- Malted milk
- Margarine
- Milk (condensed, derivative, dry, evaporated milk, 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.

Thank you to Julia Salomon, MS, RD for giving permission to reprint this material.

Please note that cooking does not destroy allergens.