# Galactosemia wallet cards

## ⛔ NO, DON'T EAT!
Galactosemia diet

### Skip these foods

- ✗ **Milk** (from any animal)
- ✗ **Cheese**
- ✗ **Gelato**
- ✗ **Cream**
- ✗ **Sherbet**
- ✗ **Margarine**
- ✗ **Some alcohols**
- ✗ **Butter**
- ✗ **Ice cream**
- ✗ **Yogurt**
- ✗ **Sour cream**
- ✗ **Milk chocolate**
- ✗ **Fermented soy**

**These ingredients are NOT safe:** milk, lactose, whey, buttermilk, cream, milk solids, dry milk, nonfat milk, milk derivatives, lactalbumin, lactoglobulin, lactostearin, casein, hydrolyzed whey, hydrolyzed casein, and casein hydrolysate.

⚠️ **Quick check: if the package says CONTAINS: MILK, below the ingredients, it's a NO and NOT safe.**

Always read the label, brands change their recipes often.
**Ask your Registered Dietitian.**

## ✅ YES, SAFE TO EAT!
Galactosemia diet

### These are OK

- ✓ **All fruit**
- ✓ **All vegetables**
- ✓ **Fresh meats** (chicken breast, salmon, tilapia, tuna)
- ✓ **Eggs**
- ✓ **All beans & lentils**
- ✓ **Unfermented soy** (edamame, tofu, soy protein)
- ✓ **Dark chocolate** (not milk chocolate)
- ✓ **Special baby formula** (usually soy-based; ask your Registered Dietitian)

### Specialty dairy-free products (check the label)

- ✓ **Dairy-free plant "milks"** (soy, almond, coconut milk)
- ✓ **Dairy-free ice cream**
- ✓ **Dairy-free yogurt**
- ✓ **Dairy-free cheese**

**Safe label words:** lactate, lactic acid, lactylate (**not** lactose), hydrolyzed **vegetable** protein, sodium caseinate, calcium caseinate, natural & artificial flavorings, and all gums, including carrageenan.

When unsure, leave it out and ask your Registered Dietitian.

✂ Cut along the card edges.