



The **Anaphylaxis** Campaign  
Helping people with severe allergies live their lives

## “Non-dairy” ice cream contains milk

Anyone with a milk allergy should be aware that “non-dairy ice cream” does not mean “dairy free”. In accordance with Food Labelling Regulations, “dairy ice cream” must contain only dairy fat whereas most ice creams contain a mixture of dairy and vegetable fat and can be described as ‘non dairy ice cream’. The use of the term “ice cream” means that dairy products must be present. It is possible to buy non-dairy desserts that *are* milk free, but they should not be labelled as “ice cream”

So a product labelled as 'non dairy ice cream' could either be dairy free, but incorrectly described as ice cream, or it could contain some non dairy ingredients as well as dairy ingredients

Anyone with a milk allergy should not eat ice cream even if it's advertised as “non-dairy”