

COW'S MILK FREE DIET TRIAL - CHILDREN UNDER 2 YEARS WHO ARE WEANED ONTO SOLIDS

You have been asked to trial your child on a strict cow's milk free diet. This will help your doctor decide if any of your child's symptoms are caused by a reaction to cow's milk (cow's milk protein allergy). If symptoms are due to milk allergy, they will usually improve within two weeks of starting a strict milk free diet.

FOODS TO AVOID	MILK FREE BRANDS
Infant formulas based on cow's or goat's milk	Extensively Hydrolysed Formulas (the proteins that cause a reaction have been broken down into smaller pieces so are less likely to cause a reaction) e.g. Althera or Nutramigen LGG Amino Acid Formulas (contain individual building blocks of protein rather than protein pieces) e.g. Alfamino or Neocate LCP These formulas are only available on prescription from your doctor. Soya infant formulas are not recommended by the Department of Health. Some milk allergic children also react to soya.
Cow's milk (and milks from other animals e.g. goat/sheep)	Calcium fortified milk alternatives made from soya/oats/coconut
Cheese (including goat, sheep and buffalo cheeses)	Soya/coconut or rice cheese
Yoghurt/fromage frais	Soya/coconut/pea yoghurts
Butter or margarine	Vegetable oil/soya spreads
Cream/ice-cream/custard	Soya/oat cream, soya/oat/rice ice cream, soya custard, some fruit sorbet brands
Chocolate	Soya chocolate/some standard dark chocolate

Hidden sources of cow's milk

Milk is used as an ingredient in many pre-packaged food and drinks. Common items which may contain milk include bread, biscuits, baby foods, processed meat and fish, crisps, breakfast cereals, sweets and ready meals. Any packaged food made in the UK or Europe must include milk in the list of ingredients if it has been used in the product. Do not give your child any food or drink which lists milk as an ingredient.

Checking labels

It is important to read the food ingredient label carefully before giving any packaged food to your child. Check the ingredients list for any of the following: butter, casein, cheese, cow's milk, cream, curd, evaporated milk, fromage frais, ghee, ice cream, lactoglobulin/lactalbumin, lactose, margarine, milk solids, skimmed milk powder, whey, yoghurt.

Lactose-free food and drinks (e.g. SMA LF or Enfamil O-Lac infant formulas, Lactofree products) still contain cow's milk protein. Do not give your child these products.

Avoid foods from buffets, delicatessen counters or in-store bakeries. These are not labelled with ingredients though stores must be able to tell you the ingredients if you ask. They also have a high risk of contamination with other products, even if they do not deliberately contain milk as an ingredient.

Don't forget calcium!

Milk products provide most of the calcium in our diet. Children need plenty of calcium to form strong bones and teeth for later life. While your child is on a cow's milk free diet, they will need to eat other sources of calcium, or take a calcium supplement.

AGE	DAILY CALCIUM NEEDS
<1 year	525mg
1-3years	350mg

As a rough guide, if your child is drinking less than a pint of milk free infant formula daily, they may need a calcium supplement.

Choosing a suitable milk for your child

Children under 1 AND children over 1 who are allergic to both milk and soya

- Your child will need a suitable alternative infant formula prescribed by your doctor, to use as a main drink during the milk free trial. Many alternative formulas taste and smell different to standard infant formulas, so allow some time for your child to get used to the taste. Tell your doctor if your child is refusing to drink a suitable alternative formula.

Children over 1 who tolerate soya

- You can buy Alpro Soya Growing Up milk as a main drink (other over the counter milk alternatives are too low in energy and protein for a main drink)

Over the counter milk alternatives (e.g. soya, rice or oat milks) can be used in cooking. Always choose one which is fortified with calcium. Other animal milks and formulas (e.g. goat, sheep or mare's milk) are not suitable, because they contain similar proteins, and cause a similar reaction.

If you are breastfeeding your child, your doctor will tell you whether you need follow a milk free diet as well as your child. Very occasionally, infants can react to food proteins passed through their mother's breast milk. If you are breastfeeding, and have been asked to cut out milk from your own diet, you should be referred to a dietitian to ensure your diet is nutritionally adequate.

What about foods labelled with 'may contain traces of milk' or 'made in a factory that handles milk'?

Some manufacturers use these terms to tell the consumer that the food could have been contaminated with milk during production. Children with a severe reaction to milk may react to these foods, even if milk has not been used as a deliberate ingredient. Ask your doctor if you are not sure whether to include these foods in your child's diet.

This diet sheet is designed to give short term advice on a milk free diet. If your child needs to remain on a milk free diet, you should be referred to a paediatric dietitian for further advice.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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