

Milk Free Diet

Nutrition & Dietetic Department

Name:

Date:

Why a cows milk free diet?

It is possible that your child's symptoms may be caused or made worse by:

- Cow's milk protein - this may cause symptoms such as eczema, asthma, vomiting and diarrhoea, constipation, colic and irritability
- Lactose (milk sugar) intolerance - this is most common in children for a period after gastroenteritis or after surgery. It causes symptoms of diarrhoea and stomach pains
- A period without milk in the diet is recommended to see if there is an improvement in the symptoms
- Your doctor or dietitian will advise if/when milk can be reintroduced
- If the diet is not successful it is important that you go back to giving your child a normal diet, unless recommended otherwise by your doctor or dietitian
- A milk free diet can be low in some nutrients - particularly calcium. Your dietitian will assess your child's diet and recommend any necessary adjustments and/or supplements.

What milk substitutes are there for my child?

- Hydrolysed protein formulas are recommended for cow's milk protein allergy. These are nutritionally complete and available on prescription
- Your dietitian will advise which feed to use
- Your babies stools may change in appearance and become dark green or black on milk free feed. This is normal and not a concern.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

How much calcium is required?

| Age | Calcium Requirements |
|-----------------------------|----------------------|
| Infants under 1 year | 525mg |
| 1 -3 years | 350mg |
| 4-6 years | 450mg |
| 7-10 years | 550mg |
| 11-18 years Girls | 800mg |
| 11-18 years Boys | 1000mg |
| Adults | 700mg |
| Women who are breastfeeding | 1250mg |

It can be difficult to get enough calcium in your diet if you have less than 1 pint (600ml) of calcium enriched milk substitute per day.

| Milk substitute | Calcium content |
|---------------------------|-----------------|
| 600ml Nutramigen Lipil 1 | 462mg |
| 600ml Nutramigen Lipil 2 | 564mg |
| 600mls Similac Alimenteum | 426 mg |
| 600mls Aptamil Pepti 1 | 282mg |
| 600mls Aptamil Pepti 2 | 378mg |
| 600mls Althera | 396mg |
| 600ml Neocate LCP | 394mg |
| 600mls Puramino | 384mg |
| 600ml Soya formula | 402mg |
| 600ml Enriched soya milk | 600mg |
| 600ml Enriched oat milk | 720mg |
| 125g Soya yoghurt | 150mg |

How do I check food labels?

Ingredients List

If allergens e.g. milk, are present they must be included in the ingredients list. It will be labelled in **bold**, *italics*, underlined or highlighted text.

Below is example of food label:

Chocolate Digestive Biscuit

Ingredients: Fortified **Wheat** flour (39%), **Milk** chocolate(30%), cocoa butter, cocoa mass, Dried skimmed **Milk**, Dried whey (**milk**), Butter oil (**milk**)

Wafer thin turkey ham

Ingredients: Turkey (73%) Water (20%) Potato Starch (13%) Salt, Stabilisers (Diphosphate) *Milk* protein (0,5%) smoked salt, whey protein (*Milk*)

When should I introduce solids?

Breast milk or formula will meet your baby's needs until six months of age. It is recommended that you introduce solids at six months of age and not begin before 4 months of age. This is to ensure all your baby's nutrient requirements are met. Look out for weaning cues such as: chewing fists, showing interests in food, good control of neck muscles before you start weaning. Weaning is very individual. So discuss with your dietitian / health visitor for advice.

When should I re-introduce cows milk?

Discuss this with your Dietitian / Doctor. Usually it is recommended to introduce very slowly after 1 year of age. If your baby's reaction to cow's milk was severe your Doctor / Dietitian will advise you. After the age of 1 year prescribable hydrolysed milks are not always needed. Alternative liquid milks can be bought for example:

Oat drink, Soya drink, coconut drink.

Recent research suggests in milder cow's milk intolerance to reintroduce small amounts of milk from the age of 7 - 8 months for example in mashed potato and cooked food items.

This is called active exposure. Discuss with your dietitian if this is suitable for your baby.

| Foods to include |
|--|
| Milk Products Prescribed milk substitute (for infants): Over one year: Liquid soya drink, oat drink. (Try to choose calcium fortified versions.) Soya yoghurt, soya ice cream. Over the age of 5years Rice milk |
| Margarines and Oils Milk free margarine e.g. dairy free spread (Vitalite, Pure margarine Flora free from), Sunflower, corn, rapeseed, olive and safflower oils. Lard, suet |
| Meat, Poultry, Fish All fresh items including beef, pork, lamb, chicken, turkey, liver, kidney, cod, plaice, tuna, salmon. |
| Fruit and Vegetables All fresh, frozen and tinned vegetables and fruits. Dried and tinned pulse vegetables e.g. lentils, haricot beans, baked beans (check label). Dried fruit |
| Cereals, Bread and Biscuits Rye, barley, oats, rice, pasta, semolina, sago. Cornflakes, Rice Krispies, Weetabix, porridge oats and all other milk free cereals. Bread. Rice cakes. Custard powder, arrowroot, cornflour. Pure baby rice. Plain biscuits e.g. Rich Tea |
| Puddings and Spreads Soya yoghurt and ice cream, meringues, sorbets, jelly. Jam, marmalade, honey (over one year), peanut butter (over three years), yeast extract, meat extract. |
| Sweets and Crisps Boiled and jelly sweets, pastilles, lollies. Carob. Crisps (check label). Plain crisps |

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| <p>Drinks</p> <p>Fruit juice, squash, fizzy drinks, tea, coffee, milkshake syrup.</p> |
| <p>Miscellaneous</p> <p>Pepper, herbs, spices, essences, oxa, cocoa powder, vinegar, pickles, Soy sauce. Nuts (over three years).</p> |
| <p>Foods to avoid / check</p> |
| <p>Milk Products and Milk Substitutes</p> <p>Cow, goat, sheep and buffalo milk (full cream, semi-skimmed or skimmed). Condensed milk, evaporated milk. Cream, cheese, yoghurt, cheese spread, cottage cheese, fromage frais, Coffee Mate, Compliment, Marvel, 5 Pints, Build up, Nutriment, Nourishments. Ice cream.</p> |
| <p>Margarines and Oils</p> <p>Butter and ordinary margarines. Ghee.</p> |
| <p>Meat, Poultry and Fish and Eggs</p> <p>Check cold meats for milk.</p> <p>Sausages, beef burgers, fish fingers, tinned meat, fish in batter or breadcrumbs (unless known to be milk free), meat and fish pastes, pate, pies, quiche, savoury flans and scotch eggs, ask your dietitian about eggs. Ready meals.</p> |
| <p>Fruit and Vegetables</p> <p>Instant mashed potato, potato and vegetable salads, coleslaw. Potato mashed with milk and butter. Frozen and tinned vegetables in sauces and cauliflower cheese. Fruit mousses, fruit pie filling.</p> |
| <p>Cereals, Bread and Biscuits</p> <p>Chocolate flavoured, muesli and instant porridge style breakfast cereals. Most crackers, cakes and biscuits. Milk bread, croissants. Pastry and crumble mixtures (unless home made). Most shop bought baby foods and rusks.</p> |
| <p>Puddings and Spreads</p> <p>Milk puddings, ice cream. Mousses. Tinned puddings and most bought desserts. Instant custard, instant whip, trifle. Chocolate spread. Pancakes, Yorkshire puddings, egg custard.</p> |
| <p>Sweets and Crisps</p> <p>Chocolate, toffees, fudge. Flavoured crisps and snacks.</p> |
| <p>Drinks</p> <p>Horlicks, Ovaltine, Bournvita, drinking chocolate, milkshake powders. Cream liqueurs. Yoghurt drinks / smoothies.</p> |
| <p>Miscellaneous</p> <p>Tinned and packet soups, sauces, salad cream, mayonnaise. Dry roasted nuts. Artificial sweeteners.</p> |

What can I feed my baby ? - Ideas for weaning

Morning

Milk free Baby Rice, milk free baby porridge or Weetabix
Milk free formula

Midday

Pureed or minced meat / Dhal / Beans
Boiled potatoes - maybe mashed with milk free margarine / pureed rice / pureed pasta
Vegetables
Or Milk free baby food
Rice pudding or custard made with milk substitute
Fruit and Jelly / Milk Free desert

Evening

As Midday

Sample recipes

Custard

Ingredients:

2.5tsp custard powder (milk free)
100mls prescribed formula milk or liquid cows milk substitute
1.5tsp sugar

Method:

- Mix powder and sugar with 2tbsp of formula (cold)
- Heat remaining formula in a saucepan
- Add custard mixture to heated formula
- Stir continuously until thickened.

Rice pudding

Ingredients:

1tbsp ground rice
1tsp sugar
120mls prescribed formula milk or liquid milk substitute
A few drops of vanilla essence

Method

- Place ground rice in a saucepan with a little prescribed formula milk or liquid milk substitute and gradually add prescribed formula milk whilst heating
- Mix well
- Add vanilla essence
- Bring to the boil
- Stir continuously until thickened.

Ideas for meals

Breakfast:

Milk free breakfast cereal e.g. Weetabix or Porridge and milk substitute and/or toast with milk free margarine and marmalade or yeast extract.

Fruit

Snack Meals

Bread / toast / pitta / chapatti / English muffin with milk free margarine and meat, chicken, fish, peanut butter, soup, baked beans in tomato sauce or scrambled eggs.

Fruit or homemade rice pudding made with milk substitute.

Main Meals

Meat, chicken, fish or pulse dishes - grilled, casseroled, curry (no yoghurt)

Potatoes, rice, pasta or chapatti.

Vegetables or salad.

Pudding - fruit, soya yoghurt / or milk free crumbles or pies and/or custard made with milk substitute.

Snacks

Fruit - fresh, tinned or dried

Rice cakes or suitable crackers with milk free margarine

Vegetable / salad pieces with milk free dip (e.g., salsa, hummous).

Other recipes:

Yoghurt

Ingredients:

120mls prescribed formula milk or liquid milk substitute

3 /4 tbsp cornflour

Fruit puree

Method

- Mix cornflour with a small amount of prescribed formula milk or liquid milk substitute
- Gradually add remaining prescribed formula milk or liquid milk substitute and heat for 3 minutes stirring continuously until thickened
- Allow to cool
- Mix in fruit puree.

Lactose intolerance

Lactose is the sugar found in milk (cow's, goats, sheep etc). The amount of lactose tolerated in the diet of somebody with lactose intolerance is individual and should be guided by symptoms.

Your dietitian will advise you whether you may be able to tolerate a low lactose diet where low lactose dairy foods can be eaten in small amounts. These include:

- Butter
- Margarine
- Cheese
- Greek yoghurt
- Lactose free cow's milk.

Finally.....

- Make sure that you have a good variety of foods - this will help to make sure that you have all the nutrition you need
- You may need a calcium supplement; your dietitian will advise you
- Contact your dietitian if you need any further help or advice on Tel: 01902 695335.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。