

# Milk free diet for children with milk allergy

## Introduction

This leaflet is for parents and carers of babies and children with a milk allergy. It outlines how the milk allergy can affect your child's health, how a diagnosis is made and how you can manage your child's diet to keep symptoms at bay.

## What is a milk allergy and who does it affect?

A milk allergy is an abnormal reaction by the body's immune system to the proteins present in cow's milk and other mammalian milks such as sheep's and goat's milks. Cow's milk allergy is one of the most common allergies in babies and young children and generally affects between 2% and 6% of our young population<sup>1</sup>. A majority of children do grow out of cow's milk allergy by 5 years of age.



## Is cow's milk protein allergy the same as lactose intolerance?

Cow's milk allergy is different to a milk or lactose intolerance which is a hyper-sensitive reaction to other non-protein elements present in the milk - such as lactose, which is the natural sugar found in milk.

Babies and young children may be advised to follow a milk free diet by their doctor or dietitian, if they have either a suspected or diagnosed allergy to cows' milk protein or milk intolerance.

## Symptoms associated with cow's milk allergy

Symptoms can be immediate or delayed depending on the type of milk allergy your child has.

Immediate type allergic symptoms: The more immediate type allergic reactions occur very quickly (generally within minutes or a couple of hours) after the baby has consumed anything containing cows' milk. Sometimes, these reactions are first noticed when changing from breastfeeding to formula milk.

Immediate type allergic reactions are also called "IgE mediated allergies". The term "IgE mediated" refers to the way the immune system reacts very quickly to any milk proteins that are consumed by a person with a milk allergy.

Immediate type allergic symptoms may include:

- Swelling of the lips or face.
- Hives (red itchy lumps) anywhere on the body.

- Acute red rash on face or other areas or flaring of eczema.
- Runny nose or eyes.
- Sickness and vomiting.
- Diarrhoea.
- Tummy pain (colic) or bloating.



Very rarely, a severe allergic reaction can lead to: Acute respiratory or circulatory symptoms resulting in your child becoming extremely unwell. If your child has a more severe reaction with breathing difficulties or reduced consciousness you should call an ambulance immediately.

Delayed type allergic symptoms: A delayed type milk allergy can result in symptoms which occur several hours, or even 2 to 3 days, after consuming milk and this can make the allergy harder to diagnose.

Delayed type allergic reactions are also referred to “Non IgE mediated allergies” because the immune system reacts more slowly to proteins from milk.

Symptoms in babies and young children may include:

- Eczema rash or persistent red or sore skin, including severe nappy rash.
- Reflux (persistent vomiting and bringing up feeds).
- Colic and being unsettled after feeding.
- Persistent feed refusal – very irritable, particularly when feeding.
- Diarrhoea or persistent loose stools in an otherwise well child.
- Constipation (a child who strains to open their bowels, but produces a soft stool).
- Stools with blood or mucus present.
- Poor weight gain.

### Diagnosing a cow’s milk allergy

You will notice that some of the symptoms of immediate type and delayed type allergies to cow’s milk are the same and it is a feature of food allergies in babies and children that their particular symptoms can change sometimes change over time. Your doctor or allergy specialist paediatrician will therefore ask you for detailed information about your child’s symptoms and feeding patterns before making a diagnosis.

Often the best way to diagnose a cow’s milk allergy, particularly if the symptoms are of the delayed type, is by trialling a milk free diet for a period of 2 to 4 weeks to see if symptoms improve.

If your child’s symptoms are more immediate or severe, specific allergy blood tests or skin prick tests may be recommended by your paediatrician before re-introducing any milk back into your child’s diet. Allergy testing is not helpful for all types of milk allergy. You should always discuss with your paediatrician or paediatric dietitian, when and how you can safely re-introduce milk back into your child’s diet.

## A milk free diet for your child

A milk free diet is completely free of cow and other mammalian milks and excludes both milk proteins and lactose (milk sugar).

This means excluding all cow's milk and all foods made from milk, like cheese and yoghurts and regular baby formula from your child's diet, as well as avoiding all manufactured products containing milk.

We know that milk and dairy products provide us with essential nutrients including calcium for bone health. Before starting a milk free diet, it is therefore very important that your child is reviewed by their paediatrician or paediatric dietitian to make sure that their diet is balanced and gives them all the nutrients they need for the best possible start!



## Milk substitutes for babies and young children

Advice for breastfeeding mums: Breast milk is best for babies. It provides all the nourishment that a young baby needs, as well as important benefits for your baby's immune system and digestion. The nutrients in breast milk are easily digested and absorbed and the composition of your milk continually changes to meet your baby's needs at different stages of their development.

If your baby has been diagnosed with cow's milk allergy and has ongoing allergic symptoms (for example diarrhoea or eczema) whilst still being exclusively breastfed, you may be advised to exclude cow's milk from your own diet. This should only be done after discussion with your doctor or dietitian, as it is important that mums who breastfeed, also have a healthy balanced diet, with adequate amounts of calcium to meet their own needs and those of the baby. A calcium supplement may be required if you are excluding milk and dairy products from your diet whilst breastfeeding<sup>2</sup>.

If you decide to stop breastfeeding and they are under 1 year of age, then specialist milk free formula is required, which your paediatrician or doctor will prescribe for you.

Advice for formula fed babies: All babies under age 1 year with cow's milk allergy will require a specialist milk free formula on prescription. The best milk substitute for your child will depend on their age, the type of allergy symptoms they have experienced and also their taste preferences. Your child's dietitian will be able to advise on which specialist milk free formula is best for them. Children aged over 1 year may also continue to require a specialist formula on prescription or they may be ready to move on to a commercially available milk substitute such as soya milk with added calcium. Again, your dietitian will be able to advise on the best option for your child.

There are a number of specialist milk free formulas and milk substitutes available:

Age	Type of milk	Examples of milks
From birth – 2 years	<u>Prescription Extensively Hydrolysed Formulas</u> The milk proteins in these formulas have been pre-digested or broken down into smaller parts called peptides which are tolerated by over 90% of milk allergy sufferers. Similac Alimentum is usually used as the first line prescribed milk substitute in Berkshire.	Similac Alimentum (by Abbott) Nutramigen Lipil 1 (0-6 months ) Nutramigen Lipil 2 (after age 6 months) (by Mead Johnson) Aptamil Pepti 1 (0-6 months) Aptamil Pepti 2 (after 6 months) (by Aptamil) Althera (by SMA)
	<u>Prescription Amino Acid Formulas</u> The milk proteins in these formulas have been digested down to their most basic building blocks called amino acids which do not trigger allergic reactions. This type of formula is recommended for those with more severe forms of milk allergy.	Nutramigen Puramino ( <i>Previously known as Nutramigen AA</i> ) (by Mead Johnson) Neocate LCP Neocate Junior (after age 1 year) (by Nutricia) Alfamino (by SMA)
	<u>Soya milk</u> Soya milk formulas are not the first choice for the treatment of milk allergy in babies under 6 months due to the phyto-oestrogen content of soya. They are not recommended as the main milk substitute until age 1 year. From age 6 months, you can use soya milk and soya products in your baby's weaning diet. <i>Please note soya baby formulas are no longer prescribable.</i>	Alpro Soya Junior 1+ Wysoy (by SMA) Infasoy (by Cow and Gate)
	<u>Oat milk</u> Suitable if your child is on a milk and soya free diet. Use calcium enriched products.	Oatly Alpro Oat Oat Dream
From 2 years	<u>Almond milk</u> Not suitable for diagnosed/suspected nut allergy.	Alpro Fresh Almond Original
	<u>Hazelnut milk</u> Not suitable for diagnosed/suspected nut allergy.	Alpro Fresh Hazelnut Drink
From 5 years	<u>Rice milk</u> Not recommended in children under age of 4½ years by the Food Standards Agency due to concentration of inorganic arsenic.	Alpro Rice
		Rice Dream

### Other animal milks, e.g. Goat, sheep, buffalo...

Other mammalian milks like goat, sheep, etc are not suitable for children with milk allergy because the proteins which trigger allergic symptoms are so similar.

### Cow's milk protein and soya allergies

It is important to know that there is roughly a 50:50 chance that a child with cow's milk protein allergy will also react to soya. Therefore, it is important to be vigilant if introducing of soya based foods into the weaning diet such as soya yoghurts and desserts. Foods which contain soya as a minor ingredient (e.g. breads and dairy free chocolates) will generally be tolerated, but some sensitive babies can react to them also. Ask your dietitian for advice if you are unsure about trialling soya in your child's diet.



### Some top tips which can help when introducing milk substitutes

- ✓ Many milk substitutes have a very different taste and smell compared with breast milk, regular baby formula or cow's milk. Therefore try introducing the new formula gradually over several days by mixing it with the child's usual formula or expressed breast milk and increasing the amount of new formula a little each time.
- ✓ It can take time for some babies and children to get used to the taste of a new product so don't give up if they refuse to drink it at first.
- ✓ Adding a drop of pure vanilla extract to disguise the taste and smell of the new formula.
- ✓ If continuing to breastfeed – try using the new formula in weaning foods wherever possible so that the baby gets used to the taste.



## Checking the labels – always read food ingredient labels carefully

Most packaged foods will have a list of the ingredients on the label and many will now list major allergens. It is important that you check the labels of all foods and drinks given to your child to ensure they are milk-free. Do this every time as recipes often change between different products, brands and batches.

Be careful when selecting any unlabelled food and drink such as bread, pastries and delicatessen foods. Ask at the counter for details about what the products contain to be sure they are milk free<sup>3</sup>.



If ANY of the following ingredients are listed, you should avoid the product:

- ✗ Buttermilk
- ✗ Cow's milk (fresh, UHT)
- ✗ Condensed milk
- ✗ Cream/Artificial cream
- ✗ Evaporated milk
- ✗ Butter, butter oil
- ✗ Ghee
- ✗ Margarine
- ✗ Cheese
- ✗ Fromage Frais
- ✗ Ice-cream
- ✗ Yoghurt
- ✗ Casein (curds), Caseinates
- ✗ Sodium caseinate
- ✗ Hydrolysed casein
- ✗ Hydrolysed whey protein
- ✗ Lactoglobulin
- ✗ Lactoalbumin
- ✗ Lactose
- ✗ Milk powder, skimmed milk powder
- ✗ Milk protein
- ✗ Milk sugar
- ✗ Milk solids, non-fat milk solids
- ✗ Modified milk
- ✗ Whey, Whey solids, Hydrolysed whey
- ✗ Whey protein, whey syrup sweetener
- ✗ Animal milks (e.g. goats milk)

## 'May contain...' – what does it mean?

This statement is often used on food packaging to indicate that a food may be contaminated with a common allergen, including cow's milk. It is recommended that you avoid these food and drinks when following a milk free diet.

Remember if in doubt, leave it out!



## To choose or not to choose

The information below is a guideline to be safe you should still check the label every time.

	<b>Foods to choose</b>	<b>Foods to avoid</b>
Milk and dairy foods	<p><u>Milk</u></p> <ul style="list-style-type: none"> <li>– Milk substitutes - see list above.</li> </ul> <p><u>Cheese</u></p> <ul style="list-style-type: none"> <li>– Soya <i>cheese</i> or dairy free cheese substitutes, including hard soya cheese, cream soya cheese, cottage style soya cheese – e.g. Cheezly™ (for melting), Scheeze™ (hard), Toffutti™ (soft/spreading), Violife (melting)</li> </ul> <p><u>Yoghurts and desserts</u></p> <ul style="list-style-type: none"> <li>– Soya yoghurts and desserts.</li> <li>– Oat milk based yoghurts and desserts.</li> <li>– Pea protein based yoghurts and desserts, e.g. Wot No Dairy!</li> <li>– Coconut milk based yoghurts and desserts.</li> </ul>	<p><u>Milk</u></p> <ul style="list-style-type: none"> <li>– Cows' milk based baby and follow on formulas, e.g. SMA, Cow &amp; Gate, Aptamil ranges.</li> <li>– Cow's milk specialised formula for example Cow &amp; Gate Comfort.</li> <li>– Lactose-free formulas like Enfamil O'Lac and SMA LF and Lacto-free range of milks, cheeses and yoghurts – these are only suitable for babies with lactose intolerance as they contain cow's milk proteins.</li> <li>– Soya formula is not recommended for babies under 6 months</li> <li>– Rice milk is not recommended for children under 4½ years of age.</li> <li>– Cow's milk – all kinds including whole, skimmed, A2, dried, UHT, evaporated, condensed.</li> <li>– Goat/sheep/other animal milk.</li> </ul> <p><u>Cheese</u></p> <ul style="list-style-type: none"> <li>– All types, for example hard cheese, cream cheese, cottage cheese, vegetarian cheese and sauces/dishes that include cheeses.</li> </ul> <p><u>Yoghurts</u></p> <ul style="list-style-type: none"> <li>– All types for example natural and fruit yoghurts, baby yoghurts, fromage frais and yoghurt drinks.</li> </ul>
Fruits and Veget-ables	<p><b>Foods to choose</b></p> <p><u>Fruit</u></p> <ul style="list-style-type: none"> <li>– All fresh, frozen, tinned and dried, e.g. stewed apples, mashed banana, pears tinned in their own juice.</li> </ul> <p><u>Vegetables</u></p> <ul style="list-style-type: none"> <li>– All fresh and frozen vegetables, e.g. home-cooked (no salt), pureed and mashed vegetables</li> </ul> <p><u>Always check that baby fruit purees and baby vegetable purees are milk free.</u></p>	<p><b>Foods to avoid</b></p> <p><u>Vegetables</u></p> <ul style="list-style-type: none"> <li>– Vegetables with butter or white/cheese sauce.</li> </ul>

Bread, rice, potatoes, pasta and other starchy foods	<p><b>Foods to choose</b></p> <p><u>Cereals</u></p> <ul style="list-style-type: none"> <li>– Milk free baby cereals, e.g. Heinz Pure Baby Rice, Baby Organix First Porridge.</li> <li>– Breakfast cereals, e.g. Weetabix, Ready Brek and Rice Krispies. Remember to serve with milk substitute.</li> </ul> <p><u>Bread</u></p> <ul style="list-style-type: none"> <li>– Wholemeal or white bread/rolls/pitta/breadsticks that contain no milk ingredients.</li> </ul> <p><u>Pasta</u></p> <ul style="list-style-type: none"> <li>– All plain pasta, e.g. pasta shapes and macaroni.</li> <li>– Tinned spaghetti in tomato sauce.</li> </ul> <p><u>Rice</u></p> <ul style="list-style-type: none"> <li>– Plain boiled rice and rice cakes for example Heinz and Baby Organix.</li> </ul> <p><u>Potatoes</u></p> <ul style="list-style-type: none"> <li>– Boiled, baked, chips and roasted. Remember if mashing use milk substitute and milk-free margarine.</li> </ul>	<p><b>Foods to avoid</b></p> <p><u>Cereals</u></p> <ul style="list-style-type: none"> <li>– Baby cereals, baby biscuits and rusks containing milk powder.</li> </ul> <p><u>Bread</u></p> <ul style="list-style-type: none"> <li>– Croissants, pancakes and most bakery items.</li> </ul> <p><u>Pasta</u></p> <ul style="list-style-type: none"> <li>– Pasta with cream or cheese based sauces, e.g. macaroni cheese.</li> </ul> <p><u>Rice</u></p> <ul style="list-style-type: none"> <li>– Rice pudding.</li> </ul> <p><u>Potatoes</u></p> <ul style="list-style-type: none"> <li>– Potatoes with cream or cheese based sauces, e.g. potato dauphinoise.</li> </ul>
	<p><b>Foods to choose</b></p> <p><u>Meat</u></p> <ul style="list-style-type: none"> <li>– All unprocessed meats including beef, chicken, lamb, pork and turkey.</li> </ul> <p><u>Fish</u></p> <ul style="list-style-type: none"> <li>– All fresh and frozen unprocessed fish including tinned tuna and salmon and milk-free fish fingers.</li> </ul> <p><u>Non-meat proteins</u></p> <ul style="list-style-type: none"> <li>– Non-dairy sources of protein – beans, lentils, tofu, soya.</li> </ul>	<p><b>Foods to avoid</b></p> <p><u>Meat or Fish</u></p> <ul style="list-style-type: none"> <li>– Those cooked with milk, cream and cheese sauce.</li> <li>– Sausages, hot dogs, processed cold meats, meat pies, pork pies, Scotch eggs, battered chicken, meat spreads – <i>these foods may contain milk, therefore check the labels.</i></li> </ul> <p><u>Non-meat proteins</u></p> <ul style="list-style-type: none"> <li>– Quorn-based products.</li> </ul>
Meat, fish, eggs, beans and other non-dairy sources of protein		

Foods and drinks high in fat and/or sugar	<b>Foods to choose</b>	<b>Foods to avoid</b>
	<p><u>Fat</u></p> <ul style="list-style-type: none"> <li>– Dairy-free margarines and spreads, e.g. Pure, Pura, soya margarine and supermarkets' own brand of 'free from dairy' spreads.</li> </ul> <p><u>Desserts</u></p> <ul style="list-style-type: none"> <li>– Homemade desserts made with milk substitute and soya yoghurts and desserts.</li> <li>– Sugar, jam and honey (not under 1 year).</li> </ul> <p><u>Biscuits</u></p> <ul style="list-style-type: none"> <li>– Milk-free biscuits, oatcakes and crackers.</li> </ul> <p><u>Chocolate</u></p> <ul style="list-style-type: none"> <li>– Dairy free chocolate, e.g. Plain or Soya based chocolate, cocoa powder.</li> </ul> <p><u>Drinks</u></p> <ul style="list-style-type: none"> <li>– Water (tap water should be boiled and cooled if given to babies under 6 months), baby fruit juices and flavoured waters at meal times.</li> <li>– Pure fruit juices.</li> </ul> 	<p><u>Fat</u></p> <ul style="list-style-type: none"> <li>– Butter and margarine, low-fat and olive oil spreads.</li> </ul> <p><u>Desserts</u></p> <ul style="list-style-type: none"> <li>– Those containing milk and milk products, e.g. yoghurt, mousses, milk puddings, ice cream.</li> <li>– Baby desserts based on milk or yoghurt.</li> </ul> <p><u>Chocolate</u></p> <ul style="list-style-type: none"> <li>– Chocolate containing milk.</li> </ul> <p><u>Biscuits</u></p> <ul style="list-style-type: none"> <li>– Those containing milk or milk products, e.g. baby biscuits, shortbreads, chocolate biscuits.</li> </ul>

*These tables are adapted from SNDRi Milk-Free Weaning booklet*

### How much calcium is enough?

Calcium is a mineral which is essential for good bone health as well as keeping teeth, nerves and muscles healthy. It is important for everyone to get enough calcium from their diet and the richest sources are usually milk and dairy products.

Babies and children with milk allergy and breastfeeding mums who have to exclude dairy products from their diets need to ensure that they are getting enough calcium from their dairy free diet.

### How much calcium is needed?

Age	Calcium requirements	Calcium stars (1 ☆ equals 60 mg)
Babies (0-12 months)	525 mg/day	9 stars
1-3 years	350 mg/day	6 stars
4-6 years	450 mg/day	7½ stars
7-10 years	550 mg/day	9 stars
Males: 11-18 years	1000 mg/day	16½ stars
Females: 11-18 years	800 mg/day	13 stars
19 years and over	700 mg/day	12 stars
Breastfeeding mums	1,250mg / day	20 stars

### Milk-free sources of calcium

Here are some examples of milk-free calcium rich foods and drinks with the nutritional information. This is intended only as a guideline - it is important to check the labels as ingredients and recipes do change.

Examples of milk-free calcium rich foods and drinks	Quantity	Calcium (mg)	Calcium Stars ☆
<b>Specialist baby formula</b>			
Specialist (prescription) dairy free first formula milks (0-6 months)	100 ml / 3 oz	50 – 70 mg	☆
Specialist (prescription) dairy free follow on formula milks (6 months onwards)	100 ml / 3 oz 	60 – 95 mg	☆

Examples of milk-free calcium rich foods and drinks	Quantity	Calcium (mg)	Calcium Stars ★
<b>Alternative dairy products</b>			
Calcium enriched soya milk (eg Alpro Soya)	200ml (1/3 pint)	240mg	★★★★★
Alpro Soya Junior 1+ calcium enriched soya milk for toddlers	200 ml (1/3 pint)	200 mg	★★★★★
Calcium enriched oat milk (e.g. Oatly Original)	200 ml (1/3 pint)	240 mg	★★★★★
Soya Yoghurt (e.g. Alpro)	125 g pot	150 mg	★★★
Soya Custard (e.g. Alpro)	100 g	120 mg	★★★
Wot No Dairy (Milk and Soya Free Yoghurt)	125 g pot	392 mg	★★★★★★★
Natural Oatgurt (by Oatly)	100g	120 mg	★★★
Milk/Soya free cheese, e.g. Redwoods Cheezly	Matchbox size (30 g)	60 mg	★
<b>Breads and Cereals</b>			
Fortified Bread (e.g. Hovis Best of Both)	1 medium slice	191 mg	★★★★★
Chapatti / Pitta Bread	1 small (60g)	40 mg	★
White / Wholemeal Bread	1 medium slice (40 g)	40 mg	★
Fortified cereals, e.g. Rice Krispies Multigrain Shapes, Cheerios	1 medium portion (30 g)	137 mg	★★★★★
Fortified cereal bar (eg Kelloggs Cereals)	1 bar	136mg	★★★
<b>Protein Sources</b>			
Tinned pilchards/sardines with bones	1 pilchards/ sardines	125-138 mg	★★★
Tinned Salmon with bones	1 small can (120mg)	363 mg	★★★★★★★
Whitebait	50g	430 mg	★★★★★★★
Prawns	1 medium portion (60 g)	66 mg	★
Scampi in breadcrumbs	5 pieces	158 mg	★★★★★
Tofu (Soya bean curd)	2 tbsp (50 g)	56 mg	★

Examples of milk-free calcium rich foods and drinks	Quantity	Calcium (mg)	Calcium Stars ★
<b>Beans and Lentils</b>			
Baked Beans	2 tbsp (80 g)	42 mg	★
Lentils (cooked)	5 tbsp (200 g)	30 mg	½
Red kidney beans	2 tbsp (60g)	43 mg	★
Soya beans	2 tbsp (60 g)	50 mg	★
<b>Fruits and vegetables</b>			
Broccoli (boiled)	3 spears (135 g)	60 mg	★
Curly Kale	1 medium portion (70 g)	90 mg	★
Spring Cabbage	1 medium portion (90 g)	50 mg	★
Spinach (boiled)	2 tbsp (90 g)	145 mg	★★ ½
Okra (stir fried)	1 medium portion (60 g)	132 mg	★★
Watercress	½ bunch (40 g)	68 mg	★
Currants	2 heaped tbsp (50 g)	47 mg	★
Dried mixed fruit	3 tbsp (75 g)	54 mg	★
Dried Figs	2 dried figs (40 g)	100 mg	★★
Dried Apricots	8 dried apricots (66 g)	60 mg	★
Orange	1 medium (160 g)	75 mg	★
<b>Miscellaneous</b>			
Almonds or Brazil nuts (under 3 year olds should avoid whole nut)	1 handful (30 g)	72 mg	★
Calcium enriched orange juice (e.g. Tropicana Calcium)	200ml	244 mg	★★★★
Calcium enriched squash (e.g. Ribena Plus Healthy Bones)	1 carton (200ml)	120 mg	★★

*This table has been adapted from Guy's and St Thomas': Getting enough calcium on a milk-free diet: information for parents and carers (2014)*

### Top tips:

- ✓ Your child needs to include 3 servings of milk substitute; milk free yoghurt and/or milk free milk-style pudding like milk free custard or milk free rice pudding a day to meet their calcium requirements.
- ✓ Organic milk alternatives such as soya, oat and nut based milks may not be fortified with calcium, so it is important to always check the label. In the UK flour, bread and cereals are also fortified with calcium, but read the labels to ensure they do not also contain any milk.

### Calcium supplements

If your child struggles to meet their calcium requirements from the milk-free alternatives, a calcium supplement may be recommended. Please speak to your child's dietitian or paediatrician for more information.

### Recipes\*

#### **Milk-free custard** (2 servings)



#### Ingredients

2 rounded teaspoons of custard powder

200 ml (7 oz) of milk substitute, e.g. Similac Alimentum, Neocate or soya

#### Method

1. Mix the custard powder with a few teaspoons of milk substitute in a bowl, making sure there are no lumps.
2. Add the milk substitute to the bowl.
3. Pout into a small pan and stir or whisk over a medium heat until the custard thickens and just comes to boil.
4. Can serve with mashed banana or stewed apples.

### **Milk-free white sauce**



#### **Ingredients**

300 ml (10 oz) milk substitute  
2 rounded teaspoons corn flour

#### **Method**

Method as for milk-free custard above. Season with a little pepper. Can be served with chicken, pasta and mixed vegetables.

### **Milk-free rice pudding**



#### **Ingredients**

3 rounded tablespoons flaked rice  
300 ml (10 oz) of milk substitute

#### **Method**

1. Place all the ingredients in a saucepan and bring to boil.
2. Simmer for approximately 10 minutes, stirring occasionally until thickened. Add more milk substitute if too thick.

**Chicken and vegetable risotto** (3-4 servings)



**Ingredients**

- 1 chopped onion
- 1 tablespoon vegetable oil
- 1 large mug long grain rice
- ½ litre of hot chicken stock made with a stock cube
- 300 g cooked chicken
- 200 g canned sweetcorn
- A handful of frozen peas

**Method**

1. Heat the oil in a large pan and add the onion, stirring until soft.
2. Add the rice and stock to the pan, stir once and simmer for 15 minutes
3. Stir in chicken, sweetcorn and peas and cook for a further 10 minutes. Season with pepper and serve!

*\*These recipes have been taken from SNDRi Milk Free Zone and Milk Free Weaning booklets.*

## What my milk free day might look like?

### Breakfast:

Cow's milk free cereal with milk substitute,  
or,  
Toast and cow's milk free margarine and  
jam.  
Piece of fresh fruit.



### Mid afternoon:

Cow's milk free biscuits with a glass of milk  
substitute.  
Vegetable sticks with cow's milk free dip,  
for example hummus.



### Mid morning:

Cow's milk free yoghurt, e.g. soya yoghurt.  
Piece of fresh fruit.



### Evening meal:

Meat, chicken, fish, egg or cow's milk free  
vegetarian dish with potato, pasta, rice or  
bread and vegetables.  
e.g. Chicken and vegetable risotto (*recipe  
included*).  
Pudding: Rice pudding made with milk  
substitute.



### Lunch:

Meat, chicken, fish, egg or cow's milk free  
vegetarian dish with potato, pasta, rice or  
bread and vegetables.  
e.g. Chicken and vegetable risotto (*recipe  
included*).  
Pudding: Stewed apple and custard made  
with milk substitute.



### Pre-bed:

Glass of milk substitute.



## Further information

- British Dietetics Association Food Facts sheets:  
<https://www.bda.uk.com/foodfacts/milkallergy>
- MomenTUMS: <http://www.momentums.co.uk/#>
- Is it cow's milk allergy?: <http://www.isitcowsmilkallergy.co.uk/>
- Goodness Direct: [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)

Please note that this diet sheet does not endorse or recommend any particular product, brand or website and those mentioned are for guidance only.

## Contact us

Your dietitian's name:

If you have any queries, please contact the branch of the Dietetic Department your child is seen by on:

- Royal Berkshire Hospital Dietitians: 0118 322 7116
- Slough and WAM Community Dietitians: 01753 636724
- Bracknell and Wokingham Community Dietitians: 0118 949 5000
- Reading Community Dietitians: 0118 918 5860
- Newbury Community Dietitians: 01635 273710
- CYPIT East Berkshire Dietitians: 01753 635073
- CYPIT West Berkshire Dietitians: 0118 918 0571

## End notes

<sup>1</sup> Venter et al (2013) Diagnosis and management of non-IgE-mediated cow's milk allergy in infancy – a UK primary care practical guide. *Clinical and Translational Allergy*, 3:23.

<sup>2</sup> BDA Food Facts (Updated 2014) Suitable milks for children with cows milk allergy.  
<https://www.bda.uk.com/foodfacts/cowsmilkallergychildren>.

<sup>3</sup> SNDRi: Milk Free Zone leaflet.

This document can be made available in other languages and formats upon request.

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