

BDA The Association
of UK Dietitians



Food Allergy

Specialist Group

Cow's Milk Free Diet for Infants and Children



Patient Name: **Date:**



Cow's Milk Free Diet for Children

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Cow's milk allergy

Cow's milk allergy occurs when the body's immune system reacts to proteins found in milk. Allergic reactions can be immediate (within minutes to 2 hours of taking milk or milk products) or delayed (between 2-48 hours or longer).

Symptoms of cow's milk allergy

- diarrhoea - often with a sore bottom (nappy rash)
- constipation
- reflux or vomiting
- abdominal bloating or distension
- nausea
- wind, excess gas
- mucus in stools
- itchy skin rashes (redness or hives)
- swelling of the face, eyes or lips
- eczema flares (also called atopic dermatitis)
- swallowing or breathing difficulties (rare).

Lactose intolerance

Lactose intolerance is often confused with milk allergy but it is NOT an allergy.

Symptoms of lactose intolerance

- diarrhoea - often with a sore bottom (nappy rash)
- abdominal bloating or distension
- nausea
- wind, excess gas
- colicky stomach pain.

It occurs when the body can't digest lactose, a type of sugar in milk. It is generally a temporary condition that can happen after a bout of gastroenteritis (stomach bug). It can also occur alongside coeliac disease or other conditions that cause gut inflammation. Some people have a genetic form of lactose intolerance that is not temporary. This is rare in children under one and generally develops later in childhood or adulthood.

Lactose intolerance is treated by following a low lactose diet. Most children with lactose intolerance can manage to eat some low lactose foods (e.g. hard cheese, butter and yogurt) and even small amounts of cow's milk without causing symptoms. It is important to discuss this with your dietitian.

Cow's milk free diet

This diet is free from cow's milk proteins (casein and whey). You should discuss with your Dietitian whether your child needs to avoid all traces of lactose (milk sugar) or not as some hypoallergenic formulas contain lactose but are still suitable for cow's milk allergy. Goat's and sheep's milk and other animal milks should also be avoided as they contain similar allergenic proteins to cow's milk. The following sections will help you to provide a strict cow's milk free diet for your baby or child. Further help for those able to tolerate small amounts of cow's milk or who appear to be growing out of their allergy can be provided by your Dietitian.

Diagnosis

It is important that food allergies are diagnosed by a healthcare professional with the right training. They will ask questions about the symptoms and may perform tests. The type of tests will depend on the type of reactions the patient has.

For immediate reactions

Skin prick tests or blood tests that measure 'specific IgE antibodies' may be used to help with the diagnosis. These results can be difficult to interpret without an allergy specialist. Sometimes, a food challenge (where increasing amounts of the suspected food are given and symptoms monitored) may be needed before a diagnosis can be made. This will only be carried out in a safe hospital setting.

For delayed reactions

At present, the most reliable method for diagnosing delayed reactions is a food exclusion and reintroduction diet. This involves the removal of the suspected food(s) from the diet for a set period of time. The food is slowly re-introduced to see if it causes a reaction. This can be difficult and a registered Dietitian can help to ensure it's done safely and key nutrients aren't being left out of the diet.

Some companies offer food allergy or intolerance tests that measure 'IgG antibodies', but these are not a reliable way of diagnosing cow's milk allergy or intolerance. Other tests such as hair analysis, kinesiology testing and vega testing have also been found to be unreliable.

Management

Cow's milk allergy should in most cases be treated with a strict cow's milk free diet. Your Dietitian will help you to avoid milk while making sure that your child gets all the nutrition they need to grow and develop well. As most children will outgrow their allergy, it is important that they are regularly reviewed. This will help prevent unnecessary avoidance of foods. You should discuss with your Dietitian or Doctor when and how to re-introduce cow's milk safely. In some cases, they may recommend that your child has a food challenge in hospital.

Milk substitutes for babies and children

Breastfeeding provides the best source of nutrition for babies. It is suitable for most babies with cow's milk allergy. Occasionally, breast fed babies can react to milk proteins in breast milk from the mother's diet. If your baby reacts to breast milk, you may be advised to avoid milk and dairy products whilst breastfeeding. This is usually a trial for up to eight weeks to see if your baby's symptoms improve. If they do not, and you were following the diet strictly, you can return to your normal diet.

If your baby is having infant milk formula with or without any breast milk, it will need to be changed to a hypoallergenic infant formula. Your Dietitian will give advice on the best one for your baby. These are available on prescription from your GP and there are two main types:

- extensively hydrolysed formulas (where the cow's milk protein is broken down into small pieces)
- amino acid formulas (this formula is not based on cow's milk and the protein is completely broken down).

Please note: partially hydrolysed formulas that are available over the counter are not suitable for the treatment of cow's milk allergy.

Hypoallergenic formula:

- Has a different taste and smell to ordinary infant formula so babies over 6 months of age may be less willing to change.
- **For babies with delayed reactions only.** To promote acceptance it can be gradually introduced over a few days, mixing it with usual formula and gradually increasing the amount of hypoallergenic formula until they get used to it.
- May make your baby's poos go dark green and poo less often; this is normal.

Your baby/child's recommended hypoallergenic formula is:

How long should I use the recommended hypoallergenic formula for?

Different hypoallergenic formulas are designed for different age groups (e.g. 0-6 months, from 6 months or 1-10 years). The formula recommended for your child may need to be changed depending on your child's age, dietary intake, growth and severity of reactions to cow's milk. Your child will need regular assessments by a Dietitian to make sure they are on the most suitable formula or alternative milk substitute. If your child appears to be growing out of their milk allergy, your Dietitian will give advice on when and how to stop the formula.

What about soya formula?

Ideally, soya infant formula should not be given to babies under six months of age. In babies over six months of age, your Dietitian will give advice on whether soya formula is a suitable option.

What about other types of cow's milk substitute?

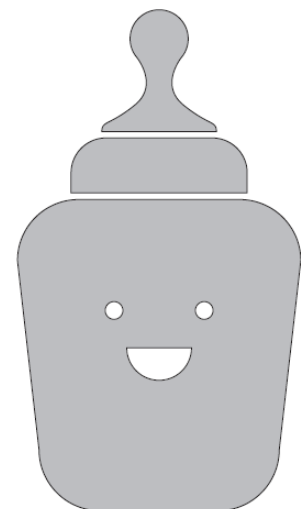
- They should not be given as a main drink until your child is around 2 years of age unless advised otherwise by your Dietitian. If however your child's formula intake is low, it may be better to use extra formula in foods instead. If you are not sure which to use, discuss further with your Dietitian.
- Alternative milks can be used in cooking for most babies over 6 months of age such as those made from oat, soya, pea, coconut, hemp and quinoa. Choose one that has added calcium.
- For children with delayed reactions to cow's milk, nut milks such as almond or hazelnut milks could be offered. For children with immediate reactions to cow's milk, the use of nut milks should be discussed with your Dietitian.
- There is a soya milk drink that is suitable from 1 year of age. Your Dietitian will advise whether soya milk and products are suitable for your child.
- Goat's, sheep and other animal milks are not suitable for children with cow's milk allergy as they are too similar to cow's milk.
- Rice milk is not suitable as a main milk drink for children under 4½ years. This is due to concerns about its naturally occurring arsenic content.

How much milk substitute should I give?

Most babies under one need to take 600ml (20flox/one pint) of their hypoallergenic formula each day to meet their nutritional requirements, including calcium. Assume one good breast feed is equivalent to one bottle feed. If your baby consumes less than 600ml you will need to inform your Dietitian, who can check to see if they need any supplements.

Children over one year, will generally need about 300ml (10flox) of milk substitute each day to meet their calcium requirements. However, they may need more or less than this depending on the vitamin and mineral content of their diet. This should be assessed by your Dietitian on a regular basis.

If your child isn't drinking enough milk substitute, try using it on breakfast cereals and in cooking e.g. to make savoury white sauces for fish and pasta or puddings such as custard or rice pudding (see recipes).



Medicines

Many medications contain lactose, but **most children do not need** to avoid medical grade lactose as the contamination with cow's milk protein is minimal. Contact your pharmacist and dietitian if you think your child has reacted to a certain medicine.

Vitamin and mineral supplements

Revised recommendations advise that:

- Babies under 1 year of age get 8.5mcg/340IU vitamin D
- Everyone over 1 year of age takes 10mcg/400IU vitamin D, including pregnant and breastfeeding mothers.
- Formula fed babies are likely to obtain enough if drinking 600ml infant formula daily. If drinking less than this, a vitamin D containing supplement should be given
- All breast fed babies should take a vitamin D containing supplement.

Breastfeeding mums following a cow's milk free diet should continue to take a vitamin D supplement (10mcg/400IU) per day). A calcium supplement will also be needed. Your Dietitian can advise how much you will need.

If you receive income support, you can obtain Healthy Start vitamin drops from your local baby clinic or health visitor. Otherwise, you can buy children's vitamins containing vitamins A and D from chemists and supermarkets or your GP may prescribe a vitamin supplement. Ask your pharmacist for advice if you are unsure which supplement to buy.

If your child is avoiding other foods as well as milk, your Dietitian may suggest additional vitamin or mineral supplements.

Calcium

It is important to ensure that your child still has enough calcium when avoiding cow's milk. The following table shows how much is needed for each age group:

Age	Calcium/day (mg)	Age	Calcium/day (mg)
0-12 months	525 mg	Boys 11-18 years	1000 mg
1-3 years	350 mg	Girls 11-18 years	800 mg
4-6 years	450 mg	Breast feeding mums	1250 mg
7-10 years	550 mg		

Recommended vitamin and mineral supplement/s for mother and / or child are:

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Good sources of Calcium

Product	Quantity	Calcium (mg)
Calcium fortified products		
Hypoallergenic infant formula: Nutramigen 1™, Aptamil Pepti 1™, Althera™, Alimentum™, Neocate LCPT™, Nutramigen Puramino™, SMA Alfamino™, Wysoy™	100ml (3oz)	50-70
Hypoallergenic follow on formula: Nutramigen 2™, Aptamil Pepti 2™, Neocate Active™	100ml (3oz)	60-95
Calcium enriched milk alternatives e.g. soya, oat, rice [1], nut, coconut, etc	100ml (3oz)	120
Soya bean curd/tofu. Only if set with calcium chloride (E509) or calcium sulphate (E516), not nigari	60g	200
Calcium fortified soya yogurt, desserts, custard and coconut/ pea based desserts e.g. Xotic™, Koko™, Wotnodairy™	100g	60-160
Calcium enriched orange juice e.g. Tropicana Orange Juice & Calcium™	160mls	195
Ribena Plus Juice Drink™- Healthy Bones	200ml carton	120
Calcium fortified infant cereal	1 serving e.g. Cow & Gate, Heinz	60 to 120
Calcium fortified cereals e.g. Rice Krispies multigrain shapes™, Cheerios™	30g serving	137
Calcium fortified hot oat cereal e.g. Ready Brek™, supermarket own brands	1 tbsp dry cereal (15g)	200
Calcium fortified breads e.g. Hovis Best of Both™, Warburtons™ crusty white bread and white sliced rolls	1 slice (40g)	191
Non-fortified products:		
Sardines (with bones)	½ tin (60g)	258
Pilchards (with bones)	60g	150
Tinned salmon (with bones)	½ tin (52g)	47
Whitebait	small portion (50g)	430
Scampi in breadcrumbs	6 pieces (90g)	190
White bread	2 slices (100g)	100
Wholemeal bread	2 slices (100g)	54
Pitta bread/chapatti	1 portion (65g)	60
Orange	1 medium (120g)	75
Spring greens	75g	56
Broccoli, boiled,	2 spears (85g)	34

[1] Children under 4 and a half years old should not have rice drinks as a replacement for cow's milk, breast milk or infant formula

Spinach, dried fruits, beans, seeds and nuts are not good sources of calcium. This is because they contain oxalates and/or phytates which reduce how much calcium your body can absorb. You should not rely on them as your main sources of calcium.

As milk is a good source of iodine, it is important that the diet contains enough from other sources such as fish and egg. Your dietitian can advise on this and suitable iodine containing supplements if required. Further information can be found at

www.bda.uk.com/foodfacts/Iodine.pdf.

Weaning

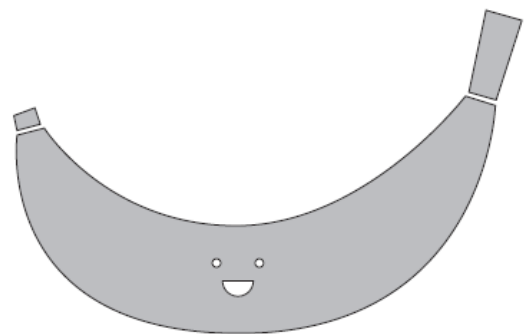
Weaning a baby who has a cow's milk allergy should be the same as weaning a non-allergic baby, except that you must not give any foods that contain cow's milk or dairy products (e.g. yogurt, fromage frais, cheese, cream or butter). You should aim to start giving solid foods at around six months but not before four months (17 weeks). If your baby was premature, check with your Dietitian about the best time to wean. As your baby grows, you should keep offering different textures and flavours to help your baby learn to like a wide variety of foods. See the examples below for some suitable meal and snack ideas.

Begin weaning with low allergenic foods such as pureed rice, potatoes, root and green vegetables and fruit. Use a little of your baby's usual milk (breast or hypoallergenic formula) to mix the food to the desired consistency. There are still uncertainties about the best time to introduce other common allergenic foods (e.g. egg, soya, wheat, peanuts and other nuts, sesame seeds, mustard seed, celery, fish and shellfish) into the diet of a baby with cow's milk allergy. These foods do not usually need to be avoided once your baby is over six months old. If you are advised to start giving allergenic foods, introduce one new food at a time. This will help you to identify any foods that your baby reacts to. It is important that this weaning stage is done under the guidance of a Dietitian. For further guidance on weaning see: www.allergyuk.org/advice-for-parents-with-a-new-baby/weaning-your-baby-on-to-solids

Meal and snack ideas suitable for weaning your baby

Stage One - (First Foods should be pureed or mashed):

- *soft fruits and cooked vegetables (e.g. cooked apple or pear, avocado, banana, carrot, parsnip, sweet potato or yam)*
- *milk free baby cereals made with your child's milk substitute (e.g. baby rice, baby porridge. Please note some of these products may contain milk so carefully check the ingredients list on the label)*
- *pureed or mashed up meat, chicken or lentils.*



Stages Two and Three - (Stage Two is mashed with soft lumps and soft finger foods. Stage Three is minced or chopped family foods and hard finger foods.) **Note: If your child has other food allergies, check with your Dietitian that it is safe to eat all the foods recommended below.**

Breakfast

- *milk free breakfast cereal or porridge with milk substitute and fruit puree or mashed banana*
- *toast* fingers with milk free margarine (see list).*

Snacks & Finger foods

- *small pieces of soft, ripe fruit (e.g. banana, peach, mango, melon)*
- *dried apricots or raisins*
- *raw vegetable sticks (e.g. cucumber sticks, peppers)*
- *lightly cooked vegetable pieces (e.g. broccoli & cauliflower florets, carrot, parsnip & courgette sticks, green beans)*
- *dairy free cheese slices or cubes*
- *bread sticks* or rice cakes* with hummus, mashed avocado, or dairy free cheese spread*
- *sandwiches with ham/chicken/tuna/egg mayonnaise*/dairy free cheese, cucumber slices and milk free margarine*
- *toast* with baked beans* and well cooked scrambled egg (made with milk substitute) and milk free margarine.*

Main meals

- *minced or finely chopped meat or flaked fish or tofu served with:*
 - *pasta in a roasted vegetable and tomato based sauce or a milk free white sauce (see recipe). Finely grated dairy free cheese could be added to the sauce. Alternatively, a soya cheese spread could be added to cooked pasta to make a sauce*
 - *mashed potatoes/chopped roast or new potatoes, mashed/chopped vegetables*
- *flaked fish poached in a milk substitute, mashed potato and vegetables*
- *mashed, cooked lentils/dhal, chickpeas or other pulses with well cooked boiled rice.*

Puddings:

- *soft ripe or dried fruit*
- *dairy free yogurts, desserts/ice cream/custard with fruit*
- *rice pudding, semolina or custard made with milk substitute*
- *milk jelly or egg custard (not suitable if your child has an egg allergy) made with milk substitute*
- *fruit crumble made with milk free margarine.*

*may contain milk, always check the label.

Try making-up batches of milk free meals/puddings and freezing them in ice-cube trays to allow you to serve small portions with less waste.

Checking food labels

European Union (EU) food labelling laws require that labels must clearly state whether cow's milk (as well as other common allergens) are ingredients in a food product.

- These laws apply to all **packaged and manufactured foods and drinks sold throughout the EU**.
- Since December 2014 they also apply to **foods sold loose** (e.g. from a bakery, delicatessen butcher or café) and **foods packed for direct sale** (e.g. sandwich bars, market stall, some catering products).
- If you travel outside the EU, be aware that labelling laws are different and may not always list milk so check ingredients carefully.

Allergens must be emphasised (e.g. in bold or highlighted) and listed in one place; usually the ingredients label.

For foods sold without packaging such as in a bakery, café or pub, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further information if requested (in the UK only).

More information on the changes can be found at:

www.food.gov.uk/policy-advice/allergyintol/label/

There are many ways in which milk can be labelled, so carefully check the ingredients list on food items and avoid foods which contain:

- Buttermilk
- Cow's milk (fresh, UHT)
- Condensed Milk
- Cream/artificial cream
- Evaporated milk
- Butter, butter oil
- Ghee
- Margarine
- Cheese
- Fromage Frais
- Ice Cream
- Yogurt
- Casein (curds), caseinates
- Calcium or 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

*Lactose - Please discuss with your Dietitian to what extent you will need to avoid lactose.

By law you must be able to clearly tell that a product contains milk or a milk derivative. For example, if casein is listed, it should tell you in brackets that this is 'from milk'.

Always check the label: manufacturers change their ingredients from time to time e.g. 'new improved recipe'. It is always safer to recheck the ingredients list. Milk free foods may also be referred to as being 'dairy free'.

Allergy statements/boxes

Many food labels in the past have had an allergy advice statement or allergy box saying they contain a certain ingredient, however these are no longer permitted. Instead there may be a comment directing you to check the ingredients list. Only if the product does not have an ingredients list may a statement be allowed.

Example of food label containing cow's milk

Olive spread (margarine):

Ingredients: Vegetable oils [including olive oil (22%)], water, **whey powder (milk)**, salt (1.3%), stabiliser (sodium alginate), emulsifier (mono and diglycerides of fatty acids), lactic acid, natural flavouring, vitamins A and D, colour (carotenes)

For allergens see ingredients highlighted in bold.

More information on food allergy labelling is available from NHS Choices:

<http://www.nhs.uk/Conditions/food-allergy/Pages/living-with.aspx>

'May contain...' or 'Made in a factory...' labelling statements

At present there is no law to say when these statements should be used on a food product. It is very hard to decide what the risk of an allergic reaction would be with every product. As this type of labelling is used on lots of foods, it is important to discuss this with your Dietitian and get advice on the safest approach to these foods.

Allergy Alerts

Sometimes foods have to be withdrawn or recalled. There may be a risk to customers because the allergy labelling is missing, wrong or if there is any other food allergy risk. You can get these alerts from the Food Standards Agency website. It is also possible to subscribe to a free email or SMS text message alert system to receive messages when Allergy Alerts are issued.




To subscribe, go to: www.food.gov.uk/safereating/allergyintol/alerts

Alternatively, you can view product alerts online from: www.anaphylaxis.org.uk/living-with-anaphylaxis/product-alerts




Cross contamination



Cross contamination can occur whilst preparing foods. If you need to avoid traces of cow's milk, ensure that all work surfaces and chopping boards are well cleaned. Use separate containers for jams, butter etc and use clean utensils for serving them. High risk situations where cross contamination can occur include: barbeques, buffets, deli-counters and self-service salad bars. Pre-packed sandwiches are also a risk for cross contamination and are best avoided.

The following pages give examples of cow's milk free foods and foods which may contain cow's milk. Please note this is not an exhaustive list - always check labels.

 Suitable foods	 Foods that may contain milk	 Food to avoid
<p>Milk and Dairy Products</p> <p>Oat milk, soya milk, pea milk, coconut milk, quinoa milk, hemp milk, nut milk, rice milk if child is over 4½ years.</p> <p>Soya, oat, rice and coconut cream</p> <p>Soya cheese (hard, soft, melting, parmesan type) e.g. Sheese™, Violife™, Vegusto™, MozzaRisella™</p> <p>Soya, coconut or pea based yogurts and desserts e.g. Coyo™, Xotic™, WotNoDairy™, Koko™</p> <p>Soya ice cream e.g. Swedish Glace™, nut ice cream e.g. Booja Booja™, coconut ice cream e.g. Buono Mochi™ or Coconut Collaborative™</p>		<p>Cow's milk, lactose free milk e.g. Lactofree™, goats milk, sheep's milk including skimmed, semi-skimmed, full fat.</p> <p>Dried milk, evaporated milk, condensed milk, flavoured milk, coffee compliment, other whitener, cream, artificial cream.</p> <p>Cheese, yogurt/yogurt drinks, ice cream, buttermilk, quark, paneer, lactose free cheeses and yogurts e.g. Lactofree™.</p> <p>Milks/yogurts/cheeses, that still contain milk protein.</p> <p>Rice milk in children under 4½ years of age*.</p>
<p>Fats and Oils</p> <p>Pure fats, oils, lard, suet dripping</p> <p>Dairy free margarines e.g. Pure™, Vitalite™, Tomor™, supermarket own brand of dairy free margarine, Kosher and vegan spreads.</p> <p>Soya margarine.</p>		<p>Butter, shortening, margarine, low cholesterol margarine, low fat spread, ghee.</p>

*Not in relation to cow's milk allergy. Based on Department of Health Guidelines.

 Suitable foods	 Foods that may contain milk	 Food to avoid
<p>Cereals</p> <p>Flour, cornflour, oatmeal, barley, oats, rice.</p> <p>Dried pasta, cous-cous.</p> <p>Homemade pizza using suitable ingredients.</p> <p>Some biscuits/crackers.</p> <p>Breakfast cereals - many are milk free e.g. Shreddies™, Weetabix™, Cheerios™, Cornflakes™, Rice Krispies™.</p>	<p>Bread – wholemeal, brown and white (most are milk free), chapatti, naan bread.</p> <p>Crackers, crispbreads, Cakes, biscuits.</p> <p>Filo pastry.</p> <p>Fresh pasta, tinned pasta in sauces, pot noodles.</p> <p>Savoury rice.</p>	<p>Milk breads, some reduced starch breads, fruit loaves, soda bread, brioche, croissants, pastry.</p> <p>Filled pasta e.g. lasagne.</p> <p>Pizza.</p> <p>Muesli, breakfast cereals containing chocolate.</p>
<p>Meat, Fish and Alternatives</p> <p>All meats, fresh and frozen, poultry, offal, bacon, ham.</p> <p>All fish fresh and frozen, shellfish.</p> <p>Eggs.</p> <p>Pulses: lentils, beans, hummus.</p> <p>Soya mince.</p> <p>Tofu.</p>	<p>Sausages, sausage rolls, beefburgers, pate, meat paste.</p> <p>Breaded meat products e.g. chicken nuggets.</p> <p>Fish in sauces, in breadcrumbs, fish fingers, tinned fish, fish pastes and pates.</p> <p>Ready made meals.</p> <p>Baked beans and food from fast food restaurants and takeaways.</p> <p>Dry roasted or flavoured nuts, peanut butter.</p> <p>Quorn based products.</p>	<p>Quiche, meat pies.</p> <p>Scotch eggs, scrambled egg, quiche, omelette.</p> <p>Fish in batter.</p>
<p>Vegetables</p> <p>All types of fresh, frozen, tinned and dried.</p>	<p>Instant potato, potato croquettes, oven chips, potato crisps and other savoury snacks.</p> <p>Vegetables in sauce. Baked beans.</p> <p>Coleslaw.</p>	<p>Vegetable pies, vegetables cooked with butter, white sauce or cheese.</p>

 Suitable foods	 Foods that may contain milk	 Food to avoid
<p>Fruit All types of fresh, frozen, tinned and dried. Fruit juice.</p>	<p>Fruit puddings, fruit pie fillings.</p>	<p>Fruit yogurts, fools and mousses, chocolate coated fruit, fruit pies, fruit in batter.</p>
<p>Puddings Rice, sago, tapioca and semolina made with milk substitute. Soya desserts. Jelly. Homemade milk free puddings e.g. sponge, crumble.</p>	<p>Custard powder.</p>	<p>Milk based instant desserts e.g. Angel Delight™, blancmange powders, instant whips. Egg custard, milky puddings, custards, chocolate puddings, chocolate sauces. Sponge cakes, crumbles, cheese cakes. Profiteroles.</p>
<p>Confectionery Soft jellies and gums. Dairy free soya/rice/carob based chocolates (but beware of milk traces – check labels).</p>	<p>Plain chocolate (most are milk free, but some may contain traces). Juice based ice lollies.</p>	<p>Toffee, fudge and butterscotch. Ice Cream or milk lollies. Milk and white chocolate.</p>
<p>Drinks Fruit juice, squash cordials Fizzy drinks Tea, coffee.</p>	<p>Vending machine drinks. Milkshake powders/ syrups. Cocoa, drinking chocolate.</p>	<p>Instant white tea, cappuccino, Horlicks™, Ovaltine™, instant hot chocolate. Milkshakes.</p>
<p>Miscellaneous Jam, honey, marmalade, syrup, treacle. Beef and yeast extracts e.g. Bovril™, Marmite™. Salt, pepper, herbs and spices, tomato puree. Sauces made with milk substitute. Food colourings, oil based salad dressings. Sugar.</p>	<p>Salad cream and mayonnaise. Gravy powders, stock cubes. Tomato ketchup. Guacamole. Tinned soups.</p>	<p>Lemon curd, lemon cheese. Chocolate spread. Sauces made with milk, sea food sauce, horseradish sauce. Some artificial sweetener powders. “Cream of” soups.</p>

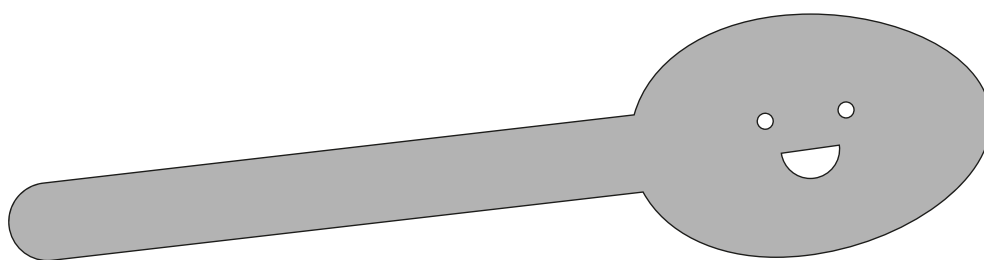
Eating out

Depending on your child's reactions, particularly if they are quite severe, you may find some of these tips useful.

- Check out the restaurant's website – many now contain nutritional and allergy information.
- Ring the restaurant in advance to ask if they can cater for your food allergy. Try to call at off-peak times when the staff will have more time to deal with your query.
- Get to know your local favourite restaurant and chef.
- Speak to your waiter/waitress or the chef on arrival to check they are all aware of your child's food allergy. You may find it helpful to use a 'chef card' such as those available to buy from www.dietarycard.co.uk. Hand the card to your waiter/waitress for them to pass to the chef. Ask them to confirm that the food you have asked for has not had any contact with cow's milk or products that contain cow's milk.
- Avoiding the busiest times may be helpful in ensuring staff have time to check ingredients properly.
- If in doubt, choose to go elsewhere.
- Keep to "simple" foods on the menu. Sauces and gravies contain many ingredients which cannot always be remembered by staff.
- Remember cow's milk may not be mentioned in the description of a dish – check for hidden sources (e.g. butter, bread, pastry, batter, chocolate).
- If you do not understand the menu item, it is better not to order it.
- In self-service areas be aware of the risk of cross-contamination
- Make sure those you are dining with know about your child's allergies and know what to do if a reaction happens.
- Carry any rescue medication with you, as recommended by your Doctor and make sure it is not out of date.
- If in doubt, choose to go elsewhere.
- If eating with friends or at a party remember to discuss your child's milk free diet with the host in advance. Discuss foods which are allowed and those which must be avoided.

Eating out continued

- At children's parties it may be helpful to take cow's milk free foods yourself. If you will not be staying with your child, remember to explain how serious his/ her allergic reaction is and how to deal with it.
- Avoid pre-packed sandwiches as they frequently contain cow's milk protein within the bread, spread or filling. It is best to make your own sandwiches to take out with you. Use a milk-free margarine and filling, e.g. tuna or egg mayonnaise, ham or soya cheese. If this is not possible, try to buy freshly prepared sandwiches from a bakery or delicatessen and request a milk-free bread with no margarine and a suitable filling. Some varieties of Sushi are milk free.
- When buying fast-food, avoid pizzas and foods cooked in batter, such as chicken nuggets and patties. Instead buy grilled chicken strips or sandwiches, or plain burgers. Most large fast-food chains do not add milk protein to their burger buns but always check before you order.
- Ask for any salads (including those added to burgers) to be served without dressings, unless you are sure they are milk-free.
- Most desserts sold in fast-food chains are based on milk or ice-cream but many now offer fresh fruit as a healthy alternative.



Travel tips

Depending on your child's reactions, particularly if they are quite severe, you may find some of these tips useful.

- If you are travelling abroad, check in advance how to describe your child's allergies in the local language. There are several websites that provide useful phrases and eating out translation cards in a variety of languages: www.allergyfreepassport.com and www.yellowcross.co.uk
- If you are flying, speak to your airline well in advance to check if they can meet your child's dietary needs. Make yourself known to the flight crew to ensure the correct meal is received - and ask for an ingredient list of the meals provided.
- Consider taking suitable snacks for the journey in case your flight is delayed or your child's meal is not available on the day of travel. Try to obtain a letter from your Doctor or Dietitian explaining why you need to take special food items. Any special food items not needed for the flight should be put in your suitcase. Do not take fruit, vegetables or meat as these are not allowed abroad.
- Check with the airline if they have any restrictions on the amount of liquid you can take on board. Some airlines require a letter from the Doctor/Dietitian allowing you to take more than a 100ml of liquid, antihistamine etc.
- If you are taking an adrenaline autoinjector, obtain a letter from your Doctor that confirms your allergy.
- Carry your rescue medication e.g. antihistamines, adrenaline autoinjector and action plan with you and make sure they are not out of date.
- Make sure the friends you're travelling with know about your child's allergies and what to do if a reaction occurs.
- If you are staying in a hotel, try to get a room with a kitchen in case there are no safe places to eat out.
- Make sure you have the telephone number of the local hospital or emergency services and keep your medical insurance number handy in case you need it.
- Ensure your child wears a medical ID bracelet or card. ID cards, bracelets and travel containers to protect medicines from excessive heat or cold are available from: www.medicalert.co.uk, www.sostalisman.com, www.yellowcross.co.uk and www.friouk.com.

Recipes

Many items that usually contain cows' milk protein can be adapted by using a milk substitute and milk free margarine.

White Sauce

Ingredients:

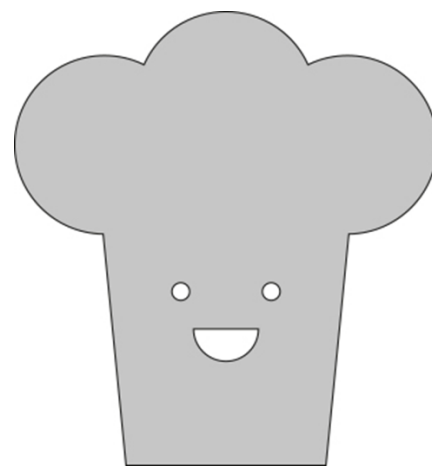
20g ($\frac{3}{4}$ oz, 1tbsp) milk free margarine
20g ($\frac{3}{4}$ oz, 1tbsp) plain flour or corn flour
300ml ($\frac{1}{2}$ pint) milk substitute
Salt and pepper to taste

Hob Method:

Place all ingredients in a pan and heat gently, whisking continuously until sauce thickens.

Microwave Method:

Place all ingredients in a bowl. Whisk to remove lumps. Microwave it for 30 seconds and then whisk. Repeat this until it makes a smooth sauce. Flavour with cooked mushrooms, vegetables or parsley.



Banana Custard (Hob or microwave)

Ingredients:

150ml ($\frac{1}{4}$ pint) milk substitute
15g ($\frac{1}{2}$ oz, $\frac{1}{2}$ tbsp) milk free custard powder
1 small banana
Few drops of lemon juice

Method:

Mix the custard powder with 2 tablespoons of the milk substitute. Gently warm the remaining milk substitute on the hob or in the microwave until almost boiling. Remove from the hob/ microwave and pour over the custard paste, stirring continuously. Return to the hob/ microwave and heat for 2-3 minutes stirring regularly. Blend the banana with a few drops of lemon juice and stir into the custard.

Rice Pudding

Ingredients:

50g (2oz) pudding rice
600ml (1 pint) milk substitute
25g (1oz) caster sugar

Method:

Put rice and milk into a pan. Heat gently for 2 hours, stirring occasionally. Add sugar and serve, Or, put rice, milk and sugar into a greased ovenproof dish and bake in an oven at 150°C (300°F, gas mark 2) for 2 hours, stirring occasionally.

Easy Ice Cream

Use soya ready-made custard (e.g. Alpro™, Provamel™), put in ice-cream machine (according to volume specified by the manufacturer) and select the standard ice cream setting. The easiest ice cream ever. Alternatively, put the custard in the freezer and stir once an hour until almost frozen.

Sponge Cake

Ingredients:

120g (4oz) dairy free margarine
120g (4oz) caster sugar
120g (4oz) plain sifted flour
1 teaspoon baking powder
2 eggs

Method:

Blend the margarine and sugar together until light and fluffy. Beat in the eggs slowly. Stir in the flour and baking powder, place in a greased and floured 18cm/7inch cake tin and bake at 180°C (360°F, gas mark 4) for 30 –40 minutes.

Helpful Hints

- Use calcium fortified alternative milks (e.g. soya, rice, oat, nut, coconut) to make sauces, pancakes, batter and desserts.
- Allow hot drinks to cool a little before adding soya milk as it may curdle.
- Grate soya hard cheeses on the fine part of the grater if they are not melting very well.
- Use plain milk free yogurts or coconut milk to make curries, raita, stroganoffs, creamy sauces and dips.
- You can use egg white replacer to make a milk free whipping cream or use Soyatoo™ whipping cream (spraycan).
- Use a milk free melting cheese (e.g. Cheezly melting mozzarella™, Vegusto No Moo melty™ or MozzaRisella™) on pizza, cheese on toast and on lasagne.
- Use a hard milk free cheese (Sheese™, Vegusto No-Moo™, Violife™) to make cheese sauces. Grate on the fine part of the grater so that it melts more easily. Using a microwave will save it sticking to the bottom of the saucepan (which also works for milk free custard & porridge).
- Use milk free cream cheese/sour cream or milk free plain yogurt in dips, cheesecakes, quiches and savoury and sweet sauces.

Useful websites

Patient Support

- www.anaphylaxis.org.uk : A charity organisation providing information and support for people with severe allergies including information about adrenaline auto-injectors. **Tel: 01252 542 029**
- www.allergyuk.org : A charity organisation providing information for people with allergies. **Tel: 01322 619 898.**
- www.nhs.uk/conditions/food-allergy : NHS choices allergy and intolerance advice.
- www.nhs.uk/conditions/anaphylaxis : NHS choices anaphylaxis advice.
- www.bda.uk.com : The British Dietetic Association provides fact sheets on food allergy & intolerance, autistic spectrum & allergy testing. **Tel: 0121 200 8080**

Online Shopping

- www.goodnessdirect.co.uk : Gluten free, wheat free, dairy free and other speciality foods. Also free from recipes for bread, pizza and snacks. Deliver to your door, orders over £35 delivery is free. Caution: they do not have a dedicated nut free zone in their warehouse. Email: info@goodnessdirect.co.uk **Tel: 0871 871 6611**
- www.ilumiworld.com : Allergy free ready meals.
- www.plamilfoods.co.uk : Milk free products.
- www.alprosoya.co.uk : Soya and nut milks.
- www.alotofshopping.co.uk : Free from foods stockists.
- www.vbitesfoods.com : Milk free cheeses.
- www.buteisland.com : Milk free cheeses.
- www.vegusto.co.uk : Milk free cheese (nut based) and vegan products.
- www.violife.gr : Milk free cheeses.
- www.mozzarisella.co.uk : Rice based cheeses.
- www.veggiestuff.com : Milk free products.
- www.puredairyfree.co.uk : Milk free margarines.
- www.coyo.co.uk : Coconut milk based ice cream and yogurt.
- www.coconutsecret.com : Coconut based products
- www.coconutco.co.uk : Coconut yoghurts and ice cream
- www.pudology.co.uk : Milk free desserts.

Online Product finder service

- www.foodmaestro.me and www.spoon.guru: these apps help you to find 'free from' products. With these apps you can:
 - filter products by ingredients you want to avoid
 - find products with ingredients you want to include
 - discover allergen information on each ingredient
 - create personal shopping lists
 - access suitable recipes

Suggested Meal Pattern

Food Groups	Personalised suggestions
<p>Breakfast</p> <p>Bread, cereals and other starchy foods</p> <p>Milk and dairy food alternatives</p> <p>Meat, fish, eggs, beans and other non-dairy sources of protein</p> <p>Fruit</p> <p>Drink</p>	
<p>Mid Morning snack</p>	
<p>Lunch</p> <p>Meat, fish, eggs, beans and other non-dairy sources of protein</p> <p>Bread, rice, potatoes, pasta and other starchy foods</p> <p>Vegetables</p> <p>Fruit</p> <p>Dairy food alternatives</p> <p>Drink</p>	
<p>Mid Afternoon snack</p>	
<p>Evening</p> <p>Meat, fish, eggs, beans and other non-dairy sources of protein</p> <p>Bread, rice, potatoes, pasta and other starchy foods</p> <p>Vegetables</p> <p>Fruit</p> <p>Dairy food alternatives</p> <p>Drink</p>	
<p>Supper</p> <p>Bread, cereals and other starchy foods</p> <p>Milk and dairy free alternatives</p> <p>Fruit</p> <p>Drink</p>	

Notes:

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Dietitian: **Date:**

Contact Number:

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