

Milk Free Diet

For breastfeeding mothers



Breastfeeding provides the best source of nutrition for babies. Occasionally breastfed babies can react to cow's milk proteins in breastmilk from the mother's diet. This dietary advice sheet gives some general information to help you make the recommended changes to your diet and should only be followed for 4 weeks.

If you have any other allergies or medical conditions, please seek further advice.

It is important for you to have a **milk free diet, and to avoid major sources of soya**. This is because many babies who cannot tolerate cow's milk also react to soya proteins

Soya can often be tried later to see if your baby reacts to it or not, but it is best not to include it for the first 4-6 weeks. However, do not worry about "**soya lecithin**" or "**soya flour**" in products such as bread and sausages.

You will need to avoid cows' milk, soya milk, dairy and soya yoghurts, dairy and soya custard, cheese and any product that contains these. Other mammal milks such as goat and sheep are **not** suitable alternatives as your baby is likely to react to these.

Suitable alternatives to cows' milk and soya milk: Calcium enriched oat milk, calcium enriched hemp milk, calcium enriched coconut/almond/hazelnut/cashew milks.

	milk and soya free foods	Foods to Avoid / check labels
Fruit & vegetables	All plain fruit and vegetables Fresh, dried, frozen or tinned	Vegetables mixed with sauces made from cows' milk Fruit mixed with ordinary yoghurt, custard, cream, ice-cream or soya alternatives
Meat, fish, eggs, quorn, pulses	Plain meat, fish, eggs, nuts and pulses Plain Quorn products (but check labels)	Meat, fish, eggs and pulses in a sauce made from cows' milk Processed/prepared meat/fish (check labels) Tofu
Dairy products	Calcium enriched milk alternatives can be used in cooking as well as in cereals E.g. Oat milk, nut milks, coconut based yoghurts	Cows', goats' and sheep's, Soya milk and all products made from these All cheeses, including cheese spreads, cream cheese, soya cheese Dairy or soya Ice cream, cream and desserts
Starchy food and cereals	Bread/rolls/wraps/bagels/pitta/crackers if no milk in ingredients (soya in the ingredients is fine) Flour, plain pasta and rice Plain potatoes Plain breakfast cereals (oats, cornflakes, Weetabix, shredded wheat (check labels))	Bread/rolls/wraps/bagels/pitta/crackers with milk in ingredients list. Filled pasta/ravioli or rice in cows' milk based sauces Processed potato products (check labels) Breakfast cereals which contain milk
Other foods	Any oils, lard, suet, dripping Dairy-free margarine e.g. Pure™, Vitalite™, Tomor™, Flora dairy-free, supermarket own dairy-free brand, Kosher and some vegan spreads Milk free chocolate and spread	Standard butter, ordinary margarine or spread Biscuits and cakes that contain milk Milk chocolate, most chocolate spread Large quantity of soya spreads

Ingredients to watch out for on labels

Milk and milk products will be indicated as '**Milk**' in bold on the ingredient list, so check the labels. Most supermarkets will provide a list of their milk-free foods on request

No need to avoid all products with '**soya**' in the ingredients. Only avoid the main source of soya such as soya milk and yogurts, soya desserts and cream, soya cheese and tofu.

When eating out, check with the restaurant or food outlets as they have to provide allergen information by law.

As a breastfeeding mum your daily calcium requirements are 1250mg. If this is not met from your diet, then you should take a supplement that provides 1000mg of calcium per day.

Use the following chart to check your calcium intake:

Food	Average Portion	Calcium (mg)
Alternative milk (calcium enriched)	100ml	120mg
Sardines	60g (1/2 small tin)	550
Pilchards	60g	300
Salmon (tinned with bones)	52g (1/2 tin)	47
Prawns	60g	90
Whitebait	50g	130
Lentils, boiled	100g	19
Cooked chickpeas	50g	25
Peanuts	20g	18
Tahini	15g (1 tablespoon)	100
Quorn mince	100g	30
White bread	100g (2 large slices)	100
Wholemeal bread	100g (2 large slices)	54
Calcium fortified bread	40g (1 slice)	191
Pitta bread/chapatti	65g (1)	60
Calcium fortified cereals	30g	137
Calcium fortified hot oat cereals	15d (1 tablespoon dry cereals)	200
Broccoli, boiled	85g (2 spears)	34
Spring greens	75g (1 serving)	56
Curly kale	67g	100
Medium orange	120g (1 medium)	75
Dried apricot	5 apricots	20

From the British Dietetic Association Food Fact Sheet on Calcium www.bda.uk.com

What about Vitamin D?

Vitamin D is needed by the body to absorb calcium and the best source is from the action of sunlight on the skin. Vitamin D is only found in a few foods so a supplement is recommended for everyone.

Target group	Recommended supplement (SACN 2016)	Do not exceed
Breastfeeding mothers	Equivalent to 10 micrograms /day or 400IU	100 micrograms /day

NB micrograms (mcg) can also be written as µg. IU stands for International Unit.

If your baby requires a cows' milk free diet then you should be referred to a Paediatric Dietitian or a trained Health Professional for advice on introducing solids and to ensure you are achieving a nutritionally adequate diet.