

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
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 and pulses Plain Quorn products (check labels)	Meat, fish, eggs and pulses in a sauce made from cows' milk Meat/fish in breadcrumbs, batter or pastry 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 milk and all products made from these Soya milk All cheeses, including cheese spreads, cream cheese, soya cheese Dairy or soya Ice cream, cream and desserts
Starchy food and cereals	Bread 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 ingredients))	Bread with milk in ingredients list. 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 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 weaning and to ensure you are achieving a nutritionally adequate diet.

Milk Free Diet

For babies



Why a Milk Free Diet?

Around 3% of children develop Cow's Milk Protein Allergy. In most cases a strict cow's milk free diet is needed to treat the allergy. This information will help you avoid cow's milk whilst making sure your child gets all the nutrition they need to grow and develop well.

Which Milk Should Be Excluded?

All cow's milk including fresh, UHT, sterilised and dried milk should be avoided. The diet should be free of cow's milk protein (casein and whey) and milk sugar (lactose). Other mammalian milks are not suitable alternatives to cow's milk as their protein structure is similar and may still cause an allergic response. Therefore, do not use milks such as goats, sheep, camel and buffalo milk.

Replacing Cow's Milk

Milk is an important source of nutrition for babies and children. If infants are breastfeeding they should ideally continue to do so alongside weaning onto cow's milk protein free solids. This is because breastmilk can protect against developing other food allergies. Breastfeeding mothers should also follow a milk free diet (see 'Milk free diet for breastfeeding mothers').

If a child is taking an infant formula, it needs to be a milk free formula.

Suitable infant formula free of cow's milk proteins

Your child may have been prescribed an allergy formula such as Similac Alimentum, Althera, Nutramigen LGG, Aptamil Pepti, (or more rarely Alfamino, Puramino, Neocate or Pepti-Junior). They should continue this until 12 months or as advised by your Health Care Professional.

For children over 6 months, Wysoy is a soya based infant formula to consider. This does not need to be prescribed as it is available to buy from pharmacies and larger supermarkets at a similar price to standard infant formula.

Most infants aged 6-12 months need approximately 600ml (20oz) each day to ensure they are meeting their nutritional needs, especially Calcium. Over 1 year this amount reduces to around 350ml (12oz). These amounts do vary according to the child and their diet. Check with your Health Visitor or Dietitian if you have concerns about their calcium needs.

Other Alternatives to Cow's milk for cooking

Alternatives to milk that are fortified with calcium are available to buy from most supermarkets. They can be used in cooking from six months of age or as a main drink after one year old.

Examples include: Soya, Nuts (Almond, Coconut, Cashew, Hazelnut), Oat or hemp milks. Brands include Supermarket's own range, Alpro range, Oatly range. Rice milk should **not** be given to children under 4.5 years old.

Always choose a milk alternative that is fortified or enriched with calcium – they should provide at least 120mg of calcium /100mls. Organic versions do not usually have calcium added – check the label

Please be aware that some milk alternatives may not be suitable for other allergies and some may be low in calories, protein, calcium and/or other vitamins and minerals. Discuss with your Health Visitor or Dietitian if unsure.

Foods to Avoid

Some of the foods to avoid are obvious. However, many other foods may contain cow's milk proteins and these should be avoided too. Look for the list of ingredients printed on the package and avoid foods which have 'milk' in bold on the label. When eating out, food outlets need to provide you allergy information by law, so always ask.

Check with your Pharmacist about tablets or medicines which may contain milk proteins and/or lactose.

Introducing solids (Weaning)

Weaning a baby who has Cow's Milk Protein Allergy should be the same as weaning a non-allergic baby, except of course you must not give any foods that contain cow's milk or dairy products (see list). Aim to start weaning around six months, but not before four months (17 weeks). For general information on weaning, check the NHS choice website and type in 'weaning' into the search box.

Adapting Recipes

Many ordinary recipes can be adapted by using your milk alternative. Use a milk free margarine instead of butter, milk alternatives in place of milk, and soya cheese in place of ordinary cheese. 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.

What about Calcium?

Calcium is needed for strong teeth and bones. Babies under 1 need 525mg/day, 1-3 year olds need 350mg/day.

Sources of Calcium (portion sizes are not necessarily baby size!)

Best source - Foods providing 250mg of Calcium	Portion Size
Sardines/pilchards – canned (including boned)	60g or half a tin
Soya cheese	55g
Tofu	50g
Calcium-enriched milk alternatives	200mls
Foods providing 150mg of Calcium	Portion Size
Curly Kale/spring greens	90g
Tahini paste (sesame seed paste)	20g (1 tsp)
Fortified milk free breakfast cereal	35g
Soya yoghurt/dessert	125ml pot
Foods providing 100mg of Calcium	Portion Size
Tinned salmon	115g or half a tin
Broccoli	90g
Baked beans / kidney beans	200g or half a tin
Foods providing 50mg of Calcium	Portion Size
White bread	60g (2 slices)
White flour products e.g. milk free hot cross buns	1
Cabbage	90g
Dried figs	20g or 1 dried
Foods providing 25mg of Calcium	Portion Size
Dried apricots	50g or small handful
Chapatti x 1	55g
Egg	1 medium
Hummus	50g
Dried fruit e.g. sultanas	50g or 2 tablespoons
White fish poached in water	170g
Wholemeal bread x 2 slices	60g

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, however young children should not be exposed to the sun for long. 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
Breastfed babies up to 12 months	Equivalent to 8.5-10 micrograms or 350-400IU	25 micrograms /day
Formula fed babies up to 12 months	Only if less than 500mls formula/day	25 micrograms /day
Ages 1-4 years	Equivalent to 10 micrograms /day 400IU	50 micrograms /day

NB micrograms (mcg) can also be written as µg.

A supplement containing vitamins A, C and D can be given from 6 months, rather than Vitamin D alone (Department of Health advice). This is a precaution because growing children may not get enough of these vitamins, especially those not eating a varied diet, such as fussy eaters. Supplements are available to purchase in pharmacies and supermarkets, or may be available on prescription. Ask your Health Visitor or Dietitian for advice. Vitamins are also available from the Healthy Start Scheme.

Milk and Soya Free Diet

For babies



Why a Milk and Soya Free Diet?

Around 3% of children develop Cow's Milk Protein Allergy. Some children who are allergic to cow's milk protein are also allergic to soya protein so this may need to be excluded from the diet too. It can take longer for children to recover, but many 'grow out' of cow's milk and soya protein allergy. This information will help you avoid cow's milk and soya whilst making sure your child gets all the nutrition they need to grow and develop well.

Which Milks Should Be Excluded?

All cow's milk and Soya milk including fresh, UHT, sterilised and dried milk should be avoided. The diet should be free of cow's milk protein (casein and whey), milk sugar (lactose) and soya proteins. Other mammalian milks are not suitable alternatives to cow's milk as their protein structure is similar and may still cause an allergic response. Therefore, do not use milks such as goats, sheep, camel and buffalo milk.

Replacing Cow's and Soya Milk

Milk is an important source of nutrition for babies and children. If infants are breastfeeding they should ideally continue to do so alongside weaning onto cow's milk and soya protein free solids. This is because breastmilk can protect against developing other food allergies. Breastfeeding Mothers should also follow a milk and soya free diet (see 'milk free diet when you are breastfeeding').

If a child is taking an infant formula, it needs to be a milk and soya free formula.

Suitable infant formula free of cow's milk and soya proteins

Your child may have been prescribed an allergy formula such as Similac Alimentum, Althera, Nutramigen LGG, Aptamil Pepti, (or more rarely Alfamino, Puramino, Neocate or Pepti-Junior). They should continue this until 12 months or as advised by your Health Care Professional.

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Weaning a baby who has cow's milk and soya proteins allergy should be the same as weaning a non-allergic baby, except of course you must not give any foods that contain soya or dairy products. Aim to start weaning around six months, but not before four months (17 weeks). For more practical information, check the NHS choice website and type in weaning into the search box.

Adapting Recipes

Many ordinary recipes can be adapted by using your milk alternative. Use a milk and soya free margarine instead of butter and milk alternatives in place of milk. Try making up batches of milk and soya free meals/puddings and freezing them in ice-cube trays to allow you to serve small portions with less waste.

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Pilchards	60g or half a tin
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