

Introducing Milk-Free solids

This dietary advice sheet gives some general information to help you make the recommended changes to your baby's diet. If you need more detailed advice or if your baby is following a special diet that makes it difficult to make these changes, please ask your doctor to refer your child to a registered dietitian.

For the first 6 months of life breastmilk or a suitable formula milk is all a baby requires.

- Breast milk is the optimal milk to feed your baby with Cow's Milk Protein Allergy, with, if required, elimination of all cow's milk protein foods in your diet.

Suitable milk formula substitutes for the infant with a cow's milk intolerance include:

- A hydrolysate infant formula, which should be used as first line treatment for cow's milk allergy, unless your baby has had a severe reaction to cow's milk.
- A special amino acid formula, which may be recommended for babies with multiple allergy, poor weight gain or where hydrolysate formula is not accepted (this is rare).
- An infant soya formula (These should not be given before 6 months of age).

As your baby is allergic to cow's milk, all solids offered will need to be free from cow's milk and cow's milk products (see table overleaf).

General advice for introducing milk-free solids

More information at www.nhs.uk/start4life/documents/pdfs/introducing_solid_foods.pdf

- Solid food should be introduced at **around** 6 months of age, when your baby show signs that he/she is ready (sitting up, holding head, reaching for food...).
- First foods can include a wide range of simple, unprocessed foods (rice, oats, barley, semolina, peas, beans lentils, meat, fish, eggs, ground nuts, fruit and vegetables).
- Babies progress at different paces. You can offer pureed or mashed foods, or offer finger foods.
- Gradually increase the amount and range of foods to include foods from the 'allowed' list overleaf.
- Never add sugar or salt to your baby's food, and avoid processed foods (foods with more than a handful of ingredients on the label).
- Wheat, nuts, seeds, fish, shellfish, eggs and soya should not be introduced until 6 months of age.
- Never leave a baby unsupervised with foods.
- By 1 year of age, most infants can manage to eat chopped up family meals.

Suitable Milk substitute to use in cooking:

If your baby is having a hydrolysate, amino acid or soya formula, these can be used in cooking/on cereals.

Alternatively, soya, oat, hemp or nut milks can be used in cooking/on cereals (as long as they are calcium enriched and not used as a main drink until 1 year of age).

Please note rice milk is **not** recommended for babies and children under 5 years.

Introducing Milk Free solids continued

	Milk free Foods	Foods to avoid
Fruit and Vegetables	<p>All plain vegetables and fruit – puréed, mashed and finger foods</p> <p>Vegetables mixed with sauces made from milk substitutes</p> <p>All plain fruit, puréed, mashed and finger foods</p> <p>Fruit mixed with soya/coconut milk free yogurt, soya/coconut cream, milk free desserts, custard made from custard powder and milk substitute</p>	<p>Vegetables mixed with sauces made from cow's milk</p> <p>Fruit mixed with ordinary yogurt/custard/cream/ice-cream</p>
Meat/fish/eggs/pulses	<p>Plain meat/fish/eggs/pulses or in sauce made with suitable milk substitutes</p>	<p>Meat/fish/eggs/pulses in sauces made from cow's milk</p>
Dairy Products	<p>Your current infant formula (hydrolysate or soya)</p> <p>Milk free yogurts and desserts, milk free milk alternatives can be used in cooking</p>	<p>Cow's, goat's and sheep's milk and all products made from these</p> <p>Yoghurts</p> <p>Cheese e.g. cheddar, soft cheeses, cheese spreads, cream cheese...</p>
Cereals	<p>Milk free Bread (no milk in ingredients list)</p> <p>Flour</p> <p>Pasta in milk-free sauces</p> <p>Rice</p> <p>Breakfast cereals (no milk in ingredients list) with usual formula e.g. Rice Krispies, Cornflakes, Weetabix</p> <p>Biscuits/cakes if milk-free</p>	<p>Bread with milk added</p> <p>Pasta in cow's milk based sauces</p> <p>Breakfast cereals which contain milk/ chocolate</p> <p>Biscuits/cakes that contain milk</p>
Other	<p>Fats and oils, lard, suet, dripping</p> <p>Milk free margarine e.g. Pure™, Vitalite™, Tomor™, Flora dairy-free, supermarket own milk free brand, Kosher and vegan spreads</p> <p>'Free-from' chocolate and spread</p>	<p>Ice-cream, cream</p> <p>Butter, ordinary margarine</p> <p>Chocolate, chocolate spread</p>
Baby Jars/Packets	<p>All baby jars/packets/rusks which do not have 'milk' in the ingredient</p>	<p>All baby jars/packets/rusks which Have 'milk' in the ingredient list</p>

Check labels:

All milk containing products must now clearly state 'milk' in the ingredient panel on the label. Most supermarkets will provide a list of milk free foods.

- Most infants and children grow out of their cow's milk intolerance, usually between the first and third years of life.
- Do not reintroduce cow's milk in foods at home until you have discussed this with your dietitian.
- All infants who are continuing on a cow's milk free diet should have an appointment with a dietitian to check the diet is nutritionally adequate and possible milk reintroduction. Please ask your GP or health visitor to refer you.