

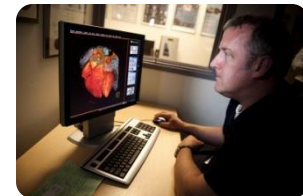
Cow's Milk Protein Allergy Weaning Group by:

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Our Values

Service Teamwork Ambition Respect

What topics we will cover today

- What is cow's milk allergy ; the range of symptoms
- Diagnosing cow's milk allergy
- Do children grow out of cow's milk allergy , and when?
- Breast or formula feeding a cow's milk allergic baby?
- Milk free weaning and how to achieve a balanced diet
- Avoiding cross contamination with milk/dairy
- Use of soya products
- Providing adequate calcium
- Unsuitable 'milk alternative' drinks
- Checking food labels are 'milk free'
- Cow's milk challenge using the milk ladder
- Who needs extra vitamins ?
- Useful links
- Further advice if required

What is cow's milk allergy?

- It happens when the body's immune system reacts to proteins found in milk ie. milk , cheese , yogurt and foods containing these.
- Between 2-4% of children in the UK are allergic to cow's milk
- Allergic reactions can be:
 - immediate (IgE) – within minutes to 2-hours of eating milk
 - delayed (non-IgE) – within 2-48 hours of eating milk

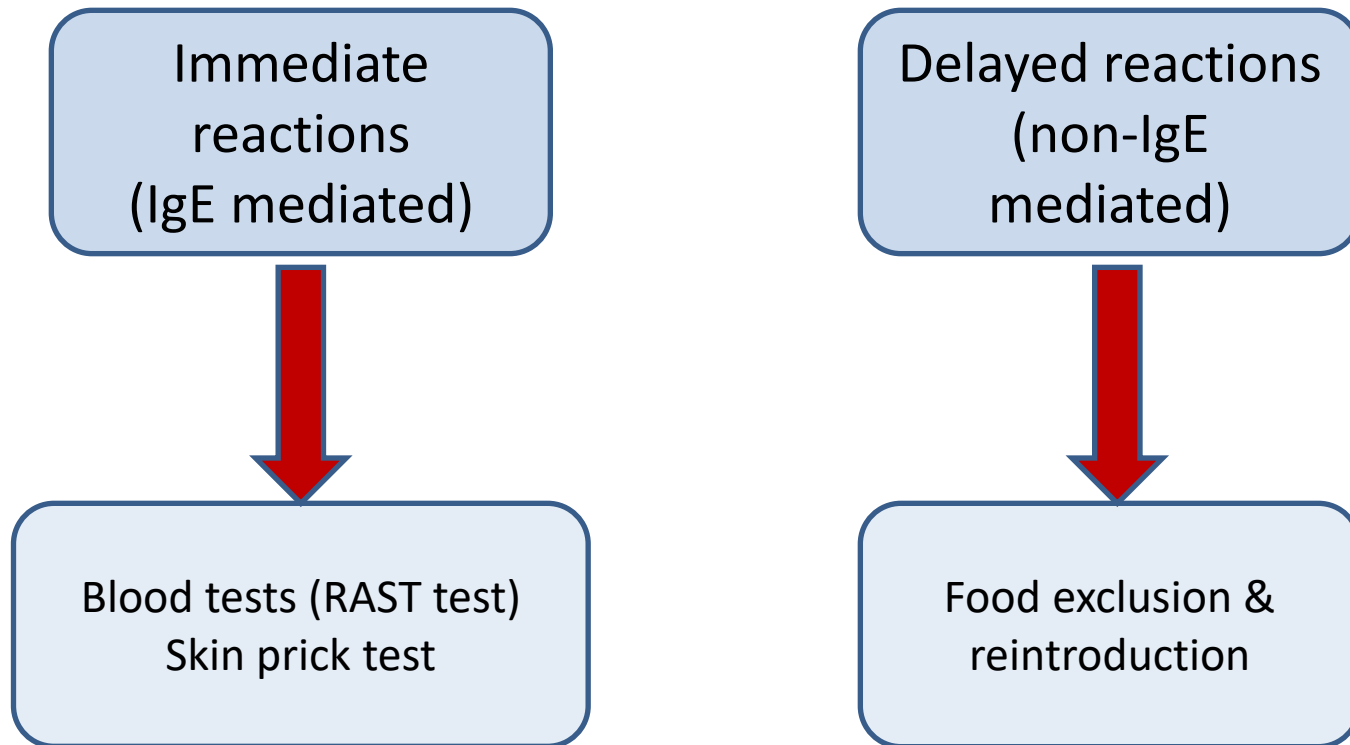


Symptoms of cow's milk allergy

- **Diarrhoea or constipation**
- **Reflux or vomiting**
- **Colic with constant screaming and back arching**
- **Bloated tummy**
- **Blood or mucus (stringy) in stools**
- **Red, itchy rashes on the skin**
- **Swelling of face, lips or eyes**
- **Eczema**
- **Poor growth**
- **Runny or blocked nose**
- **Wheezing or coughing**
- **Breathing difficulties (rare)**

Diagnosis of Cow's Milk Protein Allergy

- Dependent on type of allergy



Will my child outgrow their milk allergy?

- **Most children do outgrow milk allergies**
 - **50% by 1 year of age**
 - **95% by 3 years of age**

breast feeding or formula 0-6mths ?

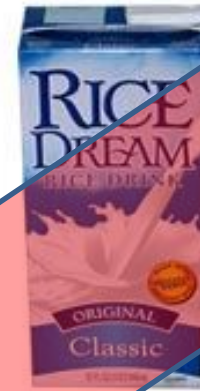
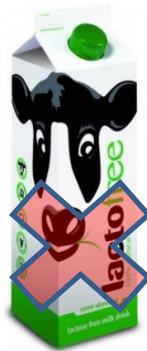
- **Recommended milk free feeding:**
- Breast feeding
(some mother's may need to follow a milk free diet whilst breast feeding , if your baby's symptoms continue)
- Extensively hydrolysed formula (prescribed) Eg. Althera; Nutramigen Lipil 1 and 2; Pepti 1 and 2; Similac Alimentum.
(suitable for most infants with milk allergy as a drink, and mixed in food when weaning)
- Amino acid formula (prescribed) Eg. Alfamino; Neocate LCP; Puramino (required by a small amount of infants with milk allergy as a drink ,and mixed in food when weaning)

Cows milk free diet

- This is a diet free from both cows milk protein and lactose
- Goat's and sheep's milk products need to be avoided as their proteins are very similar to cows milk. Therefore babies allergic to cow's milk are likely to show allergic symptoms if these milks are eaten.



unsuitable 'milk alternatives' as a drink



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Position Respect

What about lactose intolerance?

- Lactose intolerance is very rare in young babies
- It usually occurs temporarily after a bad tummy upset (gastroenteritis)
- It is not an allergy, but an intolerance to lactose, the sugar in milk
- Symptoms include loose watery poos and bloated tummy, but not rashes, constipation or eczema

General weaning guidelines - British Nutrition Foundation

<https://www.nutrition.org.uk/healthyliving/nutritionforbaby>

- **Key message 1:** Exclusive breastfeeding is recommended for around the first 6 months
- **Key message 2:** Introduce solid foods at around 6 months, ideally alongside continued breastfeeding for at least the first year
- **Key message 3:** Start by offering small amounts of food and gradually increase the amount, so by 9-12 months your baby is eating 3 healthy meals a day plus some healthy snacks
- **Key message 4:** Smooth purees and mashed foods are a good start but move to lumpier foods soon as your baby is ready. Soft finger foods can be given from the start of complementary feeding
- **Key message 5:** Appropriate complementary foods to offer from 6 months include vegetables and fruit, starchy foods, protein foods and dairy products
- **Key message 6:** Sugar and salt should not be added to complementary foods, and foods with added salt and sugar should be avoided
- **Key message 7:** Breastmilk (or formula) should be your baby's main drink until 12 months of age
- **Key message 8:** Babies consuming less than 500 ml/day of infant formula should be given a daily supplement containing vitamins A, C and D
- **Key message 9:** Repeatedly offering your baby a wide variety of foods that are part of a healthy, balanced diet, will help them accept and gradually learn to like these foods
- **Key message 10:** To reduce the risk of choking, always stay with your baby while they are eating and never offer small round foods

- Introduce a range of milk free foods from 6 – 12 mths , and family meals from 1 yr old



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Checking food labels are milk free

- The law requires that food labels must state if a food contains any of the 14 food allergens : celery, eggs, fish, lupin, **milk**, molluscs, mustard, nuts, peanuts, sesame, shellfish, soya, sulphur dioxide, wheat.
- This law also includes items sold loose (eg. From a deli, bakery or butchers) or in cafes and restaurants
- You are only required to **avoid 'milk' containing ingredients**
- **There are many ways milk can be labelled so check ingredients carefully!**
- **Different brands contain different recipes/ingredients**
- **Manufacturers change the ingredients in foods from time to time, so double check**

See page 11, of diet sheet 'cow's milk free diet for infants and children'

Check labels for these ingredients:

- buttermilk
- cows milk (*fresh, UHT*)
- condensed Milk
- cream/artificial cream
- evaporated milk
- butter, butter oil
- ghee
- margarine
- cheese
- fromage frais
- ice-cream
- yoghurt
- casein (curds), caseinates
- calcium or sodium caseinate
- hydrolysed casein
- hydrolysed whey protein
- lactoglobulin
- lactalbumin
- 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

Reading food labels – see diet sheet

- Look at the ‘ingredients list’ on processed food, packets or tins
- All allergenic ingredients are required to be highlighted eg. in bold or italic writing
- Milk containing ingredients will usually have (milk) after the ingredient, to make it easier to identify
- Avoid all foods with ‘milk’ in the ingredients list
- labels which claim ‘may contain’ or ‘made in a factory which handles milk products’ , – **can be eaten, unless your child appears to react to these foods. Contact your Dietitian if you feel your child reacts to these.**

Example of a Food label containing milk - to be avoided

Just add water

Source of iron & calcium

Creamy texture

No added sugar - contains naturally occurring sugars

Gluten free

No artificial colours, flavourings or preservatives

Pack size: 125g

Iron contributes to the normal cognitive development of children

Source of iron & calcium

No added sugar

Information

Ingredients

Milled Corn (27%), Skimmed **Milk** Powder (26%), Milled Rice (18%), Demineralised Whey Powder (from **Milk**), Vegetable Fat (Palm Oil, Rapeseed Oil, Coconut Oil, High Oleic Sunflower Oil, Emulsifier (**Soy** Lecithin)), Minerals (Calcium, Iron, Iodine), Vitamins (Vitamin C, Vitamin E, Vitamin A, Vitamin D3, Biotin, Vitamin B1, Vitamin B6), Natural Vanilla Flavour

Allergy Information

Free From: Gluten

Contains: Milk, Soya

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Food label which is milk free - can be eaten

Just add milk

With natural ingredients and vitamin B1

Smooth texture

No added sugar - contains naturally occurring sugars

Gluten free

No artificial colours, flavourings or preservatives

Pack size: 100g

No added sugar

Information

Ingredients

Milled Rice (100%), Vitamin B1

Allergy Information

May contain traces of Milk and Soy

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Activity – reading food labels

- You will be given 2-3 food labels
- Read the list of ingredients and decide whether it is milk free or contains milk
- Place your food label on the table in the group, you feel your label belongs: milk free or contains milk
- The Dietitian will discuss each food label

Avoiding cross contamination with milk/dairy at home

- Prepare milk free foods separately
- Use clean surfaces and equipment
- Use separate crockery and cutlery
- Separate knife for milk free spread/jams
- Cook milk free foods/dishes in separate dishes to non milk free foods
- Keep milk free foods in separate shelf in fridge /freezer/ cupboards

Weaning – where to start

- Same process for a non-allergic baby
- Start around 6-months of age (26-weeks)
- Talk with your Health Visitor
- Good foods to start with:
 - Pureed fruit - apple, pear, banana, avocado
 - Pureed vegetables – carrot, parsnip, potato, broccoli, sweet potato
 - Baby rice or porridge mixed with your baby's usual milk



Weaning – moving on

- **Breakfast**
 - Milk-free breakfast cereal – weetabix, porridge, shreddies with milk substitute
 - Toast fingers with milk-free margarine
- **Main meals**
 - Mashed or chopped meat / chicken / fish eg. In a casserole or stew with potatoes and vegetables
 - Pasta in a tomato sauce
 - Fish or pasta in a milk-free white sauce
 - Mashed lentils / chickpeas with boiled rice
 - Baked beans or scrambled egg on toast



Milk Free Puddings

- Fruit
- **!** Soya yoghurt / dessert eg. Alpro; Tesco; Asda
- *Rice/ semolina pudding
- * sponge and *custard with fruit
- * pancakes and fruit pieces
- * icecream/sorbet/frozen fruit smoothies
- **!** coconut yogurt eg. Co Yo ; Koko or Coconut collaborative - see below
- **!** = NB manufacturers change their ingredients , so always check items are milk free
- * NB = made with breast milk; hypo allergenic formula or Alpro growing up drink



Weaning – snacks and finger foods

- Small pieces of soft, ripe fruit – banana, melon, mango, peach
- Softly cooked vegetable sticks – carrot, broccoli, green beans
- Raw vegetable sticks – cucumber, peppers
- Breadsticks* or rice cakes* – with hummus*, mashed avocado or dairy-free soft cheese
- Toast* fingers with dairy-free margarine
- Dried apricots or raisins
- **check label for milk*



Dairy free spreads – check labels are milk free



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Suitable drinks from 1 year old

- **As a drink until 1 yr old:**
- Breast milk (mother may need to exclude dairy in her diet)
- Extensively hydrolysed formula: **Althera; Aptamil Pepti 1 or 2 ;Nutramigen LCP 1 or 2; Similac Alimentum**
- Amino acid based prescribable formula: **Alfamino; Neocate LCP; Puramino.**
- Prescribable formula to be stopped prescribing at 1yr 3mths, unless reacting to soya
- **Milk alternatives to be mixed with food:**
- Breast milk; extensively/ amino acid based prescribable formula; Alpro soya 1-3+ drink



How to get enough calcium?

- **Main sources:**
 - Breast milk / hypoallergenic formula
 - Calcium-enriched soya products
eg. Milk on cereal and in cooking, soya yoghurts, desserts, custard
- **Other foods which contain calcium**
 - Tinned fish with small, soft bones in, eg. mashed pilchards / sardines
 - Tofu (soya curd fortified with calcium and iron)
 - Tahini (sesame and chickpea paste)
 - Best of Both (50:50)bread

Activity – choosing calcium fortified milk free foods

- You will be given 2-3 labels of milk, cheese or yogurt packets
- Read the nutrition information to decide if the food contains calcium or not
- Place your label on the table in the group you feel it belongs: YES calcium or NO calcium
- The Dietitian will discuss each label, and let you know the best options

Dairy free cheeses — check labels are milk free



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Avoiding cross contamination with dairy at home

- Prepare milk free foods separately
- Use clean surfaces and equipment
- Use separate crockery and cutlery
- Separate knife for milk free spread/jams
- Cook milk free foods/dishes in separate dishes to non milk free foods
- Keep milk free foods in separate shelf in fridge /freezer/ cupboards

Milk Alternatives from 1 year old

- Breast milk (mother may also need to exclude dairy, if causing symptoms in your baby)
- Alpro soya 1-3+ drink
- If soya products are not tolerated, prescribable formula can be prescribed until 2 years old
- from 1-3 yrs old toddlers begin to tolerate cow's milk products



Use of soya products

- Soya products can add variety to a milk free diet
- Alpro soya growing up drink 1-3+ (giraffe on front of carton), added to food/cereal
- Calcium enriched yogurts eg. Alpro, Asda, Tesco – give baby size portions
- NB some infants may develop symptoms to soya

when can I challenge with dairy?

- When a baby is around 12 months old, consider a dairy challenge to assess your child's increasing tolerance to milk using the iMap milk ladder and recipes
- An alternative milk ladder is available using supermarket products
- If a child reacts to a stage, continue to give the stages they can tolerate, and rechallenge with the stage they reacted to in 3 mths

THE iMAP MILK LADDER

To be used only in children with Mild to Moderate Non-IgE Cow's Milk Allergy
Under the supervision of a healthcare professional
PLEASE SEE THE ACCOMPANYING RECIPE INFORMATION



AT EACH OF THE FOLLOWING STEPS

Cookie, muffin, pancake, cheese and yoghurt

It may be advisable in some cases to start with a ¼ or a ½ of that particular food and then over a few days to gradually build up to a whole portion - Please ask your healthcare professional for guidance on this

THE LOWER STEPS ARE DESIGNED TO BE USED WITH HOME MADE RECIPES. THIS IS TO ENSURE THAT EACH STEP HAS THE APPROPRIATE MILK INTAKE. THE RECIPES WILL BE PROVIDED BY YOUR HEALTHCARE PROFESSIONAL. Should you wish to consider locally available store-bought alternatives - seek the advice of your healthcare professional Re: availability

October 2016

THE MAP MILK LADDER®

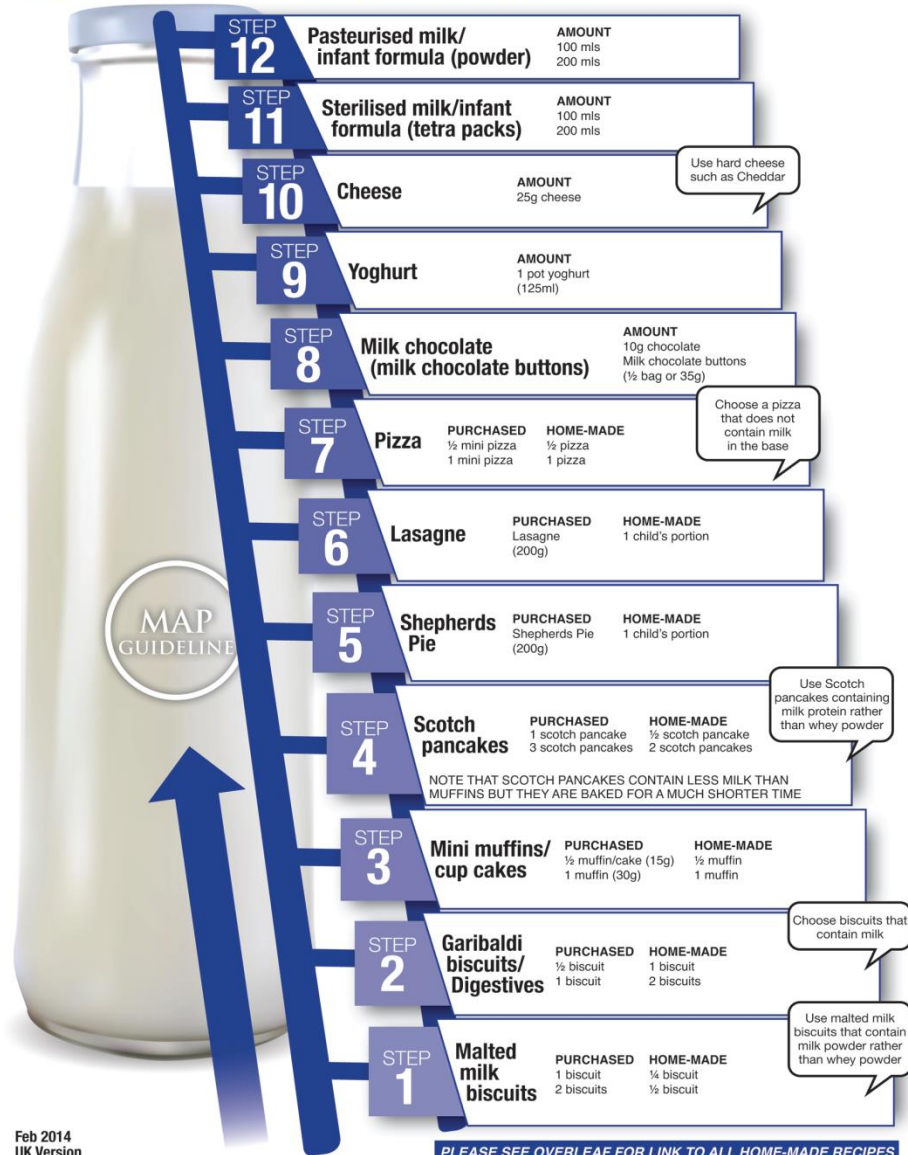
For Children with Mild to Moderate Non-IgE Cow's Milk Allergy
Under the Supervision of a Health Care Professional, ideally a Dietitian



Great Western Hospitals



NHS Foundation Trust



Feb 2014
UK Version

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Who needs extra vitamins and calcium?

Person	Vitamin / mineral supplement needed
Breastfeeding mums following a milk-free diet	1250 mg Calcium and 10mcg vitamin D (Healthy Start vitamin D available)
Babies over 6 months old taking <u>less</u> than 500ml (17 fl oz) infant formula per day	Vitamins A, C and D calcium intake to be assessed by your dietitian, if taking less than 500mls formula/day
Breast fed babies over 6-months old ----- Babies over 1 year old drinking Alpro soya 1-3+ or other non prescribable drink	Vitamins A, C and D ----- Vitamins A,D and C NB 300mls calcium fortified drink provides calcium requirement for 1-3 yr olds.



Useful Links

For support

- Allergy UK www.allergyuk.org
- NHS Choices www.nhs.uk
- British Dietetic Association www.bda.org.uk
- Food Maestro App – free from the App store



For recipes (cooking with cow's milk free alternatives)

- www.oatly.com
- www.alpro.com
- www.kokodairyfree.com
- www.provamel.com
- www.tofutti.com
- www.violifefoods.com

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Resources to take home

- Cow's milk free diet sheet for babies and infants
- Recipe booklets for use with hypoallergenic formula can be obtained from the manufacturer. Contact company by phone or on the website.

End of Session

- Thankyou for joining the cow's milk free weaning education session
- You and your GP will receive a letter of your attendance and any prescription requirements.
- No further appointments will be made, however your child's case will be kept open for 6 mths.
- If you have any concerns, please contact Paediatric Dietitians, telephone number, as on appointment letter: 01793 605149.
- If no contact within 6mths you will be discharged .
- You can be referred by your GP, if discharged.