

Milk Ladder for Non-IgE Cows' Milk Protein Allergy

This information sheet will guide you through reintroducing cows' milk in your child's diet. Many children outgrow their cows' milk allergy by the time they are 12 months old and it is important that children do not receive a milk free diet for longer than is necessary.

This guideline is not suitable for children with severe or immediate allergic reactions. In this instance, please contact your child's medical team to discuss food reintroductions.

• When should I reintroduce cows' milk?

- When your child is around 12 months of age **OR**
- At least 6 months after cows' milk was excluded from your child's diet

• Where do I start?

This milk ladder is a guide to reintroducing milk-containing foods in to your child's diet. We recognise that every child is an individual – please contact us if you wish to discuss your child's milk reintroduction.

Choose a time when your child is well.

Your child should not be on anti-histamine medication or have had any recent changes to other medications. If you are concerned regarding this please contact your GP.

The stages of the cows' milk reintroduction plan are shown in this booklet. Start with stage 1 and if tolerating progress to the next stage after 1-2 weeks. Foods are suggested for trial purposes to assess whether your child is still allergic to milk. After the trial period they can be included in your child's diet.

If your child reacts to the cows' milk at stage 1 of the reintroduction, wait at least 3-6 months and try again. However, if they react to the foods at one of the later stages, you should return to the previous stage and can continue to include the products that they managed well.

If you are breastfeeding, introduce cows' milk containing foods into your own diet first before starting your child on the milk ladder.

5-Step Milk Ladder

Stage 1: Baked milk



Choose a shop bought or homemade baby biscuit, pancake or scone that contains cows' milk.

Day 1 - start by giving your child one quarter of a biscuit / pancake to eat.

Day 2 onwards - over the next few days gradually increase the portion until a whole biscuit or similar is eaten every day for a period of 1-2 weeks.

After this stage has been completed you can include products that contain cooked cows' milk.

Stage 2: Cheese



Day 1 - give a sugar cube / teaspoon sized (approx 5g) portion of hard cheese, e.g. cheddar. This can be grated and added to food.

Day 2 onwards - gradually increase portion size every day until 15g (approx. 3 teaspoons) cheese is taken every day for a period of 1-2 weeks.

After this stage has been completed you can include cheese in your child's diet and use ordinary butter or margarine

Stage 3: Yogurt



Day 1 - give 1/2 teaspoon of yogurt of fromage frais.

Day 2 onwards - gradually increase portion size every day until a small pot is taken daily for a period of 1-2 weeks.

After this stage has been completed you can include custard or milk puddings or savoury sauces made with cow's milk in your child's diet if you wish.

Stage 4: Cows' milk



Day 1 - add a teaspoon of cows' milk to cereal or soup.

Day 2 onwards - increase the volume of milk until your child is having at least 30ml (1 fluid oz) every day.

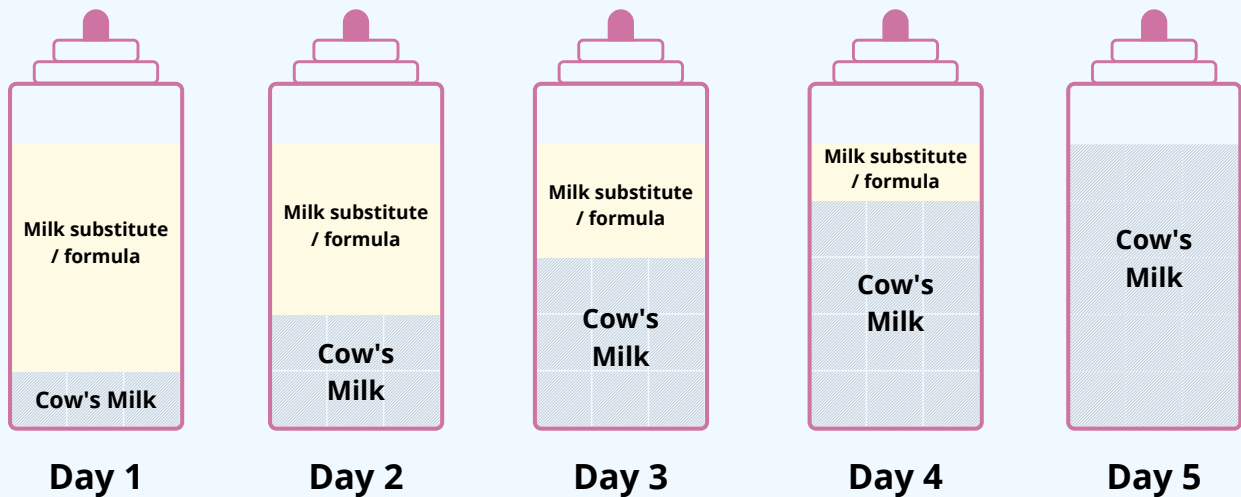
Stage 5: Stop the milk substitute drinks



Day 1 - Replace 30ml of your child's milk substitute or formula with 30ml of cows' milk (if your child is over 12 months of age) or standard formula (if your child is under 12 months of age).

Day 2 onwards - continue swapping an extra 30ml of the milk substitute for cows' milk or standard formula each day until your child's milk drinks are fully swapped over.

Example of 150ml (5oz) milk feed with 30ml (1oz) increases in cow's milk each day. If your child is nearer one year old they may be using a cup rather than bottle.



What happens next?

If your child tolerates milk in foods and can tolerate cows' milk to drink then they can continue to have milk and milk-containing foods freely in their diet.

If your child can tolerate milk in foods but cannot tolerate cows' milk as a drink, then you can continue to offer milk-containing foods and offer their milk substitute to drink. You should try again with the cows' milk to drink in 3-6 months time .

If your child remains intolerant to cows milk at one year old you will be advised to change to a plant based milk alternative from the supermarket and your GP will stop prescription of specialist infant formula .

What about calcium - is my child getting enough?

It is common for children who have been on a milk free diet to dislike the taste of cows' milk initially. Some children may continue to take some of their milk substitute e.g. soya / oat milk for a short while. Please ensure these are fortified with calcium.

For an adequate calcium intake, a child needs approximately 3 servings of dairy foods, or calcium enriched dairy free alternatives, each day e.g. milk, a yogurt and some cheese. Discuss with your Dietitian or GP if you are concerned.

If you have any questions or concerns, please contact us.

Dietitian:

Email address: ggc.milkfree-dietitians@nhs.scot

Telephone: 0141 451 6443

Please provide your child's name and CHI number or date of birth.