

Contact details:



Gradual Introduction of milk & milk products for Parents

USEFUL INFORMATION

Hospital Milk Allergy information leaflet and Milk Challenge leaflet, see www.northwestallergy.nhs.uk

Cow's milk reintroduction should only be performed after obtaining advice from your doctor or dietitian.

The North West Paediatric Allergy Network accept no responsibility for adverse allergic reactions that occur during reintroduction of milk products.

www.allergynorthwest.nhs.uk

References

Luyt D, et al. BSACI guideline for the *Gradual reintroduction of milk product*, *Clin Exp Allergy*, 2014
Koletzko S, et al. *Diagnostic approach and management of cow's-milk protein allergy in infants and children: ESPGHAN GI Committee practical guidelines*. *J Pediatr Gastroenterol Nutr*, 2012
Lifschitz C, Szajewska H, *Cow's milk allergy: evidence-based diagnosis and management for the practitioner*. *Eur J Pediatr*, 2015

Created Sept 2016, Reviewed August 2017
Guidelines - North West Paediatric Allergy Implementation Group
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Before starting to reintroduce dairy products using this milk ladder

Most children with milk allergy will outgrow the problem. It has been shown that many children who react to fresh milk, cheese and yoghurt tolerate milk in a cooked or baked form. Cooking or baking milk, especially when mixed with flour makes the milk less likely to cause allergic reactions.

Your doctor has asked you to introduce cooked and processed milk into your child's diet. This is likely to help your child outgrow their allergy faster.

Points to remember

- It is very important that you follow the plan advised by the allergy doctor, dietitian or nurse. DO NOT move the next stage without agreement.
- If you have any concerns or questions, please contact the allergy team or dietitian.
- Do not attempt this challenge if your child has had any breathing problems or faintness / floppiness after having milk or other dairy products.
- Your child will usually start with milk which has been baked in the oven and then slowly builds up to eating more of this food, before going on to less well-cooked dairy products (**milk ladder**). If you are introducing foods which require cooking/ baking, please cook following the manufacturer's guidelines or recipe. Do not give under-cooked food.

- Ensure your child is well and does not have a cold or temperature. If your child has had a flare up of their eczema, asthma, hay fever, or has taken antihistamines in the last five days do not undertake the challenge.

Start at the step you have been advised to by your doctor or dietitian. DO NOT increase food portions or introduce new foods when your child is unwell. If your child is avoiding other food groups for example wheat or egg, please seek advice from your dietitian on alternative food items for the milk ladder.

Stop the challenge if any of the following develop

- Red, raised, itchy rash
- Swelling where the food has been applied
- Vomiting / tummy pain / loose stools
- Difficulty / noisy breathing
- Wheeze / persistent cough
- Dizziness / feeling faint / floppiness

Give antihistamine if a rash or swelling develops. Symptoms should resolve within half an hour. In the very unlikely event of breathing problems or faintness, please take your child to the nearest Accident & Emergency Department. Do not challenge again, but contact the allergy team for further advice.

References

- Luyt D, et al. BSACI guideline for the *Gradual reintroduction of milk product*, *Clin Exp Allergy*, 2014
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Table 1 – THE MILK LADDER
Which foods to give your child

Step 1	Shop bought biscuit containing milk Digestive, malted milk, shortcake, nice, garibaldi
2	Shop bought baked products containing milk Plain cakes, plain muffins, scones; scotch pancakes, croissants, brioche, Milk loaf Potato products containing milk e.g. waffles, smile faces Processed meats containing milk. Cheese powder flavouring e.g. cheese crisps, quavers, wotsits, mini cheddars, cheese crackers, cheesy breadsticks
3	Foods containing cooked cheese or cooked milk as a major ingredient Pizza, lasagne, pasta bake, cook in sauces with milk/cream/cheese, Soups (bought) containing milk / cream/ cheese, rice pudding Chocolate, chocolate coated foods, Chocolate chips, chocolate croissants, chocolate brioche Then try custard, cheese sauce, cheese on toast, macaroni cheese
4	Uncooked cheese and uncooked desserts Yoghurt, fromage frais, ice cream, trifle Butter, margarine
5	Pasteurised milk

In composing this table manufacturing ingredients and cooking processes were checked and correct at the time of printing.

Table 2 – THE MILK LADDER
How much food to give your child

For pizza and lasagne, you can double the portion each day until a full standard portion for your child's age and appetite is reached.

Stage	Amount of food	Time until next stage
1	Grain of rice size (400mg)	Once each day for a minimum of a week
2	Pea size (1000mg / 1g)	Once each day for a minimum of a week
3	Teaspoon size (5g)	Once each day for a minimum of a week
4	Tablespoon size (15g)	Once each day for a minimum of a week
5	¼ portion	Once each day for a minimum of a week
6	½ standard portion	Once each day for a minimum of a week
7	Full standard portion	Once each day for a minimum of a week

References

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