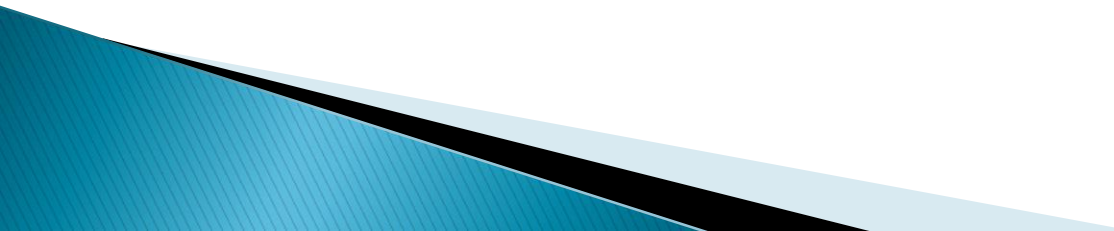


Cow's Milk Protein Allergy

How to Wean Your Baby

Outline of Session

- What is Cow's milk protein allergy?
 - Suitable formulas for cow's milk protein allergy
 - Cow's Milk Free Weaning & alternative products
 - Reintroducing cow's milk & other allergenic foods
 - Meeting calcium requirements
 - Vitamins for children
- 

What is Cow's Milk Protein Allergy (CMPA)?

This is when the body reacts to the protein in the cow's milk

▶ Two types of CMPA:

- **immediate** (hives, swelling)

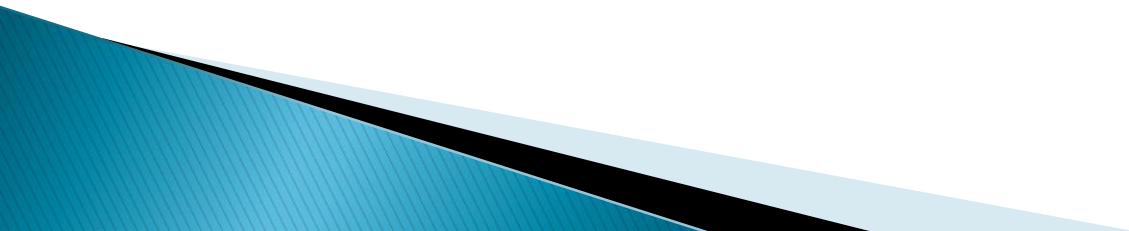
- **delayed** (often gut related symptoms)

What is Lactose Intolerance?



Symptoms of Cow's Milk Protein Allergy

What symptoms did your baby have?



Differences in hypoallergenic formulas



Intact
Protein

Cow's milk formula



Extensive
Hydrolysate
Formula (eHF)

Extensively hydrolysed (eHF)

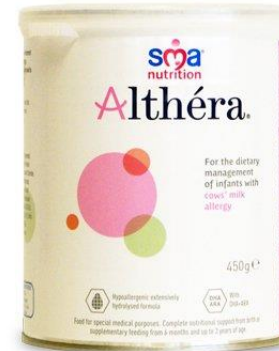


Amino
Acids

Amino acid-based formula

Suitable Formulas for Cow's Milk Protein Allergy

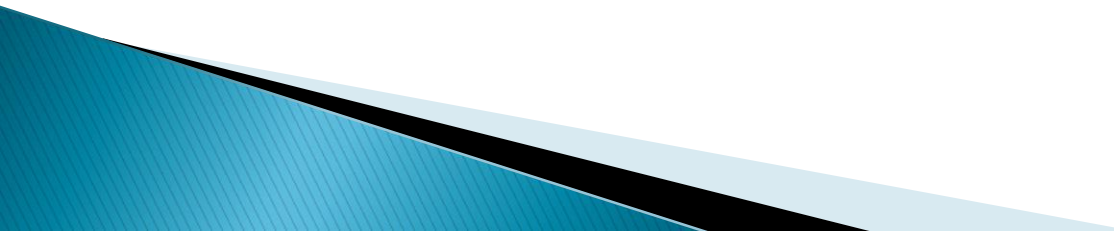
Extensively
hydrolysed



Amino Acid
Formulas

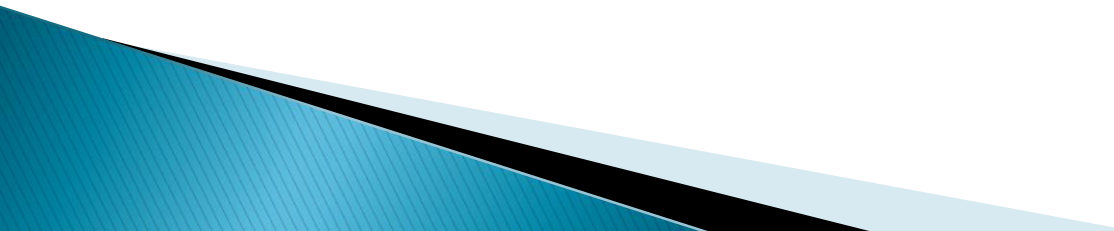


What are dairy foods?

- ▶ Milk from animals, such as cow, sheep, goat & buffalo
 - ▶ Foods made from milk such as yogurt, cheese, butter
 - ▶ Milk can also be found in biscuits, cake, chocolate and less obvious food such as gravy!
 - ▶ Can also be found in some medications
- 

Food Labelling

It is important to check food labels:

- Pre-packed food
 - Eating out
 - ‘May contain’ warnings
 - Check “free from” foods
 - For medicines, always check with your pharmacist
- 

Pre-packed Food

Allergy Advice

Contains: Milk.

Ingredients

Butter (**from Milk**) , Salt (1.5%) , Minimum 80% Milk Fat content .

For allergens, see ingredients in **bold**.



Ingredients

Full Cream **Milk** (54%) , Rice (34%) , Water , Sugar .

For allergens, see ingredients in **bold**.



May Contain



Ingredients

Vegetables (Parsnip, Potato, Sweetcorn, Onion), Rice Flour (62%), Maltodextrin, Inulin, Calcium Carbonate, Natural Flavourings, Vitamin C, Niacin, Zinc Sulphate, Vitamin E, Iron, Riboflavin, Vitamin B6, Thiamin, Vitamin A, Folic Acid, Vitamin D, Vitamin B12, Prepared with 110g Vegetables per 100g Cereal including 65g Parsnip, 34g Potato and 8g Sweetcorn

Information

Suitable for Vegetarians

Free From Gluten

May Contain Milk

Free From Artificial Colours

Free From Artificial Flavours

Free From Artificial Preservatives

Stage 1 – Puree

- ▶ Try mashed or pureed fruit, vegetables, meat, fish & pulses
- ▶ Baby rice or cereal (remember to check food labels)



Stage 2 – Mashed

- ▶ Thicker puree, mashed with a fork
- ▶ Include soft lumps



Stage 3

- ▶ Well cooked and chopped into small pieces



Ensure a good variety of all foods

▶ Main meals

- Baked beans or scrambled egg on toast
- Meat/chicken or fish with potato/rice and vegetables
- Omelette using milk & cheese alternative



▶ Puddings

- Fruit with cow's milk free yoghurts, desserts, ice cream, custard
- Rice pudding, semolina or custard made with formula or milk alternative
- Milk jelly using milk alternatives



► Finger foods

- Dried fruit/small pieces of soft, ripe fruit
- Cow's milk free cheese cubes/slices
- Breadsticks or hummus
- Crumpets/bagels/pittas/cheese scone made with cheese alternative
- Sandwiches with egg/tuna/chicken/ham/cow's milk free cheese spread
- Cereal or vegetable snacks



Eating Out

- ▶ By law, every food establishment should have an allergy folder with recipe ingredients and allergens listed

Cow's Milk Protein-Free Weaning

- ▶ This is the same as weaning a non-allergic baby **except** you are avoiding foods which contain cow's milk
- ▶ No need to avoid other allergens (e.g. gluten, soya)
- ▶ Weaning occurs around 6 months, not before 17wks
- ▶ Use baby's usual milk (breast milk or hypoallergenic formula) to mix food to desired consistency

A note on soya!

Alternative Milks



Soya Milk



Hazelnut Milk



Alpro Soya Growing Up Milk
(can be used as main milk drink from 1 year)



Almond Milk



Oat Milk

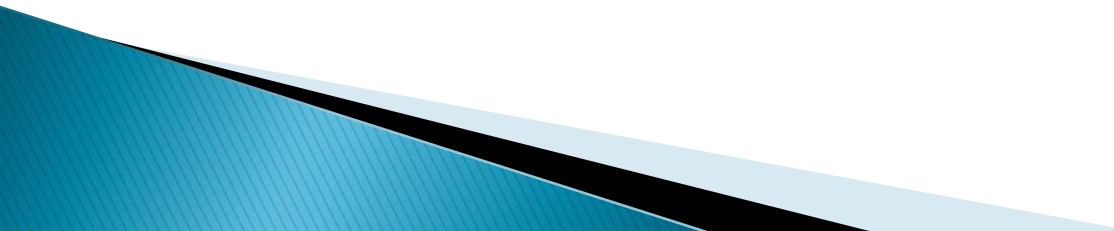


Coconut Milk



Hemp Milk

Suitable Alternative Milks

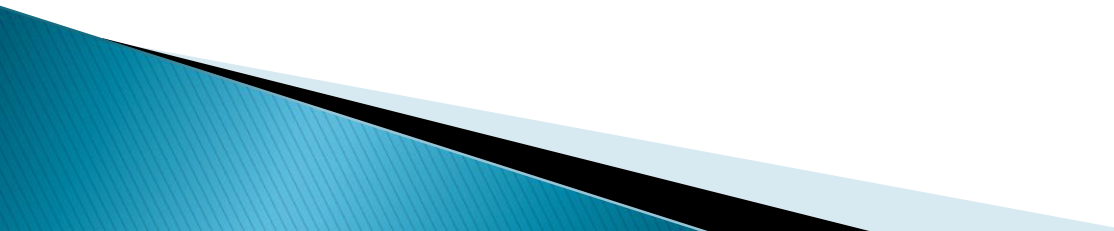
- ▶ Can be used in cooking over 6 months of age
 - ▶ Not to be used as main milk drink until your child is 18mths – 2yrs of age
 - ▶ Choose a milk fortified with added calcium
 - ▶ Choose unsweetened varieties for good dental health
 - ▶ Rice milk not to be used until child is 5yrs of age
 - ▶ Ensure diet includes a variety of good protein & iodine sources at both main meals and snacks (e.g. meat/fish, eggs, pulses, nut butters)
- 

Other Cow's Milk Free Alternative Products

- ▶ Spread
- ▶ Cheese
- ▶ Yoghurts & desserts
- ▶ Ice creams & frozen desserts
- ▶ Creams/Custards/Crème Fraiche
- ▶ Chocolate



Will My Child Grow Out Of Their Cow's Milk Protein Allergy?

- ▶ Some children with mild to moderate non-IgE mediated cow's milk protein allergy will grow out of it by their first birthday
 - ▶ Most children will grow out of their allergy between 1 and 3 years of age
 - ▶ Some may take longer than this or may not grow out of it
- 

Reintroducing Cow's Milk Back Into The Diet

- ▶ Cow's milk can be reintroduced into the diet at 9–12 months of age

OR

- ▶ 6 months after starting a cow's milk free diet

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

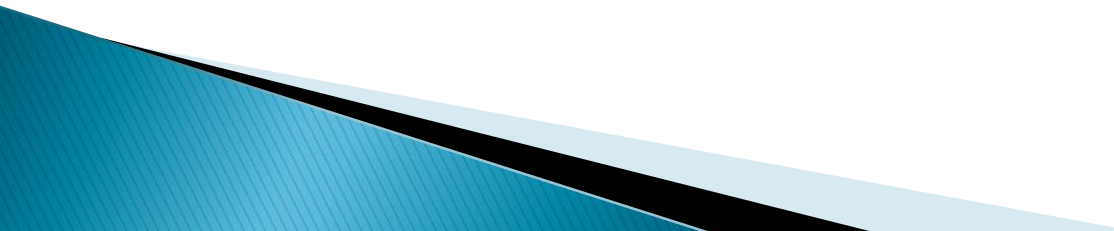
THE LOWER STEPS ARE DESIGNED TO BE USED WITH HOME MADE RECIPES. THIS IS TO ENSURE THAT EACH STEP HAS THE APPROPRIATE MILK INTAKE. THE RECIPES WILL BE PROVIDED BY YOUR HEALTHCARE PROFESSIONAL. Should you wish to consider locally available store-bought alternatives - seek the advice of your healthcare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

Using the Milk Ladder

You are aiming to establish a tolerance to cow's milk protein

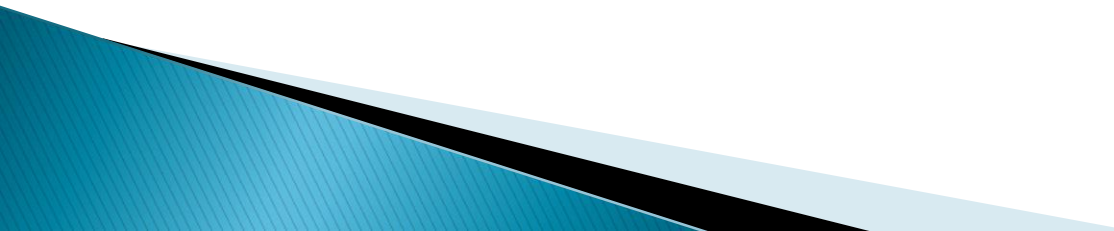
- Ensure your child is well before commencing
 - Begin at Step 1 and consume the amount of food suggested
 - If the food is tolerated, continue giving your child this food and then try the next step and so on...
 - If the food is not tolerated, stop and try again with this step in 4 weeks time
 - Continue to keep any milk containing food that was tolerated in the diet
- 

Meeting Calcium Requirements

- ▶ Important to ensure that your child is receiving enough calcium when following a cow's milk protein free diet
 - ▶ Breastfeeding mums who are following a cow's milk protein free diet may need a calcium supplement
 - ▶ Calcium requirements change with age
 - ▶ Use foods fortified with calcium to help meet requirements, e.g. cow's milk protein alternatives
- 

Vitamins for Children

The government recommends:

- ▶ **ALL** children aged 6 months to 5 years are given vitamin supplements containing vitamins A, C & D
 - ▶ Babies who are breastfed are given a daily vitamin D supplement from birth
 - ▶ Babies who are formula fed, who are getting more than 500ml (about a pint) of formula per day do not need extra vitamins
- 

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

