

MILK LADDER: How much food should you give your child?



Stage	Amount of food	Time until next stage
1	Grain of rice size 400mg)	Give the food at LEAST 3 times per week
2	Pea size (1,000mg or 1g)	
3	Teaspoon size (5g)	Alternate days/daily dependant on tolerance and symptoms.
4	Tablespoon size (15g)	
5	¼ portion	Increase each stage weekly if possible
6	½ standard portion	
7	Full standard portion	

- If your child reacts to an increase in dose/frequency of milk protein please **DO NOT** stop completely, go back to the previously tolerated stage until further review by your health professional.
- Wheat free/egg free options of the milk ladder should be discussed with your dedicated health professional

Where can I find more information?

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

How can I contact you if I need to?

Gradual introduction of milk and milk products

Information for Parents and Carers

Cow's milk reintroduction should only to be performed in conjunction with advice from your doctor or dietitian.

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

www.allergynorthwest.nhs.uk

Four out of five children who react to fresh milk, cheese or yoghurt will tolerate cooked dairy products, especially if mixed with flour. Your doctor has suggested that you to introduce cooked and processed milk into your child's diet This can be worrisome for you, as your child may have had an allergic reaction when they last had a milk product. However, the milk ladder is used routinely in allergy practice and likely to help your child outgrow their allergy.

Points to remember

- **DO NOT attempt reintroduction of dairy products at home if your child has previous suffered from breathing problems or floppiness after eating milk or other dairy products**
- **this milk ladder can be used for children who have previously suffered from hives or skin swellings, but requires guidance from your children's allergy health professional**
- ensure your child is well when using these guidelines. If your child has been wheezy recently or has taken antihistamines in the last 5 days wait until they are better. DO NOT increase food portions or introduce new foods when your child is unwell
- start at the step you have been advised by your doctor or dietitian. If your child is avoiding other food groups, for example wheat or egg, seek advice from your dietitian on alternative food from milk ladder

Stop the challenge if any of the following develop

- red, itchy rash (hives)
- swellings
- vomiting / tummy pain / loose stools
- 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 unlikely event of breathing problems or faintness, take your child to the nearest Emergency Department. Do not challenge them again, but contact the allergy team for further advice.

MILK LADDER: Which foods should you give your child?

STEP	FOOD OPTIONS
1	<p>Shop bought biscuits containing milk</p> <ol style="list-style-type: none"> 1. malted milk 2. shortcake digestive <p>Most digestive biscuits no longer contain any milk.</p>
2	<p>Other shop bought baked products containing milk</p> <ol style="list-style-type: none"> 1. plain cakes, plain muffins, scones, milk loaf (egg free) 2. scotch pancakes, croissants, brioche, 3. cheese powder flavouring e.g. cheese crisps, quavers, wot-sits, mini cheddars, cheese crackers
3	<p>Foods containing cooked cheese or cooked milk</p> <ol style="list-style-type: none"> 1. shepherd's pie/mash with butter/milk in/sauces, soups or meals containing milk, cheese or cream (cooked) 2. pizza, lasagne, pasta bake, 3. rice pudding/custards 4. chocolate, chocolate coated foods, Chocolate chips, chocolate croissants, chocolate brioche 5. cheese on toast, macaroni cheese 6. hard cheese-uncooked
4	<p>Less processed milk</p> <ol style="list-style-type: none"> 1. yoghurt, fromage frais, 2. ice cream, cream, soft cheese 3. butter
5	<p>Milk (can be mixed with milk alternatives to taste)</p> <ol style="list-style-type: none"> 1. heated milk i.e. in porridge/hot chocolate 2. infant formula 3. fresh milk

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