

Nutrition and Dietetics

Allergy – milk free diet

On a milk free diet, it is important to avoid milk and milk products completely.

Cow's milk and milk products provide energy, protein, calcium, and other important vitamins. If milk is avoided, these can be provided by other foods or supplements.

This diet should only be used under the supervision of a registered dietitian who will ensure that your diet is nutritionally adequate.

It is unwise to recommend anybody else to follow a milk free diet without supervision.

Food labelling

European Union (EU) allergen labelling law requires that common food allergens used as ingredients or processing aids must be declared on the packaging or at the point of sale. For pre-packed products allergens must be listed in one place on the product label and highlighted (in bold or underlined) on food labels within the ingredients list. **Milk** is one of the allergens which must be listed.

For foods sold without packaging or pre-packed such as in a bakery, café or pub, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further information if requested (only in UK).



Patient Information

It is not compulsory for food manufacturers to use a warning statement – always check the ingredients first.

Foods to avoid

There are many ways in which cow's milk can be labelled, so check the ingredients list on food items carefully, and **avoid foods containing:**

- Cow's milk (fresh, UHT)
- Evaporated milk
- Yogurt, fromage frais
- Margarine
- Ice cream
- Milk powder
- Milk protein
- Milk solids
- Whey protein
- Calcium caseinate
- Hydrolysed whey protein
- Whey Syrup Sweetener
- Lactoglobulin
- **Lactoalbumin**
- Butter milk, butter oil
- Condensed milk
- Cheese
- Butter, Ghee
- Cream/ artificial cream
- Skimmed milk powder
- Milk sugar
- Whey, whey solids
- Casein (curds), caseinates
- Hydrolysed casein
- Sodium caseinate
- Modified milk
- **Lactose**

Many supermarkets and food manufacturers provide information about milk free foods. If you need addresses, your dietitian may be able to help you.

The following website may also be useful:

<http://www.supermarketownbrandguide.co.uk/intro.php>

Milk substitutes

Breastfeeding provides the best source of nutrition for all babies with a cow's milk allergy. It is important for breastfeeding mothers to receive support with breastfeeding if needed. Information on how to access breastfeeding support can be found at: www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-help-support/.

Patient Information

Occasionally, breast fed babies can react to milk proteins transferred in breast milk from the mother's diet. If your baby reacts to your breast milk, you may be advised to avoid milk (dairy) whilst breastfeeding. This is usually done as a trial for between 2 to 6 weeks to see if your baby's symptoms improve. If they do not, and you were following the diet strictly, you can return to your normal diet.

For infants under 6 months and children.

Special milk free formulas are available on prescription.

Your dietitian or GP will advise which one is suitable

Your special formula is

For infants over 6 months and children

Special milk free formulas are available on prescription.

Your dietitian or GP will advise which one is suitable

Your special formula is

For children over 1 year

Special milk free formulas are available on prescription.

Your dietitian or GP will advise which one is suitable

Your special formula is

Ready to drink soya milk

Alpro Soya Growing up Drink

Alpro Growing Up Oat Drink

For adults and children over 2 years old

Current recommendations suggest using a hypoallergenic formula until 2 years of age. However, if there are no growth concerns and/or feeding difficulties, your dietitian may suggest changing to a plant-based cow's milk substitute such as soya milk, oat milk, KoKo dairy free, hemp milk, hazelnut milk, almond milk. These plant-based milks can be used in cooking or in cereal for most babies over 6 months of age as long as there are no concerns about growth. It is important to choose one that has added calcium.

Ways to use your milk substitute

Drinks

- Milkshakes: Flavour milk substitute with milk shake syrup or blend with fresh fruit such as bananas to make a 'smoothie'.
- Hot drinks: Coffee, cocoa, milk free drinking chocolate

Puddings

Lots of puddings can be made using the milk substitute:

- Rice, sago, tapioca, semolina, custard.
- In milk jellies ($\frac{1}{2}$ milk substitute + $\frac{1}{2}$ water).
- Home made ice cream and blancmange.

Soups and sauces

- White sauces such as parsley, mustard, onion, bread, mushroom.
- Soup made up from milk free packet soups or home-made soups with milk substitute instead of water.

Other ways to use milk substitute

Milk substitute can be used in

- Mashed potato (with milk free margarine)
- Scrambled eggs
- Batters for coating fish
- Yorkshire puddings
- Pancakes

Patient Information

Many recipes that you use can be adapted for a milk free diet by using milk free margarine and milk substitute. Milk free recipe books are also available.

Suitable margarines

The following margarines can be used in place of butter or ordinary margarine:

- Pure
- Vitaquell
- Flora Dairy free
- Suma
- Tomor
- Biona
- Vitalite Dairy free
- Supermarket own brand dairy free margarine

Some of these are available by mail order using the internet.

Calcium

Cows' milk and cows' milk products are the major source of calcium. Calcium is required for strong and healthy bones. When cows' milk is taken out of the diet an alternative source of calcium is required.

- Approximately 1 ½ pints (30 fluid oz) of formula milk substitute will provide the amount of calcium needed by babies under 12 months
- Approximately 1 pint (20 fluid oz) of formula milk substitute will provide the amount of calcium needed by children aged 1 – 3 years.
- If your child is not taking these amounts, ask your dietitian for advice.
- Adults using soya milk should choose brands that are calcium enriched

Patient Information

	Foods to avoid	Alternatives to use
Milk and dairy foods	<p>All types of cow's milk. Goat's milk, Sheep's milk. Ewe's Milk</p> <p>Yoghurts and Cheese made from these milks</p> <p>Yoghurt drinks</p> <p>Ready made milk shake</p> <p>Low lactose milk and cheese and yoghurt</p>	<p>(See suggestions above)</p> <p>Milk free cheese, cheese spreads and cheese sauce mix</p>
Fat	<p>Butter. Ghee</p> <p>Many brands of Margarine</p>	<p>Vegetable oils, lard, dripping, suet, Milk free margarine</p>
Eggs	<p>Scotch eggs*</p> <p>Quiche*</p> <p>Omelette* Scrambled egg*</p>	<p>Cooked in any way adding milk substitute or milk free margarine if needed</p>
Meat, fish, poultry and offal	<p>Sausages*, beef burgers*, meat pies*, meat dishes*, meat and fish pastes*, chicken nuggets*, fish fingers*, fish cakes*, fish in sauce*, fish in batter* or breadcrumbs*, Ham*, cured meats* Quorn products</p>	<p>All types of plain fresh or frozen.</p> <p>Plain fish tinned in oil or brine</p> <p>Soya mince. Tofu</p>
Fruit, vegetables and pulses	<p>Instant potato*, potato croquettes*, potato waffles*, flavoured crisps* or similar snacks*, Quorn products* Tofu products* baked beans* hummus* Coleslaw* Pies</p>	<p>Potatoes with milk free margarine or milk substitute. Suitable milk free crisps.</p> <p>All fresh, frozen, tinned or dried plain fruit, vegetables and pulses</p>
Nuts	<p>Roasted* or flavoured nuts*</p>	<p>Plain nuts- whole nuts should not be given to children under five</p>

Patient Information

<p>Cereals</p>	<p>Pastry* pizza dough* pancakes, batters, Yorkshire pudding</p>	<p>Rice. Pasta, couscous, semolina (cooked with milk substitute) Flour, cornflour, oats</p>
<p>Bread and Breakfast cereals</p>	<p>Alpen, cocoa krispies and other chocolate breakfast cereals. Special K, Muesli, Milk bread. Some tea breads, Brioche*, croissants</p>	<p>Cornflakes, Rice Krispies, Oatibix, Weetabix, Porridge, Ready Brek and other milk free cereals (all with milk substitute). Bread most pre wrapped white and wholemeal</p>
<p>Cakes, puddings and biscuits</p>	<p>Cakes* or sweet biscuits*, cake mixes*, Crackers* and savoury biscuits*, Milk puddings, instant whips, instant desserts, instant custard, mousse, egg custard, crème caramel, cheesecake, ice-cream, yoghurts, fromage frais, Danish pastry*, sponge puddings*, cream cakes and puddings. Custard powder*</p>	<p>Cakes and biscuits can be made using milk-free margarine and milk substitute if needed. Rye crisp bread. Puddings can be made using milk substitute and milk free margarine. Custard powder. Soya yoghurts, Soya ice-cream, Sorbet, Jelly, blancmange powder. Meringue. Soya desserts, coconut / oat milk, yoghurts and desserts</p>

***Avoid foods marked with a star unless you know they are milk free**

Patient Information

	Foods to avoid	Alternatives to use
Sugar Sweets & preserves	Milk and white chocolate, fudge, toffee, caramel, butterscotch, milk gums, diabetic chocolate Plain chocolate* Lemon, lime or orange curd* Chocolate spread*	Plain chocolate if known to be milk free. Milk free chocolate. Boiled sweets, pastilles, fruit gums, Fruit iced lollies, sugar, syrup, honey, Jam, marmalade, mincemeat. Pickles, chutney and relishes
Baby foods	All baby foods containing milk and milk products	Plain baby rice – see separate advice about weaning
Beverages	Ovaltine, Horlicks, Bournvita, malted drinks*, drinking chocolate* Complan, Meritene. Instant cappuccino. Milkshake	Squash, cordials, , fruit juice., milkshake and cocoa made with milk substitute. Fruit and herb teas Tea and coffee and fizzy drinks but not suitable for young children
Other foods	Mayonnaise*, salad cream*, tinned or packet sauces* Tinned*, packet* and fresh soups* Gravy powders* stock cubes* Ketchup*	Herbs, spices, mustard, salt. Pepper, vinegar Gelatine, baking powder, bicarbonate of soda Marmite, Oxo, Bovril Tomato sauce

***Avoid foods marked with a star unless you know they are milk free**

Patient Information

Dental care

Formula milks designed for children with a milk allergy contain glucose or corn syrup and not lactose.

These contain an extra risk for teeth so try to pay extra attention to your child's dental care.

Always make up the feed to the manufacturer's instructions. Do not add more powder to water than stated.

Once a feed is finished take away the bottle. Do not use it as a comforter allowing your baby to suck the bottle while going to sleep.

Once your child is old enough (around 6 months), introduce a lidded beaker or cup for the milk substitute and aim to discontinue bottle feeds after the age of one.

Start to brush your child's teeth as soon as they appear. Brush last thing at night and on one other occasion during the day. Use a soft textured toothbrush with just a smear of family fluoride toothpaste. At the age of three years increase the toothpaste to a pea sized amount. Encourage your child to spit out after brushing and do not rinse.

Your baby's first tooth usually comes through from about 6 months. Ask your dentist when you should start taking your child for regular check-ups.

Meal suggestions

<p>Breakfast</p>	<p>Suitable Cereal or porridge with milk substitute Fruit with soya yoghurt Bread or toast with milk free margarine and jam, honey or marmalade Egg, bacon or fish or suitable baked beans, mushrooms, tomato Fruit juice Cup of milk substitute Tea or coffee – made with milk substitute</p>
<p>Snack meal</p>	<p>Sandwiches made with milk free margarine And meat, fish, egg or suitable hummus. Toast with milk free baked beans, fish or egg Jacket potato with milk free baked beans, tinned fish or meat sauce Chapatti with dhal or meat or chicken curry and vegetables</p>
<p>Main Meal</p>	<p>Meat or fish with potato and vegetables Meat or fish with rice or plain pasta or chapatti and vegetables Dhal with chapatti or rice and vegetables Omelette (no milk) with bread with milk free margarine and salad or vegetables Baked beans with jacket potato and salad</p>
<p>Puddings</p>	<p>Soya yoghurt Soya ice cream Fruit sorbet Fresh fruit Tinned fruit Jelly Custard or milk jelly made with milk substitute (not instant)</p>

Patient Information

	Rice, sago, tapioca, semolina pudding made with milk substitute Fruit crumble made with milk free margarine
Snacks	Fruit fresh or dried Bread or toast with milk free margarine Suitable crisps occasionally Soya yoghurt Milk free biscuits or cake Milk free crackers Plain popcorn

Vitamin D

Revised daily recommendations from the UK Health Department:

- All breastfed babies should take a vitamin D containing supplement from birth.
- Formula fed babies are likely to obtain enough vitamin D if drinking 600ml infant formula daily. If drinking less than this, a vitamin D containing supplement should be given.

The following amounts are recommended:

- Babies under 1 year of age: 8.5-10 µg (340-400 IU) vitamin D.
- Everyone over 1 year of age (including pregnant and breastfeeding mothers): 10 µg (400IU) vitamin D.

Your dietitian can advise how much you and your child will need per day.

If you qualify for Healthy Start, you can obtain Healthy Start vitamin drops from your local pharmacy or Family Hub. Otherwise, a children's vitamin supplement containing vitamin D can be purchased from chemists and supermarkets. Ask your pharmacist for advice if you are unsure which supplement to buy.

If your child is avoiding other foods as well as milk and egg, your Dietitian may suggest additional vitamin or mineral supplements.

Additional advice

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