

Nutrition and Dietetics

Reintroduction of cow's milk

Many children grow out of their cow's milk allergy. By introducing milk in a step-wise way, you will be able to find out if your child can tolerate some milk products.

For some children who have had severe reactions or asthma, it may not be safe to do this at home. You should seek advice from your GP or dietitian if you are unsure.

Do not use the milk ladder if your child:

- is unwell
- has eczema flares
- has teething symptoms
- has gastro-intestinal symptoms such as vomiting, loose stool, or abdominal pains
- is receiving medication that might affect the gut, such as antibiotics

The milk ladder can be used if:

- a health professional has confirmed home reintroduction is safe
- you are not introducing other new foods or known allergens
- your child is generally well



Patient Information

General advice

- It may be helpful to keep a record of food intake and any symptoms
- Introduce new foods in the daytime, so symptoms can be observed
- Be aware of other allergies your child may have, for example wheat, egg, soya. Always check food labels for suitability.

Using the milk ladder

Start with Step 1, but if you have already had some foods containing milk, you may start further down the ladder.

If a food in a step is tolerated, leave this food in the diet, and move onto the next step.

If a step is not tolerated, do not stop the ladder completely. Go back to the previously tolerated step, and then rechallenge after 3 months. The time spent on each step will vary from one child to another.

Introduce a new step every days / weeks.

In some cases, it may be advisable to start with a $\frac{1}{4}$ or a $\frac{1}{2}$ amount of a food, and gradually increase the amount to a normal child's portion over a few days.

Patient Information

Milk ladder

Step	Food type
<p>1</p> <p>Foods containing small amounts of milk which are baked</p>	<p>Malted milk biscuits or any other biscuits containing milk</p> <p>Muffins or cupcakes without icing</p> <p>Scones Cheesy breadsticks or snacks</p> <p>Pastry made with butter/margarine</p> <p>Shortbread/Shortcake made with butter/margarine</p> <p>Crackers containing cheese or milk</p> <p>Croissant</p> <p>Brioche</p> <p>Bread that contains milk such as milk loaf</p>
<p>2</p>	<p>Scotch Pancake - 8ml of milk per pancake (if home-made)</p> <p>Margarine containing milk products</p> <p>Butter</p> <p>Cheese powder flavourings e.g., quavers, wotsits</p>
<p>3</p> <p>Foods containing well-cooked milk in a larger quantity</p>	<p>Shepherd's Pie - 110g Mashed potatoes, 7g butter, 12ml milk & 6g cheddar cheese baked for 30minutes</p>
<p>4</p> <p>Foods containing well-cooked milk in a larger quantity</p>	<p>Fish pie</p> <p>Lasagne</p>
<p>5</p> <p>Whole dairy foods that are heated</p>	<p>15g baked or melted cheese on toast or pizza – if possible, choose a pizza that does not contain milk in the base</p>
<p>6</p> <p>Whole dairy foods that are heated</p>	<p>Custard</p> <p>Rice pudding } start with ¼, ½ and aim for 1 child's portion</p>
<p>7</p>	<p>Milk chocolate or Milk Chocolate Digestive Biscuits</p>
<p>8</p>	<p>Fromage frais</p>
<p>9</p>	<p>Yoghurt - 125mls (4.5 fl oz)</p>
<p>10</p>	<p>Cheese – For example Cheddar, Mozzarella</p>
<p>11</p>	<p>Ice cream – start with ¼, ½ and aim for 1 child's portion</p>
<p>12</p>	<p>Sterilised milk/Infant formula (tetra packs)</p>
<p>13</p>	<p>Pasteurised milk/Infant formula (powder) - start with 100ml (3.5 fl oz) and build up to 200ml (7 fl oz). If this is tolerated switch all current milk replacements (bottle and in breakfast cereals) to pasteurised milk or suitable infant formula. Discuss the age-appropriate recommended amounts of milk/milk products with your healthcare professional.</p>

Patient Information

Calcium

More information on age-appropriate calcium requirements is available on the following website:

<https://www.bda.uk.com/resourceDetail/printPdf/?resource=calcium>

Further information

Dietitian:

Contact details:

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