

## Paediatric

# Allergy - Advice following successful completion of the Baked Milk Challenge

As a result of today's challenge your child has successfully eaten milk as part of a baked product (usually malted milk biscuit). This means your child has gained a degree of tolerance to milk as part of a baked product, but does not mean they have fully outgrown their milk allergy.

Please read the following information carefully for guidance on what you are able to allow your child at home.

### **Allowed foods containing milk products:**

- Other biscuits and cakes that contain milk protein (not cheese)
- Baked/ fried potato products such as waffles, smiles etc.
- Cakes and biscuits made with butter or dairy margarine
- Croissants/ bread that contains milk
- Breakfast cereals that contain milk such as Special K
- Frozen Yorkshire puddings and shop bought pancakes

The following list of foods are **not allowed** as they either contain too much milk protein or have not been cooked at high temperature.

### **Foods not allowed:**

- All fresh milk products
- Ice cream/mousse



## Patient Information

- Other dairy desserts for example trifle, cheesecake
- Cheese and milk dishes such as lasagne, macaroni cheese.
- Fresh milk
- Yogurt and fromage frais
- Custard
- Chocolate
- Home made Yorkshire puddings and pancakes
- Salad dressings that contain milk
- Soups and sauces that contain milk as an ingredient

### **How much milk containing products can my child have?**

Start by allowing amounts the same as or smaller than allowed at your challenge for example one malted milk biscuit once per day. If your child does start to have mild symptoms (this may be tummy ache, diarrhoea or worsening of eczema) give smaller amounts less frequently. If there are no symptoms after three weeks, allow milk containing foods off the allowed list freely. At your next appointment your consultant will discuss with you when your child will be allowed less cooked milk products.

### **Delayed reactions**

My child had symptoms the day after the challenge:

Some children get delayed symptoms (usually upset tummy, eczema) the next day. You should not stop giving baked milk products but allow in smaller quantities e.g. ½ malted milk biscuit. If symptoms persist, contact your consultant or allergy nurse specialist.

### **Contact us:**

Telephone the Secretary for Dr Costa and Dr Macdougall on 01788 663189

Email the Allergy Nurses on: [childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk)

**If your child has other food allergies remember to check ingredients of all new foods being introduced.**

## Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7216 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

<b>Document History</b>	
Department	Paediatrics
Contact Tel	27216
Updated	October 2021
Review	October 2023
Version	3.2
Reference	HIC/LFT/1783/14