

Babies may have a type allergy to milk (cow's, sheep's or goat's milk etc) which causes problems such as colic, loose stools, constipation, reflux or eczema. This sort of allergy is called 'non-IgE allergy' or sometimes 'milk intolerance'. The best test to diagnose this is doing trials of changing your baby's milk. Blood tests, skin tests, hair tests, Vega tests etc. are **not** helpful to confirm this type of milk allergy.

Babies who have had reactions to milk resulting in skin swelling, wheezing, nettle rash and other severe symptoms may have a different type of milk allergy and so will need different types of testing and assessment. This information is not suitable for babies with these problems. Your doctor or dietitian will advise you.

**The first part of the test: Taking cow's milk (and sheep/goat's milk) out of the diet for approximately 2 weeks.** Usually any improvement is obvious within 1-2 weeks of a milk free diet. Occasionally up to 4 weeks is needed.

It may be useful to write down your baby's symptoms during the weeks before and during the diet trials to help you assess any changes.

**Breast fed babies:** If your baby is breast fed then Mum needs to remove all milk from her diet.

Milk and milk products such as yoghurt, butter and cheese are important for calcium and vitamin D so mothers should take a supplement with 1000mg calcium and 10micrograms vitamin D is recommended each day –available as Healthy Start tablets free to eligible women under the Healthy Start scheme [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk).

A suitable alternative to buy over the counter (OTC) is Pregnacare. If you require more information ask your doctor or pharmacist about this.

**Babies who are having all bottle feeds or mixed breast and bottle feeding:** Normal infant formula is made using cow's milk. Your doctor or dietitian will therefore prescribe special low allergy formula (sometimes called hypoallergenic formula or extensively hydrolysed formula).

There are several brands available, they all taste and smell different from normal infant formula so it may takes a while for your baby to get used to it. To help with this, mix some of the new low allergy formula with your baby's previous milk or expressed breast milk for the first few days. If the baby continues to refuse the new formula then a different brand can be tried.

Examples of milks prescribed are Nutramigen®, Aptamil Pepti ®and Similac Alimentum®.

Soya formulae eg Wysoy®, Infasoy® are not usually recommended under 6 months of age as young babies often react to these as well but they may sometimes be tried in older babies.

## Where is milk found?

The most obvious sources of milk are dairy products e.g. butter, yoghurt, cheese. A lot of other foods also contain milk as an ingredient.

All pre-packaged foods in the UK must declare on the label or ingredients list whether a product contains milk. Supermarkets can provide lists of milk-free products.

The term 'non-dairy' used on ice-cream or coffee creamers etc. does not necessarily mean it is milk-free. Check the ingredients list.

Avoid foods containing the following ingredients:

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

## What next?

To confirm diagnosis of cows milk allergy, cow's milk has to be reintroduced into your baby's diet, even if the milk-free diet/ low allergy formula seems to have helped. In most cases this can be done at home. If it is considered safe for you to do so, your GP or Health Visitor will give you a guideline on how to do this.

This guideline is called: "Milk Challenge to Diagnose Milk Allergy".

# Milk Free Diet – Parent Information

	<b>Foods allowed on a Milk free diet</b>	<b>Foods to check ingredient labels</b>	<b>Foods to avoid on a Milk free diet</b>
<b>Milk and Milk Products</b>	Infant milk substitute as recommended. Soya, oat or coconut (Koko®) milk from 2 years old. Alpro® soya Junior 1+ from 1 year. Rice milk after age 4 ½ years.	Soya cheese, Soya yogurt, Soya ice cream.	All milk - cow's, goat, ewe's/sheep - fresh, dried, condensed, evaporated. All cheese, cream, yogurt, ice cream, fromage frais, quark, synthetic cream topping.
<b>Fats and Oils</b>	Milk free margarines, e.g. Pure®, Tomor® Vitalite®, Supermarket's own brand of dairy free spread. Pure vegetable fats. Oil, lard, dripping, suet.	Soya or sunflower spread. Salad dressings	Butter, ghee, ordinary margarine, low fat spread.
<b>Fruit, Vegetables and Potatoes</b>	Fresh, frozen, canned, stewed and dried fruit, fruit juice, and vegetables. Plain crisps.	Vegetable/potatoes in sauce or dressing, instant mash, coleslaw, potato products, baked beans. Flavoured crisps. Corn and maize based snacks e.g. Wotsits, Doritos.	Potato mashed with milk or butter. Cauliflower cheese.
<b>Bread, Cakes and Biscuits</b>	Most bread. Home-made cakes made with milk-free spread. Meringue (no cream) Milk free cakes/biscuits. Icing.	Muffins, crumpets, tea cakes, crackers, pitta bread, waffles. Any biscuits, cereal bars or cakes. Fondant filling.	Milk bread, Naan bread, brioche, croissants, garlic bread, pizza, Danish loaf. Chocolate coated biscuits, shortbread. Butter cream.
<b>Pasta and Grains</b>	Pasta, macaroni, spaghetti. All flour, grains and rice	Tinned pasta (spaghetti) in tomato sauce	Macaroni cheese Pesto sauce
<b>Breakfast Cereals</b>	Weetabix, Shredded Wheat, Cornflakes, Frosties, Rice Krispies, Ricicles, Sugar Puffs, Bran Flakes, porridge.	Swiss style muesli, chocolate flavour cereals, Ready Brek.  Other cereals (check label).	Special K Instant porridge
<b>Meat and Poultry</b>	Fresh and/or frozen meat and poultry. Textured Vegetable Protein (TVP) e.g. soya,	Sausages, burgers, tinned meat, processed meat, sandwich and deli ham. Paté and meat paste. Meat coated in breadcrumbs, Quorn products.	Meat in batter. Butter basted chicken/turkey. Meat pies.

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<b>Fish</b>	Fresh and frozen fish and seafood without coating or sauce.	Tinned fish, fish in breadcrumbs, fish paste and paté, fish fingers, fish cakes.	Fish in white cream sauce, fish in batter.
<b>Eggs</b>	Boiled, poached, fried, baked eggs.	Scotch eggs Quiches	Omelette and scrambled eggs made with milk/butter.
<b>Soups, Sauces, Pickles and Seasonings</b>	Marmite, pepper, spices, herbs, pickles, vinegar, mustard.	Salad cream, salad dressing, mayonnaise, soup, instant sauces, sandwich spreads, ketchup, stock cubes.	White sauce, cream sauce, cheese sauce.
<b>Puddings</b>	Sorbet, jelly. Custard, blancmange, milk pudding made with milk substitute e.g. soya milk	Fruit pie, fruit crumble, soya desserts, dairy free ice desserts (e.g. Swedish glace®), lemon meringue pie. (ice cream must contain some milk, ice desserts may be milk-free)	Milk pudding, cheesecake, trifle, mousse, instant desserts, ice cream including 'Non-dairy' ice cream, crumbles/sponges made with butter or margarine.
<b>Confectionary, Snacks, Spreads and Miscellaneous</b>	Sugar, jam, honey, syrup, boiled sweets, marshmallows, lollies. Peanut butter. Plain crisps. Plain popcorn.	Lemon curd, chewy sweets, plain chocolate, mints. Ice lollies. Flavoured crisps	Chocolate spread, milk chocolate, butterscotch, fudge, toffee. Toffee popcorn
<b>Drinks</b>	Milk substitute eg soya milk Cocoa, milk shake syrup, pure fruit juice, fruit squash.	Drinking chocolate, Horlicks®, Ovaltine®, some drinks with added calcium, milk shake powder.	Instant milk drinks, milk shakes