

Milk Free Weaning



Advice for parents and carers whose children have cow's milk protein allergy

This weaning advice can be used alongside other weaning advice you receive from your health visitor. The only difference is that you must not give any foods containing cow's milk.

When to start Weaning

- Six months is the recommended age for the introduction of solids for infants.
- Breastfeeding (and/or milk substitute) should continue beyond the first 6 months along with appropriate types and amounts of solid foods.

All babies are different and the health visitor will advise on what is best for your baby. No baby should need solids before 17 weeks and All babies should have started solids by 6 months.

At 6 months babies on Nutramigen Lipil 1 with LGG should change to Nutramigen Lipil 2 with LGG and those on Aptamil Pepti 1 to Aptamil Pepti 2. All other milk substitutes are continued as before.

Getting Started *Start with puree or mashed foods*

Start with foods such as milk free baby rice, potatoes, pureed vegetables and fruit e.g. carrots, parsnip and swede, mango, peach, melon, banana, apple, pears.

Milk free baby rice can be mixed with the prescribed milk substitute.

Always check the label for ingredients as products do change.

Moving On *Food should be of thicker consistency with some lumps and soft finger foods*

At around the age of 7 months introduce lumpier foods such as mashed fruit and vegetables, rice, baby pasta. Introduce meat such as chicken and mince as well as lentils and fish.

For the next 2 months, gradually build on providing breakfast, lunch and dinner.

Examples for each meal;

Breakfast: Milk free baby rice or cereal mixed with milk substitute, toast* fingers with dairy free spread e.g. Pure, Vitalite dairy free, Tesco Free From spread.

Main Meals:

Minced meat, flaked fish, cooked lentils, finely chopped chicken served with:

- Pasta with a tomato based sauce or dairy free white sauce (recipe for white sauce provided).
- Mashed potatoes, chopped roast or new potatoes, mashed / chopped vegetables.
- Mashed, cooked dhal, chick peas or other pulses with well cooked boiled rice.

Soft finger foods and snacks: Ripe fruit, rice cakes* with mashed avocado, dried apricots and raisins, lightly cooked vegetable pieces, dairy free puddings (recipe provided).

*Always double check food labels for cow's milk.

Drinks:

Breast milk or milk substitute – aim for around 20fl.oz (600mls) either as a drink or mixed with foods such as cereals and cooled boiled water.

You can offer drinks from a cup or beaker at this stage.

Family Meals *Chopped food and finger foods*

At around 9 months your baby will be ready to move on to 3 main meals per day with snacks in between. Food can be chopped into pieces rather than mashed.

What Next?

If your baby is still on a milk free diet at 9 months of age, your health visitor may offer to refer you to a dietitian. Most babies grow out of their milk allergy and your health visitor or dietitian can advise you on re-introducing cow's milk, usually around your baby's first birthday.

If your baby is taking less than 500ml of milk substitute vitamin drops should be started and a calcium supplement may be needed. Your health visitor or dietitian can advise you.

Reading the labels

You should always check the labels of any product to see if the product contains cow's milk. It is important to note that products change therefore you should always check labels for ingredients each time.

Cow's milk can be labeled in many ways therefore **avoid foods which contain:**

Dairy foods		
Cow's milk-all kinds- fresh, UHT dried, evaporated, condensed	Milk puddings e.g. custard, rice pudding	
	Lactose free cheese, milk, yogurt, desserts	
Yoghurt, fromage frais	Cream-fresh, artificial cream, crème fraiche	
Cheese	Cow's milk based infant formulas e.g. SMA, Cow & gate, and standard Aptamil ranges	
Margarine, butter, ghee		
Ice Cream	Lactose free formula e.g. SMA LF, Enfamil-o-lac	
Foods containing the following ingredients;		
Butter milk, butter oil, butter fat	Lactoglobulin	Sodium caseinate
	Lactoalbumin	Whey, whey solids
Casein (curds), caseinates	Milk Protein	Whey protein
Calcium Caseinate	Milk Sugar	Whey powder
Hydrolysed Casein	Milk Solids	Whey sugar
Hydrolysed whey protein	Modified Milk	Whey syrup sweetener
Lactose	Non-fat milk solids	

Example of a product not suitable for cow's milk free diet.

Custard

Ingredients: **Skimmed Milk**, **Buttermilk**, Sugar, Modified Starch, Vegetable Oil, **Whey**, Natural Flavouring, Colours (Curcumin, Annatto), **Total Milk Contents 73%**

Recipes

White Sauce

Ingredients:

2 rounded teaspoons of cornflour, 300ml (½ pint) milk substitute

Method:

Place all ingredients in a pan and heat gently, whisking continuously until the sauce thickens.

Ingredients:

150ml (¼ pint) milk substitute, 15g (½ oz, 1 tablespoon) milk free custard powder, 1 small banana

Method:

Mix the custard powder with 2 tablespoons of the milk substitute. Gently warm the remaining milk substitute on the hob or in the microwave until almost boiling. Remove from the hob/microwave and pour over the custard paste, stirring continuously. Return to the hob/microwave and heat for the 2-3 minutes stirring regularly. Blend the banana and stir into the custard.

Rice Pudding

Ingredients:

2 rounded tablespoons of pudding rice, 300ml (10oz) of milk substitute.

Method:

Place all of the ingredients in a saucepan and bring to the boil, simmer for approximately 10 minutes, stirring occasionally until thickened. If too thick add a little more milk substitute.

Recipes using your baby's specific milk free formula can be downloaded from the company website:

Nutramigen Lipil1 with LGG and Lipil 2 with LGG

www.nutramigen.co.uk

Puramino

Neocate LCP

www.myneocate.co.uk

Aptamil Pepti 1 and 2

www.aptaclub.co.uk

SMA Althera and
Similac Alimentum

Currently no recipe information available