

## Recipes

**Plain biscuit**—sugar free; egg free. Can be used in place of malted milk biscuit. Makes 5 small biscuits.

### Ingredients

- 2 tablespoons plain flour
- 1 teaspoon milk free spread
- 1 teaspoon vanilla extract
- 1 teaspoon cow's milk

### Method

- Set oven to 200C, fan 180 C, Gas mark 6
- Mix all the ingredients together then roll into 5 small balls
- Place balls on a greased lined baking tray and flatten each ball
- Bake in oven for 8-10mins

**Pancake** –sugar free, egg free. Makes 6 pancakes.

### Ingredients

- 125g plain flour
- 10g baking powder
- 30ml rapeseed or sunflower oil
- 250ml cows milk
- 50ml water

### Method

- Add all the ingredients into a mixing bowl or jug and mix well and split into 6 portions (approx 60ml each)
- Fry each pancake in a hot pan using oil of choice until browned and cooked through

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# A GUIDE TO RE-CHALLENGING COW'S MILK PROTEIN

Your Dietitian's Details:



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## Important Information

This plan is for children who **do not** carry an **adrenalin autoinjector** and **have not** suffered from an anaphylactic reaction to milk.

**Children who carry an adrenalin autoinjector** should have a cow's milk protein challenge in hospital where emergency care is available. This can be arranged with your doctor.



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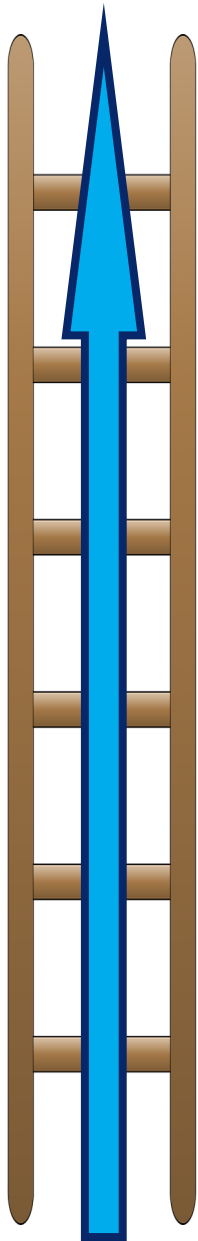
## Step 7- Cow's milk/infant formula

### Example 6fl oz (180ml) bottle

Replace 1 fl oz (30ml) of your child's special formula or milk free substitute with 1 fl oz (30ml) of normal infant formula or cow's milk and double up amounts each day.

Day 1	1 fl oz (30ml) infant formula or cow's milk, added to 5 fl oz (150ml) special formula or milk substitute
Day 2	2 fl oz (60ml) infant formula or cow's milk added to 4 fl oz (120ml) special formula or milk substitute
Day 3	3 fl oz (90ml) infant formula or cow's milk added to 3 fl oz (90ml) special formula or milk substitute
Day 4	4 fl oz (120ml) infant formula or cow's milk added to 2 fl oz (60ml) special formula or milk substitute
Day 5	5 fl oz (150ml) infant formula or cow's milk added to 1 fl oz (30ml) special formula or milk substitute
Day 6	6 fl oz (180ml) infant formula or cow's milk





### **Step 7 - Cow's milk/infant formula**

See example on next page.



### **Step 6 - Butter**

**Use butter in place of milk free spread**

### **Step 5 - Yoghurt/Fromage Frais**

Start with ½ teaspoon and double up every day until one small pot is eaten for at least 5 days.



### **Step 4– Grated Hard Cheese**

Start with ½ teaspoon and double up every day until 2 teaspoons are eaten daily for at least 5 days. (Can be added to a meal)



### **Step 3- Pancake**

Start with ¼ of a small pancake and double up every day until 1 pancake is eaten daily for at least 5 days.



### **Step 2 –milk bread or brioche**

Start with ¼ slice and double up every day until 1 slice is eaten daily for at least 5 days.



### **Step 1 - Malted Milk Biscuit**

Start with ¼ teaspoon sized piece and double up every day until 1 biscuit is eaten for at least 5 days.



## **Introduction**

Your child may have been put on a cow's milk free diet due to

- *Lactose intolerance*
- *Cow's milk protein allergy*

Lactose intolerance usually lasts 4 – 6 weeks. It can occur after a stomach bug such as gastroenteritis. This is when your child has a short term intolerance to lactose, the sugar in milk. Symptoms are vomiting, diarrhoea, irritability, colic and wind.

*A lactose re-challenge can be done after 4 -6 weeks.*

Most children will outgrow cow's milk protein allergy before school age. A few children may remain allergic beyond this age. Symptoms can include severe colic, vomiting, diarrhoea, constipation and eczema (skin rashes).

*A cow's milk protein challenge is done after 4 weeks on a cow's milk free diet. This is to confirm the diagnosis. If confirmed a further challenge will be done in future to see if your child is starting to outgrow the allergy.*

## **Before rechallenging cow's milk:**

- Make sure your child has been well for the last 5 days and if they have eczema, wait until their skin is at its clearest.
- Choose a time when you will be able to observe your child for a few hours.
- Start the trial during working hours on a weekday so that you can contact the hospital or your doctor if you have any concerns.

## Cow's milk protein re-challenge for infants who have not started solids.

### Slowly introducing normal infant formula

Replace 1floc (30ml) of your child's special formula with 1floc (30ml) of normal infant formula in each bottle that day.

If your child has no symptoms the next day after each trial, go ahead with the next day's trial.

Example — 4 floc (120ml) bottle	
Day 1	1 fl oz (30ml) infant formula: 3 fl oz (90ml) special formula
Day 2	2 fl oz (60ml) infant formula: 2 fl oz (60ml) special formula
Day 3	3 fl oz (90ml) infant formula: 1 fl oz (30ml) special formula
Day 4	4 fl oz (120ml) infant formula

## Cow's milk protein re-challenge for infants and children who have started solids.

### THE MILK LADDER

The milk ladder introduces milk gradually in steps.

The first step is well baked milk e.g. as an ingredient in food.

Then as your child progresses up the ladder they will be introduced to increased amounts of dairy products such as yogurt and cheese then finally milk.

## Top tips using the milk ladder



Before starting the ladder, make sure your child is well and symptoms are settled.

Most children will start on step 1 but some may be already eating foods on the ladder. If so, your dietitian will let you know which step to start on.



The time on each step will vary for each child. Ask your dietitian for advice. Shop bought foods are suitable or sugar free versions can be made using the recipes provided. Use egg free foods if your child also has egg allergy and soya free foods for soya allergy.

The amounts in the ladder are given as a guide - smaller amounts can be used first. Larger amounts can be tried later.



If the food on any step of the ladder is tolerated, your child should continue to eat this food as well as foods in the previous steps. Then try the next agreed step.



If your child does not tolerate the food in one step and a definite reaction occurs e.g. vomiting, diarrhoea, constipation, or skin rash DO NOT continue up the ladder go back to the previous step. Continue to include the food on that step. You can try to move up the ladder again in 6 months' time.