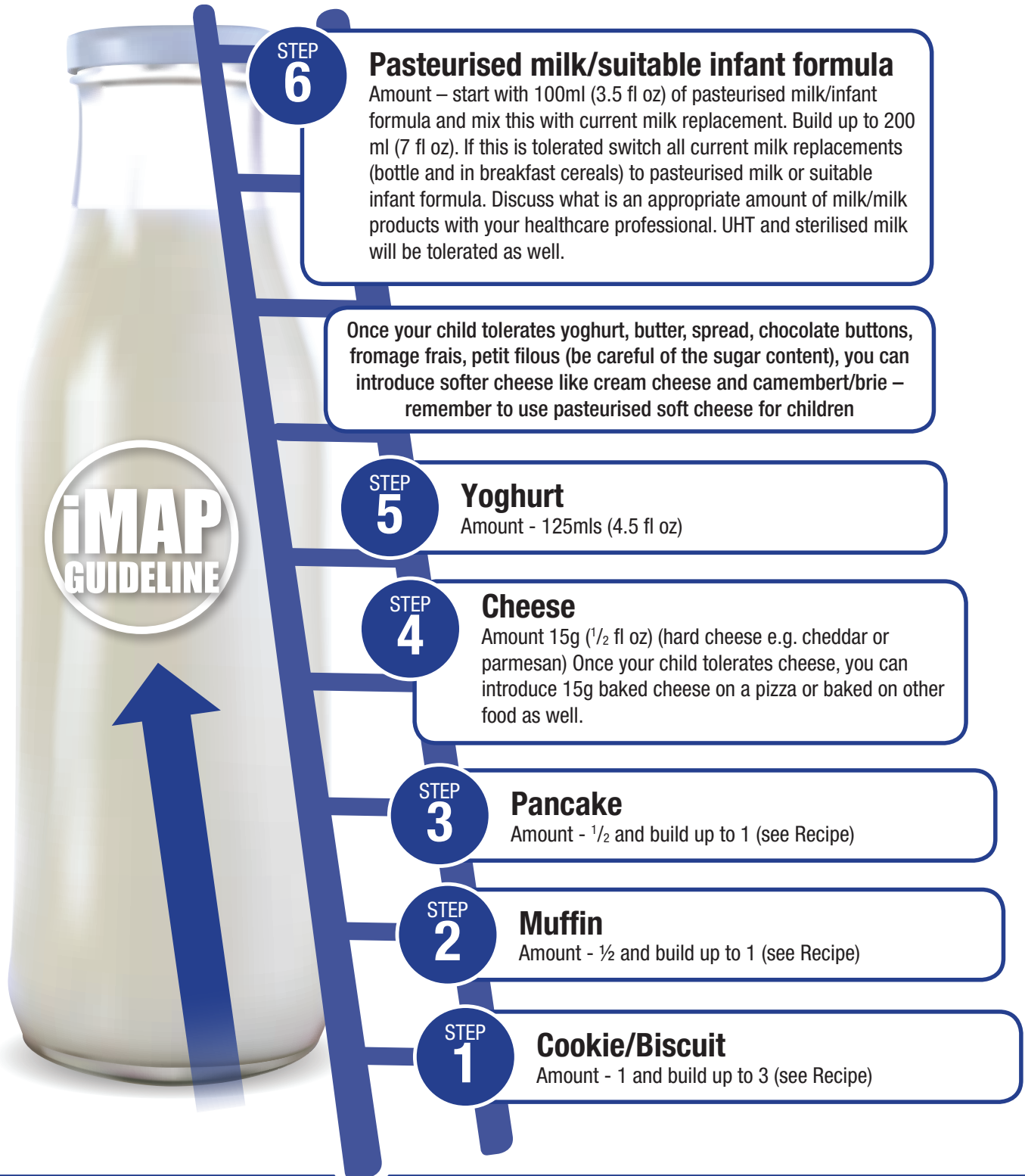


# THE iMAP MILK LADDER

To be used only in children with Mild to Moderate Non-IgE Cow's Milk Allergy  
Under the supervision of a healthcare professional  
PLEASE SEE THE ACCOMPANYING RECIPE INFORMATION



## AT EACH OF THE FOLLOWING STEPS

### Cookie, muffin, pancake, cheese and yoghurt

It may be advisable in some cases to start with a ¼ or a ½ of that particular food and then over a few days to gradually build up to a whole portion - Please ask your healthcare professional for guidance on this

**THE LOWER STEPS ARE DESIGNED TO BE USED WITH HOME MADE RECIPES. THIS IS TO ENSURE THAT EACH STEP HAS THE APPROPRIATE MILK INTAKE. THE RECIPES WILL BE PROVIDED BY YOUR HEALTHCARE PROFESSIONAL**

Should you wish to consider locally available store-bought alternatives - seek the advice of your healthcare professional Re: availability

# Practical Pointers for Parents/Carers on using at home the iMAP Milk Ladder

**iMAP**  
GUIDELINE

## ONLY FOR CHILDREN WHO ARE BEING MANAGED AS MILD-TO-MODERATE NON-IgE COW'S MILK ALLERGY

The practical concept of this Ladder is the recognised fact that the more 'baked' cow's milk protein is, usually the less allergenic it is. Therefore you will see that Step 1 begins with a form of very well baked milk protein and then the further Steps give examples of gradually less well baked milk protein products.

The following 'Pointers' should make it easier for you to understand how best to use this Ladder. We advise that you are supported by a Healthcare Professional (HCP) until the Ladder has been successfully climbed. This may be your doctor, nurse but ideally your dietitian.

- Before starting the Ladder and progressing to each further Step, please ensure that your child is well at the time and also that any tummy symptoms, bowel symptoms or eczema are settled.
- Most children will start on Step 1. However some may be already eating one or more foods on the Ladder. If that is the case, you need to be advised which Step you should start on.
- The Ladder has 6 Steps, but your HCP may adjust the number of Steps to suit your child best.
- The time spent on each Step will vary from one child to another depending on their individual expression of milk allergy. This should also be discussed and agreed with you.
- The amounts in the Ladder are given as a guide – occasionally smaller or larger amounts may be recommended.
- Each of the early Steps of the Ladder importantly is accompanied by the appropriate recipe (see recipes).
- Each of the recipes has an egg and wheat free option (they are all soya free) to make the Ladder suitable for children who may have other co-existing food allergies.
- If the food on any Step of the Ladder is tolerated, your child should continue to consume this (as well as all the foods in the previous Steps) and then try the food on the next agreed Step.
- If your child does not tolerate the food in a particular Step, simply go back to the previous Step. You should then be advised when that further Step can be tried again.