

Cow's Milk and Soya Free Diet for Infants and Children



Patient Name:

Dietitian:

Date:

Contact Number:

Email:



Contents

3	Cow's milk and soya allergy
4	Diagnosis
4 - 5	Lactose intolerance
5	Management
6 - 8	Milk substitutes for babies and children
8	Vitamin and mineral supplements
9	Calcium and other vitamins and minerals
10 - 11	Good sources of Calcium
12	Iodine
12	Medicines
13	Introducing solid foods
14 - 15	Meal and snack ideas
15 - 19	Checking food labels
20 - 24	Suitable foods and foods to avoid
25 - 26	Eating out
27	Travel tips
28 - 30	Recipes
31 - 32	Useful websites
33	Suggested meal pattern



Cow's milk and soya allergy

Between 2-4% of children in the United Kingdom develop cow's milk allergy. Many of the children with a cow's milk allergy may also have a soya (soy) allergy. It occurs when the body's immune system reacts to proteins found in both milk and soya. Reactions to both milk and soya, are more common in children with delayed food allergy where symptoms occur between 2 hour-48 hours or longer after eating the food containing milk or soya. In some children the symptoms are immediate and occur within minutes to 2 hours.

Immediate symptoms may include a combination of the following:

- itchy skin rashes (redness or hives)
- swelling of the face, eyes or lips
- runny nose, itchy eyes
- eczema
- coughing
- vomiting
- swallowing or breathing difficulties (rare)

Delayed symptoms may include a combination of the following:

- diarrhoea - often with a sore bottom (nappy rash)
- constipation – often associated with excessive straining
- gastro-oesophageal reflux disease
- profuse vomiting
- abdominal pain, bloating or distension
- mucous and/or blood in the stools
- nausea
- painful wind, excess gas
- eczema
- food refusal/faltering growth



Diagnosis

It is important that food allergies are properly diagnosed by a healthcare professional with the relevant training. They will ask detailed questions about symptoms, the history of any reactions and may perform tests. The type of tests advised will depend on how the patient has reacted.

Immediate onset allergic reactions are known as IgE mediated allergy. Skin prick tests or blood tests which measure IgE antibodies may be used to help with the diagnosis. The results of these tests are often difficult to interpret, which is why it is essential that they are carried out and read by a qualified allergy specialist. Sometimes, a food challenge may be needed before a definite diagnosis can be made. This is when increasing amounts of the suspected food are given and symptoms monitored. This is usually done under supervision in the hospital setting and should not be done at home unless you have been advised it is safe to do so by an allergy specialist.

Delayed onset allergic reactions are known as non-IgE mediated allergy. There are no reliable skin or blood tests that can provide a diagnosis for this type of allergy. The only reliable way to make a diagnosis is to exclude the suspected food(s) from the diet for a trial period of 2-6 weeks to see if the symptoms improve. The food(s) are then reintroduced to see if the symptoms return. The reintroduction stage is important as there may be other reasons why your child's symptoms improved. Your Dietitian will give you further advice on how to do this.

Allergy tests which are not recommended to diagnose food allergy include patch testing as reliability has been shown to be low. It is therefore not recommended by any official body as a test for delayed onset of food allergy. However, patch testing may be used by specialists to diagnose contact allergies not related to food e.g. allergy to cosmetics.

Some companies offer allergy or food intolerance tests that measure IgG antibodies. These have not been found to be a reliable way to diagnose delayed or immediate reactions. Other tests such as hair analysis, kinesiology testing and vega testing have also been found to be unreliable and have no scientific basis, and therefore should not be used.



Lactose intolerance

Lactose intolerance is often confused with milk protein allergy but it is NOT an allergy.

Symptoms of lactose intolerance

- diarrhoea - often with a sore bottom (nappy rash)
- abdominal bloating or distension
- nausea
- wind, excess gas
- colicky stomach pain



Lactose intolerance *continued*

It occurs when the body cannot digest lactose, a type of sugar in milk. The most common form of lactose intolerance is called “secondary lactose intolerance”. This can occur after a bout of gastroenteritis (stomach bug) or as a result of an inflamed gut, such as in Coeliac Disease. Secondary lactose intolerance is temporary and resolves when the gut heals. In very rare cases, babies are born with a lactose intolerance that is not temporary. It is usually identified at birth and requires strict lifelong avoidance of lactose. Some people develop lactose intolerance later in childhood or adulthood but can often tolerate small amounts of lactose.

Lactose intolerance is treated by following a low lactose diet. Most children with lactose intolerance can manage to eat some low lactose foods (e.g. hard cheese, butter and yogurt) and even small amounts of cow’s milk without causing symptoms. It is important to discuss with your Dietitian which milk containing foods your child can tolerate.



Management

Cow’s milk and soya allergy should in most cases be treated with a strict cow’s milk and soya free diet. Your Dietitian will help you to avoid milk and soya while making sure that your child gets all the nutrition they need to grow and develop well. Most children with a soya allergy do not need to avoid other pulses, beans or peas etc. Your Dietitian will discuss this with you.

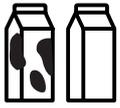
You should also discuss with your Dietitian whether your child needs to avoid all lactose (milk sugar) or not, as some hypoallergenic formulas contain uncontaminated lactose but are still suitable for most children with cow’s milk allergy. Goat, sheep and other animal milks should be avoided as they contain similar allergenic proteins to cow’s milk.

As most children will outgrow their allergies, it is important that they are regularly reviewed. This will help prevent unnecessary avoidance of foods. You should discuss with your Dietitian or Doctor when and how to re-introduce cow’s milk and soya safely. In some cases, they may recommend that your child has a food challenge in hospital.

Cooking and processing can alter some of the allergenic proteins in milk and soya, making it less likely for the proteins to be recognised by the body. Therefore, some children are able to tolerate milk or soya that has been baked at high temperature (e.g. milk in cakes or biscuits or soya flour in bread) for some time, but will still react to small amounts of less well cooked milk (e.g. in custard, quiche), to raw/uncooked milk (e.g. in some yogurts) or to whole soya foods (e.g. soya yogurt, tofu).

If your child can tolerate baked milk or soya, your Dietitian will be able to provide you with lists of foods that will be safe for you (if you are breastfeeding) and/or your child to eat. It is important **not to introduce these** at home unless you have been advised to do so by your Dietitian or Doctor.

The following sections will help you to provide a strict cow’s milk and soya free diet for your baby or child. Further help for those able to tolerate small amounts of cow’s milk or soya or who appear to be growing out of their allergy can be provided by your Dietitian.



Milk substitutes for babies and children

Breastfeeding provides the best source of nutrition for all babies with cow's milk and soya allergy. It is important for breastfeeding mothers to receive support with breastfeeding if needed. Information on how to access breastfeeding support can be found at:

www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-help-support/.

Occasionally, breast fed babies can react to milk and soya proteins transferred in breast milk from the mother's diet. If your baby reacts to your breast milk, you may be advised to avoid milk (dairy) and soya products whilst breastfeeding. This is usually done as a trial for between 2 to 6 weeks to see if your baby's symptoms improve. If they do not, and you were following the diet strictly, you can return to your normal diet.

Hypoallergenic formula:

If your baby is having infant milk formula with or without any breast milk, it will need to be changed to a hypoallergenic infant formula. Your Dietitian will give advice on the best one for your baby. These are available on prescription from your GP and there are two main types:

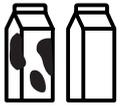
- extensively hydrolysed formulas (where the cow's milk protein is broken down into small pieces)
- amino acid formulas (this formula is not based on cow's milk and the protein is completely broken down).

Please note: any partially hydrolysed formulas such as HA formulas designed for prevention, anti-colic and constipation 'Comfort' formulas and some anti-reflux formulas are not suitable for the treatment of cow's milk allergy.

Hypoallergenic formulas:

- Have a different taste and smell to ordinary infant formula so babies over 6 months of age may be less willing to accept this change.
- **For babies with delayed reactions only:** To promote acceptance, hypoallergenic formula can be gradually introduced over a few days by mixing small amounts in with the usual formula. Then gradually increase the amount of hypoallergenic formula until they get used to it.
- May make your baby's poos go dark green and poo less often; this is normal.

Your baby/child's recommended hypoallergenic formula is:



Milk substitutes for babies and children

continued

How long should I use the recommended hypoallergenic formula for?

Different hypoallergenic formulas are designed for different age groups (e.g. 0-6 months, from 6 months or from 1 year of age). The formula recommended for your child may need to be changed depending on your child's age, dietary intake, growth and severity of reactions to cow's milk. Your child will need regular assessments by a Dietitian to make sure they are on the most suitable formula or alternative milk substitute. If your child appears to be growing out of their milk allergy, your Dietitian will advise on when and how to stop the formula.

What about other types of cow's milk substitutes?

A variety of plant-based calcium enriched cow's milk substitutes are available from most supermarkets and include those made from: oat, pea, coconut, quinoa, rice and tree nuts such as almond, cashew and hazelnut.

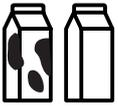
Current recommendations suggest using a hypoallergenic formula until 2 years of age. However, if there are no growth concerns and/or feeding difficulties, after a thorough nutritional assessment, your Dietitian may suggest changing to plant-based cow's milk substitute with suitable vitamin/mineral supplementation. These plant-based milks can be used in cooking or in cereal for most babies over 6 months of age as long as there are no concerns about growth. It is important to choose one that has added calcium. Your Dietitian will be able to advise you on the best alternative taking your child's food allergies and nutritional intake into account.

If your child is having a hypoallergenic infant formula as their main drink but intake is low, it may be better to use extra formula in foods and cereals instead of the plant-based milk substitutes. If you are not sure which to use, discuss further with your Dietitian.

Goat's, sheep and other animal milks are not suitable for children with cow's milk allergy as they have similar allergenic proteins to cow's milk.

Rice milk is not suitable as a main milk drink for children under 4½ years. This is due to concerns about the arsenic content.

For any child using these alternative plant based milks, your Dietitian will discuss energy, protein, calcium, vitamin D and iodine adequacy.



Milk substitutes for babies and children

continued

How much milk substitute should I give?

Most hypoallergenic formulas meet vitamin and mineral requirements in a volume of 600ml (20floz/ one pint), however this may vary between formulas and your Dietitian can advise on ideal volume depending on the formula. Assume one good breast feed is equivalent to one bottle feed. If your baby consumes less than 600ml you will need to inform your Dietitian, who can check their need for any supplements.

Children from 1-3 years of age will generally need 300-400ml (10floz) of calcium fortified milk alternative each day to meet their calcium requirements. The volume of calcium fortified milk alternative needed may be higher for some products with a lower calcium content. This should be regularly assessed by your Dietitian.

If your child isn't drinking enough milk substitute, try using it on breakfast cereals and in cooking e.g. to make savoury white sauces for fish and pasta or puddings such as milk jelly, custard or rice pudding (see recipes).



Vitamin and mineral supplements

Vitamin D

Revised daily recommendations from the UK Health Department:

- All breastfed babies should take a vitamin D containing supplement from birth.
- Formula fed babies are likely to obtain enough vitamin D if drinking 600ml infant formula daily. If drinking less than this, a vitamin D containing supplement should be given.
- The following amounts are recommended:
 - Babies under 1 year of age: 8.5-10 µg (340-400 IU) vitamin D.
 - Everyone over 1 year of age (including pregnant and breastfeeding mothers): 10 µg (400IU) vitamin D.

Your Dietitian can advise how much you and your child will need per day.

If you receive income support, you can obtain Healthy Start vitamin drops from your local baby clinic or health visitor, or your GP may prescribe a vitamin supplement. Otherwise, a children's vitamin supplement containing vitamin D can be purchased from chemists and supermarkets. Ask your pharmacist for advice if you are unsure which supplement to buy.

If your child is avoiding other foods as well as milk and egg, your Dietitian may suggest additional vitamin or mineral supplements.



Calcium and other vitamins and minerals

Milk is a good source of calcium which is needed for healthy bones and other body processes. It is important to ensure that breast feeding mums and children on a cow's milk free diet are meeting their calcium requirements. The following table shows how much is needed for each age group:

Age	Calcium/day (mg)	Age	Calcium/day (mg)
0 - 12 months	525 mg	Boys 11 - 18 years	1000 mg
1 - 3 years	350 mg	Girls 11 - 18 years	800 mg
4 - 6 years	450 mg	Breastfeeding mums	1250 mg
7 - 10 years	550 mg		

Recommended vitamin and mineral supplement/s for mother and / or child are:



Good sources of Calcium

Product	Quantity	Calcium (mg)
Calcium fortified products		
Hypoallergenic infant formula: Nutramigen LGG™, Aptamil Pepti 1™, Althera™, Alimentum™, Neocate LCP™, Neocate Syneo™, Nutramigen Puramino™, SMA Alfamino™, Wysoy™	100ml	50-70
Hypoallergenic follow on formula: Nutramigen 2™, Aptamil Pepti 2™, Neocate Junior™ (only for use after 1 year of age)	100ml	60-95
Calcium enriched milk alternatives e.g. oat, rice [1], nut, coconut, etc	100ml	120
Highly fortified calcium fortified milk alternatives e.g. Califia Almond milk™, Koko coconut Super milk™, Mighty Pea M.lk™	100ml	170-189
Calcium fortified coconut yogurt, desserts and custards e.g. Alpro™, Andros™, Biome! coconut and almond probiotic drinks™, Koko™, Oatly crème fraîche™, Coconut Collaborative Little Coco Nutters™, supermarket own brands	100g	96-160
Koko cream cheese™	50g	100
Calcium fortified cheese alternative e.g. Koko cheddar™	100g	736
Calcium fortified infant cereal	1 serving e.g. Cow & Gate, Heinz	60-120
Calcium fortified cereals e.g. Rice Krispies multigrain shapes™, Cheerios™, Bear Alphabites™	30g serving	136-174
Calcium fortified hot oat cereal e.g. Ready Brek™, supermarket own brands	1 tbsp dry cereal (15g)	200



Good sources of Calcium *continued*

Product	Quantity	Calcium (mg)
Non-fortified products:		
Sardines (with bones)	½ tin (60g)	258
Pilchards (with bones)	60g	150
Tinned salmon (with bones)	½ tin (52g)	47
White bread	2 slices (100g)	100
Wholemeal bread	2 slices (100g)	54
Pitta bread/chapatti	1 portion (65g)	60
Orange	1 medium (120g)	75
Spring greens	75g	56
Broccoli, boiled	2 spears (85g)	34

[1] Children under 4½ years old should not have rice drinks as a replacement for cow's milk, breast milk or infant formula.

Spinach, dried fruits, beans, seeds and nuts are not good sources of calcium. This is because they contain oxalates and/or phytates which reduce how much calcium your body can absorb. You should not rely on them as your main sources of calcium.



Iodine

Milk is a good source of iodine which is needed for the development of a baby's brain during pregnancy and early life. It is important that a milk free diet contains other iodine rich foods such as fish. If your child is unable to eat fish, your Dietitian can advise on other suitable iodine containing foods or supplements if required. The following table shows how much is needed for each age group, according to the World Health Organisation (WHO):

Age	Iodine/day (ug)	Age	Iodine/day (ug)
0-5 years	90	Pregnancy	250
6-12 years	120	Breastfeeding mums	250
Adults over 12 years	150		

Further information on foods containing iodine can be found at:

<https://www.bda.uk.com/resource/iodine.html>



Medicines

Many medications and nutritional supplements contain lactose. If this is medical grade lactose, the cow's milk protein content will be minimal. Therefore, **most milk allergic children will not need to avoid products containing medical grade lactose**. Soya oil in medications is medical grade and usually, but not always, tolerated. Contact your pharmacist and Dietitian if you think your child has reacted to a certain medicine.



Introducing solid foods

Introducing a baby to solid foods who has cow's milk and soya allergy should be the same as for a non-allergic baby, but you will need to avoid foods that contain cow's milk or dairy products (e.g. yogurt, fromage frais, cheese, cream or butter) and soya products (e.g. soya based yogurt, desserts, cheese, margarine). You should aim to start giving solid foods at around 6 months but not before 4 months (17 weeks). If your baby was premature, check with your Dietitian about the best time to start. As your baby grows, you should keep offering different textures and flavours to help your baby learn to like a wide variety of foods. See the examples below for some suitable meal and snack ideas.

Begin with foods such as root and green vegetables, fruit, rice and potatoes at a texture that is appropriate for your child. Chicken, meat and pulses may be introduced next. Use a little of your baby's usual milk (breast or hypoallergenic formula) to mix the food to the desired consistency. Other common allergens, including egg, wheat, peanuts and other nuts, sesame seeds, mustard seed, celery, fish and shellfish should not be avoided once your baby is six months of age, if your baby is not allergic to these. Current advice is to introduce all common allergenic foods that your child is not allergic to and which are part of your family's usual diet before one year of age.

Further information can be found at:

www.allergyuk.org/information-and-advice/conditions-and-symptoms/42-childhood-food-allergy

More detailed information about infant feeding and allergy prevention is available here:

<https://www.bsaci.org/pdf/Infant-feeding-and-allergy-prevention-PARENTS-FINAL-booklet.pdf>

If your baby has eczema, especially more severe eczema, they are at higher risk for developing other food allergies. You may be given more specific advice about which common allergenic foods to introduce to your baby's diet and when.

If you are advised to start giving allergenic foods, introduce one new food at a time. This will help you to identify any foods that your baby reacts to. It is important that this stage is done under the guidance of a Dietitian who can provide you with further information if required.



Meal and snack ideas

Stage One

(First Foods should be pureed or mashed):

- cooked vegetables and soft fruits (e.g. carrot, parsnip, butternut squash, sweet potato or yam, spinach, broccoli and cauliflower, avocado, cooked apple, pear, or mashed banana)
- milk and soya free baby cereals made with your child's milk substitute (e.g. baby rice, baby porridge. Please note some of these products may contain milk so carefully check the ingredients list on the label)
- pureed or mashed up meat, chicken or lentils.

Stages Two and Three

(Stage Two is mashed with soft lumps and soft finger foods. Stage Three is minced or chopped family foods and hard finger foods.)

Note: If your child has other food allergies, check with your Dietitian that it is safe to eat all the foods recommended below.

Breakfast

- milk and soya free breakfast cereal or porridge with milk substitute and fruit puree or mashed banana
- toast*† fingers with milk and soya free margarine (see list).

Snacks & Finger foods

- small pieces of soft, ripe fruit (e.g. banana, peach, mango, melon) dried apricots or raisins
- raw vegetable sticks (e.g. cucumber sticks, peppers)
- lightly cooked vegetable pieces (e.g. broccoli & cauliflower florets, carrot, parsnip & courgette sticks, green beans)
- dairy and soya free cheese slices or cubes
- bread sticks* or rice cakes* with hummus, mashed avocado, or dairy and soya free cheese spread
- sandwiches with ham/chicken/tuna/egg mayonnaise*/dairy and soya free cheese, cucumber slices and milk and soya free margarine
- toast* with baked beans* and well-cooked scrambled egg (made with milk substitute) and milk and soya free margarine.



Meal and snack ideas *continued*

Main meals

Minced or finely chopped meat, flaked fish or quorn served with:

- pasta in a roasted vegetable and tomato based sauce or a milk free white sauce (see recipe). Finely grated dairy and soya free cheese could be added to the sauce. Alternatively, a milk and soya free cheese spread could be added to cooked pasta to make a sauce
- mashed potatoes/chopped roast or new potatoes, mashed/chopped vegetables
- flaked fish poached in a milk substitute, mashed potato and vegetables
- mashed, cooked lentils/dhal, chickpeas or other pulses with well-cooked boiled rice.

Puddings

- soft ripe or dried fruit
- dairy and soya free yogurts, desserts/ice cream/custard with fruit
- rice pudding, semolina or custard made with milk substitute
- milk jelly or egg custard (not suitable if your child has an egg allergy) made with milk substitute
- fruit crumble made with milk and soya free margarine.

* may contain milk

† may contain soya - always check the label

Try making-up batches of milk and soya free meals/puddings and freezing them in ice-cube trays to allow you to serve small portions with less waste.



Checking food labels

European Union (EU) food allergen labelling law requires that common food allergens used as ingredients or processing aids must be **declared on the packaging or at the point of sale**. The list of 14 common food allergens includes milk and soya.

These laws apply to all **packaged and manufactured foods and drinks sold throughout the EU**. They also apply to **foods sold loose** (e.g. from a bakery, delicatessen, butcher or café) and **foods packed or pre-packed for direct sale** (e.g. café, sandwich bar, food outlet, market stall, some catering products). If you travel outside the EU, be aware that labelling laws are different so check ingredients carefully.

For **pre-packed products (e.g. made in a factory)** allergens must be listed in one place on the product label (i.e. in the ingredients list) and highlighted (**e.g. in bold** or **underlined**).



Checking food labels *continued*

Example of food label containing cow's milk and soya:

Potato and soya crisps:

Ingredients: **Soya Flour** (37%), Tapioca Flour, Potato Flour (19%), Spiced Lime & Coriander Flavour, Rice Flour, Sunflower Oil, Salt Spiced Lime & Coriander Flavour contains: Salt, Maltodextrin, Dextrose, Sugar, Chilli Powder, **Whey Solids (from Cows' Milk)**, Spices, Onion Powder, Red Pepper Powder, Natural Flavourings (**contains Celery**), Yeast Extract, Antioxidant: Citric Acid, Acidity Regulator: Malic Acid, Garlic Powder

Allergy Advice: For allergens, see ingredients in **bold**.

More information on food allergy labelling is available from NHS Choices:

www.nhs.uk/conditions/food-allergy/living-with/

There are different rules for:

- foods which are **pre-packed on the same site where they are sold (pre-packed for direct sale)** such as in a café, sandwich shop, deli or food outlet preparing food in their own kitchen. For these foods, allergen information has to be provided either in writing or verbally. However, the law is changing and from Autumn 2021 labelling with the full list of ingredients will be required.

- foods sold **without packaging** such as in a bakery, café or pub. For these foods, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further written information if requested (in the UK only).

FOOD ALLERGY NOTICE

IF YOU HAVE A FOOD ALLERGY
PLEASE ASK A MEMBER OF STAFF
FOR FURTHER INFORMATION

THANK YOU



Checking food labels *continued*

There are many ways in which milk and soya can be labelled, so carefully check the ingredients list on food items. By EU law you must be able to clearly tell that a product contains milk or soya e.g. if casein is listed, it should tell you in brackets that this is 'from milk'. Avoid foods which contain:

Milk ingredients:

- Buttermilk
- Cow's milk (fresh, UHT)
- Condensed Milk
- Cream/artificial cream
- Evaporated milk
- Butter, butter oil
- Ghee
- Margarine
- Cheese
- Fromage Frais
- Ice Cream
- Yogurt
- Casein (curds), caseinates
- Calcium or sodium caseinate
- Hydrolysed casein
- Hydrolysed whey protein
- Lactoglobulin
- Lactoalbumin
- Lactose*
- Milk powder, skimmed milk powder
- Milk protein
- Milk sugar
- Milk solids, non fat milk solids
- Modified milk
- Whey, whey solids, hydrolysed whey
- Whey protein, whey syrup sweetener

*Lactose - Please discuss with your Dietitian to what extent you will need to avoid lactose. Milk free foods may also be referred to as being 'dairy free'.

Soya ingredients:

- Soy/soya
- Soya bean
- Soya albumin
- Soya milk
- Soya flour
- Soya protein isolate
- Soya protein products
- Textured vegetable protein
- Hydrolysed vegetable protein
- Soya oil**
- Lecithin*** (soya) E322
- Tempeh
- Tofu
- Edamame beans
- Soya shortening
- Soya flavouring
- Soya sauce
- Miso
- Soya nuts
- Soya margarine
- Soya beansprouts
- Soya beans



Checking food labels *continued*

** **Refined soya oil** has had the protein removed, which is the part that causes allergic reactions. Therefore, it is highly unlikely to cause a reaction in the majority of soya allergic people.

Refined soya oil allowed: YES NO (indicate as appropriate for the patient)

** **Unrefined soya oil** (sometimes referred to as soya bean oil) may contain small amounts of soya protein and is more likely to cause reactions so should always be avoided.

*** **Soya lecithin** may be tolerated by some patients as this is an emulsifier which may only contain traces of soya.

Soya lecithin allowed: YES NO (indicate as appropriate for the patient)

Always check the label: manufacturers change their ingredients from time to time e.g. 'new improved recipe'. It is always safer to recheck the ingredients list.

May contain... or 'Made in a factory...' labelling statements

These warnings are used by food manufacturers to highlight a possible risk of an otherwise milk and soya free product being accidentally contaminated by milk and soya during manufacturing, including on vegan products. There is currently no law to say how or when this type of labelling should be used but it appears on a wide variety of products. The way these statements are worded does not indicate their level of importance, e.g, 'not suitable for....' does not mean there is a greater risk of contamination than 'made in a factory....'. Tolerance to foods with a 'may contain' labelling does not always mean that trace amounts of allergen are tolerated.

It is important to discuss your approach to these foods with your Dietitian or Doctor. It is recommended that your child:



Checking food labels *continued*

Allergy Alerts

Sometimes foods have to be withdrawn or recalled. There may be a risk to customers because the allergy labelling is missing, wrong or if there is any other food allergy risk. You can get these alerts from the Food Standards Agency website. It is also possible to subscribe to a free email or SMS text message alert system to receive messages when Allergy Alerts are issued.

To subscribe, go to: www.food.gov.uk/news-alerts/subscribe

Alternatively, you can view product alerts online from:
www.anaphylaxis.org.uk/information-training/allergy-alerts/

Cross contamination

Cross contamination can occur whilst preparing foods. If traces of milk or soya need to be avoided, ensure that all work surfaces and chopping boards are well cleaned or use separate chopping boards. Use separate containers for jams, butter etc and use clean utensils for serving them. High risk situations where cross contamination can occur include: barbeques, buffets, deli-counters and self- service salad bars. Pre-packed sandwiches are also a risk for cross contamination and are best avoided.



Suitable foods and foods to avoid

The following pages give examples of cow's milk and soya free foods and foods which may contain cow's milk and soya. Please note this is not an exhaustive list - always check labels and discuss with your Dietitian about how to approach 'May Contain' labelling.

Suitable Foods	Foods that may contain milk and/or soya	Foods to avoid
Milk and Dairy Products		
<p>Milk formula substitute: Oat milk, pea milk, coconut milk, quinoa milk, hemp milk, nut milk, rice milk if over 4½ yrs age*.</p> <p>Cream alternatives made with oat, rice and coconut cream.</p> <p>Cheeses (hard, soft, melting, parmesan type) made with nut e.g. Vegusto™ coconut e.g. Violife™ or rice e.g. MozzaRisella™ and supermarket own brands.</p> <p>Yogurts made with coconut e.g. Coyo™ or Koko™ or nut e.g. Nush™ and supermarket own brands .</p> <p>Ice creams made with coconut e.g. Coconut Collaborative™, Blue Skies™ or nut e.g. Vegan Magnum™, Booja Booja™ and supermarket own brands.</p>	<p>Pudology™ desserts (check individual flavours).</p> <p>Ice creams made with nut e.g. Booja Booja™, Almond Dream™, Ben & Jerry's™.</p>	<p>Cow's milk, lactose free milk e.g. Lactofree™, goat's milk, sheep's milk including skimmed, semi-skimmed, full fat.</p> <p>Dried milk, evaporated milk, condensed milk, flavoured milk, coffee compliment, other whitener, cream, artificial cream.</p> <p>Cheese, Lo-col cheese™ Lactose free cheese e.g. Lactofree™.</p> <p>Yogurt/yogurt drinks, ice cream, buttermilk, quark, lactose free yogurts e.g. Lactofree™.</p> <p>Soya milk, yogurt, desserts, cream and cheese.</p> <p>Rice milk in children under 4½ years of age*.</p>
Fats and Oils		
<p>Pure fats, oils, lard, suet dripping.</p> <p>Dairy free margarines e.g. Pure Sunflower™ & Olive™, Vitalite™, Tomor™, supermarket own brand of dairy free margarine.</p>	<p>Margarine.</p> <p>Kosher and vegan spreads.</p>	<p>Butter, shortening, soya and dairy containing margarine, low fat spread, ghee.</p>



Suitable foods and foods to avoid *continued*

Suitable Foods

Foods that may contain milk and/or soya

Foods to avoid

Cereals

Flour, flour, cornflour, oatmeal, barley, oats, rice. Dried pasta, couscous.

Homemade pizza using suitable ingredients. Some biscuits/crackers.

Examples of milk and soya free breads (at time of publishing):

Tesco Finest range (except high protein loaf) Jackson's Yorkshire champion white bloomer™, Jackson's Yorkshire Champion bread brown bloomer™, Jackson's Yorkshire Champion seeded bloomer™, Waitrose Duchy Organic Farmhouse batch™: wholemeal or white, Waitrose Duchy Organic Seeded bloomer™, Waitrose Duchy Organic Wheat, rye and sunflower bloomer™, Essential Waitrose wholemeal medium sliced™, Waitrose 1 white sourdough bread™, Waitrose 1 wheat'n'rye sourdough sliced™, Waitrose 1 Spelt Sourdough Bread™.

Bagels, Tortilla wraps, crumpets.

Shreddies™, Weetabix™, Cheerios™, Cornflakes™, Rice Krispies™.

Bread – wholemeal, brown and white (many contain soya flour), chapatti, naan bread.

Crackers, crisp breads.

Cakes, biscuits.

Filo pastry, puff pastry.

Fresh pasta, tinned pasta in sauces, pot noodles.

Breakfast cereals - many are milk free e.g. Muesli Savoury rice.

Milk breads, some reduced starch breads, fruit loaves, soda bread, brioche, croissants, pastry.

Filled pasta e.g. lasagne.

Pizza.

Breakfast cereals containing chocolate.

Soya flakes, soya in bread and other baked goods.



Suitable foods and foods to avoid *continued*

Suitable Foods	Foods that may contain milk and/or soya	Foods to avoid
Meat, Fish and Alternatives		
All meats, fresh and frozen, poultry, offal, bacon, ham.	Processed meats e.g. Sausages, beef burgers, pate, meat paste.	Quiche, sausage rolls, Scotch eggs, scrambled egg, quiche, omelette.
All fish fresh and frozen, shellfish.	Fish, chicken or meat pies.	Soya Mince, Tofu, Tempeh Bean curd.
Eggs.	Some vegetarian burgers/ sausages and other meat replacements.	Meat/seafood products and gravies thickened with soya flour.
	Breaded meat products e.g. chicken nuggets.	Asian Meat dishes e.g Chinese/Thai/Japanese stir fry which use soya, Teriyaki, Tamari sauce.
	Fish in sauces, in breadcrumbs, fish in batter, fish fingers, tinned fish, fish pastes and patés.	Soya nuts.
	Ready-made meals.	Soya beans.
	Baked beans and food from fast food restaurants and takeaways.	Soya mince.
	Dry roasted or flavoured nuts, peanut butter.	Tofu.
	Quorn™ based products.	
	Pulses: lentils, beans, hummus.	
Fruit		
All types of plain, fresh, frozen, tinned and dried.	Fruit puddings, fruit pie fillings.	Fruit yogurts (made from dairy or soya), fools and mousses, chocolate coated fruit, fruit pies, fruit in batter.
	Fruit juice.	



Suitable foods and foods to avoid *continued*

Suitable Foods	Foods that may contain milk and/or soya	Foods to avoid
Vegetables		
All types of fresh, frozen, tinned and dried.	Instant potato, potato croquettes, oven chips, potato crisps and other savoury snacks. Vegetable sprouts. Vegetables in sauce. Baked beans. Coleslaw.	Vegetable pies, vegetables cooked with butter, white sauce or cheese. Edamame beans. Vegetable dishes containing bean curd/tofu. Soya beansprouts.
Puddings		
Rice, sago, tapioca and semolina made with milk substitute. Jelly. Homemade milk free puddings e.g. sponge, crumble. Birds Original Custard Powder™ (in the tin).	Custard powder.	Milk/soya based instant desserts e.g. Angel Delight™, blancmange powders, instant whips, soya yogurts and desserts. Egg custard, milky puddings, custards (both dairy and soya), chocolate puddings, chocolate sauces. Sponge cakes, crumbles, cheese cakes. Profiteroles. Dairy and soya ice creams.
Drinks		
Fruit juice, squash cordials. Fizzy drinks (not suitable for young children). English breakfast tea, coffee (not suitable for young children). Fruit tea. Cocoa.	Vending machine drinks. Milkshake powders/syrups. Cocoa, drinking chocolate.	Instant white tea, cappuccino, Horlicks™, Ovaltine™, instant hot chocolate, drinking chocolate. Milkshakes made from either dairy or soya milk.



Suitable foods and foods to avoid *continued*

Suitable Foods	Foods that may contain milk and/or soya	Foods to avoid
Confectionary		
<p>Soft jellies and gums. Juice based ice lollies. Dairy and soya free rice/ carob based chocolates (but beware of milk traces – check labels). e.g. Moo Free chocolate™, Zero Zebra rice chocolate™. <i>Some may contain soya lecithin which will be discussed by your Dietitian.</i></p>	<p>Plain chocolate (many contain dairy and soya).</p>	<p>Toffee, fudge and butterscotch. Ice Cream or milk lollies. Milk and white chocolate. Soya chocolate. Desserts made from bean curd.</p>
Miscellaneous		
<p>Jam, honey, marmalade, syrup, treacle. Beef and yeast extracts e.g. Bovril™, Marmite™. Coconut Aminos™ sauces (Coconut Secret). Salt, pepper, herbs and spices, tomato puree. Sauces made with milk substitute. Sugar.</p>	<p>Salad cream and mayonnaise. Gravy powders, stock cubes. Tomato ketchup. Guacamole. Tinned soups. Instant soup. Food colourings, oil-based salad dressings.</p>	<p>Lemon curd, lemon cheese. Chocolate spread. Sauces made with milk, sea food sauce, horseradish sauce. Some artificial sweetener powders. “Cream of” soups. Soya sauce, Tamari sauce, Teriyaki sauce, miso.</p>

Please note that these sources were milk and soya free at the time of publishing.

Please continue to check labels as product content may change.



Eating out

Current Law states that if a business provides food to their customers directly, for example in a restaurant or cafe, they must provide allergen information in writing. This could be either:

- full allergen information on a menu, chalkboard or in an information pack
- a written notice placed in a clearly visible position explaining how their customers can obtain this information - for example by speaking to a member of staff. For further information see: www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses#direct-selling

Distance selling

If food is sold through distance selling, for example through a telephone or online order for a takeaway, allergen information must be provided at two stages in the process:

- before the purchase of the food is completed - this could be in writing (for example on a website, catalogue or menu) or orally (for example by phone)
- when the food is delivered - this could be in writing (for example on allergen stickers on food or enclosed hard copy of menu) or orally (for example by phone)

The allergen information should be available to a customer in a written form at some point between a customer placing the order and taking delivery of it.

If you are ordering through a food delivery company e.g. Deliveroo, Just Eat, Uber Eats, you must contact the restaurant directly to inform them of your allergies and to find out whether the meal is suitable. You should do this every time you make a new order.

Tips for eating out

Depending on your/your child's reactions, particularly if they are quite severe, you may find some of these tips useful:

- Carry your child's rescue medication with you and make sure it is in date.
- Check out the restaurant's website – many contain nutritional and allergy information.
- Ring the restaurant in advance to ensure they can cater for your child's allergy. Try to call at off-peak times when the staff will have more time to deal with your query.
- Get to know the chef in your favourite local restaurant.
- Speak to your waiter/waitress or the chef on arrival to check they are all aware of your child's food allergy.
- You may find it helpful to use a 'chef card' such as those available to buy from www.dietarycard.co.uk or print off from www.food.gov.uk/sites/default/files/media/document/allergy-chef-cards.pdf. Hand the card to your waiter/waitress and this will help to ensure that correct information is passed to the chef and if necessary that the food you have requested should not have any contact with or products that contain milk or soya.



Eating out *continued*

Tips for eating out

- Keep to “simple” foods on the menu. Sauces and gravies contain many ingredients which cannot always be remembered by staff.
- If you do not understand the description of a menu item, it is safer not to order it.
- Avoiding the busiest times may be helpful in ensuring staff are attentive and have time to check ingredients.
- Remember milk or soya may not be mentioned in the description of a dish – check for hidden sources e.g. marinades.
- Self-service areas, buffets and salad bars are also at risk of cross contamination from one dish to another.
- Make sure those you are dining with know about your child’s allergies and know what to do if a reaction occurs.
- If in doubt, choose to eat elsewhere.
- If eating with friends or at a party, remember to tell the host about your child’s milk and soya allergy in advance so they can prepare suitable dishes.
- At children’s parties it may be helpful to take your own milk and soya free foods. If you are not staying with your child, remember to explain how serious his or her reaction could be and how to deal with it. Ensure that your child/their host knows they should not swap foods/eat from another child’s plate.
- Some restaurants have signed up to the Allergy UK ‘Allergy Aware’ scheme. This shows that staff have had allergy training and the restaurant follow recommended procedures to ensure safety for customers with food allergies: www.allergyuk.org/information-and-advice/for-caterers



Travel tips

Depending on your child's reactions, particularly if they are quite severe, you may find some of these tips useful.

- Carry your child's rescue medication e.g. antihistamines, adrenaline auto-injector and action plan with you and make sure they are in date.
- If you are travelling abroad, check in advance how to describe your child's allergies in the local language. There are several websites that provide useful phrases and eating out translation cards in a variety of languages: www.dietarycard.co.uk, www.yellowcross.co.uk, www.allergyaction.org and www.allergyuk.org.
- If you are flying, speak to your airline well in advance to check if they can meet your child's dietary needs. Make yourself known to the flight crew to ensure the correct meal is received and ask for an ingredient list of the meals provided.
- Consider taking suitable snacks for the journey in case your flight is delayed or your meal is not available on the day of travel.
- Try to obtain a letter from your Doctor or Dietitian explaining why your child need to take special food items/hypoallergenic formula. Any special food items not needed for the flight should be put in your suitcase. Be careful with fruit, vegetables or meat as these are often not allowed to be brought into a country.
- Some airlines require a letter from the Doctor/Dietitian allowing you to take more than a 100ml of liquid, antihistamine, hypoallergenic formula etc.
- If you are taking an adrenaline auto-injector, obtain a letter from your Doctor that confirms your child's allergy or a written allergy action plan.
- Make sure the friends you are travelling with know about your child's allergies and what to do if a reaction occurs.
- If you are staying in a hotel, try to get a room with a kitchen area in case there are no safe places to eat out.
- Ensure you have the telephone number of the local hospital or emergency services and keep your medical insurance number handy in case you need it.
- You can check local restaurants and menus through Trip Advisor and other similar sites.
- You may find useful tips and also contact details of restaurants to contact them prior to you going.
- Ensure your child always carries some sort of allergy ID. Medical ID bracelets, ID cards and travel containers to protect medicines from excessive heat or cold are available from: www.medicalert.org.uk, www.sostalisman.com, www.yellowcross.co.uk and www.friouk.com
- Consider adding Medical ID' details to your smartphone. This information is accessible from the lock screen and in case of emergency, enables quick access to information about your child's allergies, other important medical information and emergency contacts.



Recipes

Many items that usually contain cows' milk protein and soya can be adapted by using a milk substitute and milk and soya free margarine

White Sauce

Ingredients

20g ($\frac{3}{4}$ oz, 1tbsp) milk and soya free margarine
20g ($\frac{3}{4}$ oz, 1tbsp) plain flour or corn flour
300ml ($\frac{1}{2}$ pint) milk and soya substitute
Salt and pepper to taste

Hob Method

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

Microwave Method

Place all ingredients in a bowl.
Whisk to remove lumps.
Microwave it for 30 seconds and then whisk.
Repeat this until it makes a smooth sauce.
Flavour with cooked mushrooms, vegetables or parsley

Banana Custard (Hob or microwave)

Ingredients

150ml ($\frac{1}{4}$ pint) milk and soya free margarine
15g ($\frac{1}{2}$ oz, $\frac{1}{2}$ tbsp) milk and soya free custard powder
1 small banana
Few drops of lemon juice

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 2-3 minutes stirring regularly.
Blend the banana with a few drops of lemon juice and stir into the custard.

Rice Pudding

Ingredients

50g (2oz) pudding rice
600ml (1 pint) milk and soya free margarine
25g (1oz) caster sugar

Method

Put rice and milk into a pan.
Heat gently for 2 hours, stirring occasionally.
Add sugar and serve.
Or, put rice, milk and sugar into a greased ovenproof dish and bake in an oven at 150°C (300°F, gas mark 2) for 2 hours, stirring occasionally.



Recipes *continued*

Sponge Cake

Ingredients

120g (4 oz) milk and soya free margarine
120g (4 oz) caster sugar
120g (4 oz) plain sifted flour
1 tsp baking powder
2 eggs

Method

Blend the margarine and sugar together until light and fluffy.
Beat in the eggs slowly.
Stir in the flour and baking powder, place in a greased and floured 18cm/7inch cake tin and bake at 180°C (360°F, gas mark 4) for 30-40 minutes.

Milk free mousse (makes 2)

Ingredients

½ packet of jelly cubes or ½ sachet of jelly granules
300ml (½ pint) milk substitute
Small amount of boiling water

Method

Dissolve jelly in a jug with a small amount (50ml/2oz) boiling water.
Make up to 300 ml (½ pint) with milk substitute and place in a bowl in fridge for 15-20 minutes.
Whisk with electric/hand whisk until frothy.
Divide into 2 empty yogurt pots or dishes and leave in the fridge.

Banana Muffins

Ingredients

2 mashed bananas
70g (2 ½ oz) sugar
60 ml (2 fl oz) cup vegetable oil
2 tsp baking powder
½ tsp vanilla extract
280g (10 oz) self-raising flour
½ tsp baking soda
2 eggs

Method

Preheat oven to 180°C/350°F, line muffin tin.
Mix mashed banana, sugar, and oil together well (a fork works well for the bananas).
Add baking powder, vanilla, flour, and baking soda and eggs and mix well.
Pour into muffin cups and bake for 25 minutes or until done.



Recipes *continued*

Easy Ice Cream

Make custard at home using Bird's™ custard powder from a tin (not sachet) and use a milk alternative (e.g. oat milk, hazelnut milk) as per instructions on the tin.

Place the dairy and soya free custard in an ice-cream machine (according to volume specified by the manufacturer) and select the standard ice cream setting.

The easiest ice cream ever.

Alternatively, put the custard in the freezer and stir once an hour until almost frozen.

Fruit Ice Cream

Ingredients	Method
300g (10½ oz) strawberries (or raspberries, peaches etc)	Put all ingredients in a blender and blend until smooth.
90g (3 oz) sugar	Pour the mixture into a freezer bowl.
200ml (7 fl oz) Oat Drink	Place it in the freezer and allow to stand for 10-12 hours.
	Remove the ice cream 20- min before serving to make scooping easier.
	You could also freeze the ice cream in lolly moulds.

Helpful Hints

- Use calcium fortified alternative milks (e.g. rice, oat, nut, coconut) to make sauces, pancakes, batter and desserts.
- Use plain dairy coconut yogurts or coconut milk to make curries, raita, stroganoffs, creamy sauces and dips.
- You can use oat or coconut cream to make a delicious pasta sauce
- Use a dairy and soya free melting cheese (e.g. Vegusto™, Violife™ or Mozzarisella™ cheese) on pizza, cheese on toast and on lasagne.
- Use a hard milk free cheese (Violife, Koko, supermarket own) to make cheese sauces. Grate on the fine part of the grater so that it melts more easily. Using a microwave will save it sticking to the bottom of the saucepan (which also works for milk free custard and porridge).

Useful recipe websites:

www.allrecipes.com

www.bbcgoodfood.com/recipes

www.dairyandsoyafreerecipes.com/

www.foodsmatter.com/freefrom_recipes/index.htmlwww.allrecipes.com

www.kidswithfoodallergies.org

www.yummly.com



Useful websites

Patient Support

www.anaphylaxis.org.uk A charity organisation providing information & support for people with severe allergies including information on the availability and use of adrenaline auto-injectors. **Tel: 01252 542 029.**

www.allergyuk.org A charity organisation providing support for people with allergies. **Tel: 01322 619 898.**

www.nhs.uk/conditions/food-allergy NHS choices allergy and intolerance advice.

www.nhs.uk/conditions/anaphylaxis NHS choices anaphylaxis advice.

www.bda.uk.com The British Dietetic Association provides fact sheets on food allergy & intolerance, autistic spectrum & allergy testing. **Tel: 0121 200 8080.**

www.sparepensinschools.uk A one-stop resource for anyone who wants to know about anaphylaxis and adrenaline auto-injector “pens” in schools.

www.allergyacademy.org/topic Useful allergy resources.

Online Shopping

www.alternativestores.com/vegan-vegetarian-shopping Online vegan shopping

www.amyskitchen.co.uk Wheat and gluten free meals and soups

www.kirstys.co.uk Allergy free ready meals.

www.veganstore.co.uk A wide range of egg & milk free vegan foods

www.veggiestuff.com Milk and egg free products



Useful websites *continued*

Product websites

www.coconutsecret.com Coconut based products

www.coconutco.co.uk Coconut yogurts and ice cream

www.coyo.com Coconut milk based ice cream and yogurt.

www.dairyandglutenfreedesserts.co.uk Milk and egg free desserts.

www.granovita.co.uk & www.plamilfoods.co.uk Milk and egg free mayonnaise

www.kokodairyfree.com Coconut based milks, yoghurts and cheeses

www.moofreechocolates.com Wide range of milk free chocolates (please check labels as some contain soya lecithin)

www.mozzarisella.co.uk Rice based cheeses.

www.orgran.com Egg, dairy, wheat, gluten & yeast free products & egg replacer

www.plamilfoods.co.uk Milk free products.

www.purefreefrom.co.uk Milk free margarines.

www.vegusto.co.uk Milk free cheese (nut based) and vegan products.

www.violife.gr Milk and egg free cheeses.

www.yumbles.com/ Soya free chocolate, biscuits, cakes, cheese and bread

www.zerozebra.com Rice chocolates

Online product finder service

www.foodmaestro.me and www.spoon.guru

these apps help you to find 'free from' products. With these apps you can:

- filter products by ingredients you want to avoid
- find products with ingredients you want to include
- discover allergen information on each ingredient
- create personal shopping lists
- access suitable recipes



Suggested meal pattern

Food groups

Personalised suggestions

Breakfast

Bread, cereals and other starchy foods.
Milk and soya food alternatives.
Meat, fish, eggs, beans and other non-milk and soya sources of protein.
Fruit.
Drink.

Mid morning snack

Fruit and vegetables.
Bread, cereals and other starchy foods.
Drink.

Lunch

Meat, fish, eggs, beans and other non-dairy and soya sources of protein.
Bread, rice, potatoes, pasta and other starchy foods.
Vegetables.
Fruit.
Milk and soya food alternatives.
Drink.

Mid afternoon snack

Fruit and vegetables.
Bread, cereals and other starchy foods.
Drink.

Evening

Meat, fish, eggs, beans and other non-dairy and soya sources of protein.
Bread, rice, potatoes, pasta and other starchy foods.
Vegetables. Fruit.
Milk and soya food alternatives.
Drink.

Supper

Bread, cereals and other starchy foods.
Milk and soya food alternatives.
Fruit.
Drink.
