

This dietary advice sheet gives some general information to help you make the recommended changes to your diet and should only be followed for 4 weeks. If you have any other allergies or medical conditions, please seek further advice.

It is important for you to have a **cows' milk free diet**. You will need to avoid cows' milk, yoghurts, cheese and any product that contains these. Other mammal milks such as goat and sheep are not suitable alternatives as your baby is likely to react to these.

Do not worry about soya in products such as bread and sausages, but do not use soya milk, yoghurt or custard, as a replacement for cows' milk products. This is because your baby may react to the soya as it has a very similar protein shape to cows' milk protein. Soya can often be tried later to see if your baby reacts to it or not, but it is best not to include it for the first 4-6 weeks.

## Suitable alternatives to cows' milk and soya milk: Calcium enriched oat milk, calcium enriched good hemp milk, calcium enriched coconut/almond/hazelnut/cashew milks

	Cow's milk protein free foods	Foods to Avoid
Fruit & vegetables	All plain fruit and vegetables Vegetables mixed with sauces made from milk alternatives Fruit mixed with oat cream, custard made from custard powder and milk alternatives	Vegetables mixed with sauces made from cows' milk Fruit mixed with ordinary yoghurt, custard, cream, ice-cream or soya alternatives
Meat, fish, eggs & pulses	Plain meat, fish, eggs and pulses or in a sauce made with milk alternatives	Meat, fish, eggs and pulses in a sauce made from cows' milk Meat/fish in breadcrumbs, batter or pastry
Dairy products	Calcium enriched milk alternatives can be used in cooking as well as in cereals	Cows', goats' and sheep's milk and all products made from these Hard and soft cheese, such as cheese spreads, cream cheese and mozzarella Ice cream, cream and ordinary yoghurts
Starchy food and cereals	Bread (if no milk added), Flour Pasta in milk free sauces Rice Breakfast cereals (if no milk in ingredients) with milk alternatives	Bread with milk in ingredients list. Pasta in cows' milk based sauces Breakfast cereals which contain milk
Other foods	Any oils, lard, suet, dripping Dairy-free margarine e.g. Pure™, Vitalite™, Tomor™, Flora dairy-free, supermarket own dairy-free brand, Kosher and vegan spreads 'Free-from' chocolate and spread	Normal butter, ordinary margarine or spread Biscuits and cakes that contain milk Milk chocolate, most chocolate spread

## Ingredients to watch out for on labels:

Milk / Milk solids	Yoghurt	Hydrolysed whey protein
Modified milk	Buttermilk	Hydrolysed whey sugar
Non fat milk solids	Butter	Hydrolysed casein
Skimmed milk powder	Margarine	Casein (curds)
Cream	Ghee	Caseinate
Artificial cream	Whey/whey solids	Lactose
Cheese		

**Milk and milk products will be indicated as 'Milk' in bold on the ingredient list, so check the labels**

**Most supermarkets will provide a list of their milk-free foods on request**

As a breastfeeding mum your daily calcium requirements are 1250mg. If this is not met from your diet, then you should take a calcium AND vitamin D supplement that provides 10micrograms of vitamin D and 1000mg of calcium per day

**Use the following chart to check your calcium intake:**

Food	Average Portion	Calcium (mg)
Alternative milk (calcium enriched)	100ml	120mg
Sardines	60g (1/2 small tin)	550
Pilchards	60g	300
Salmon (tinned with bones)	52g (1/2 tin)	47
Prawns	60g	90
Whitebait	50g	130
Scampi in breadcrumbs	90g (6 pieces)	130
White bread	100g (2 large slices)	100
Wholemeal bread	100g (2 large slices)	54
Calcium fortified bread	40g (1 slice)	191
Pitta bread/chapatti	65g (1)	60
Calcium fortified cereals	30g	137
Calcium fortified hot oat cereals	15d (1 tablespoon dry cereals)	200
Broccoli, boiled	85g (2 spears)	34
Spring greens	75g (1 serving)	56
Medium orange	120g (1 medium)	75
Calcium enriched orange juice	250mls	195

From the British Dietetic Association Food Fact Sheet on Calcium [www.bda.uk.com](http://www.bda.uk.com)

If your baby requires a cows' milk free diet then you will need to be referred to a paediatric dietitian for advice on weaning and to ensure you are achieving a nutritionally adequate diet.