

# 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

- All babies are different and your health visitor will advise on what is best for your baby. It is recommended that babies should start eating solid food around the age of six months.
- Breastfeeding (and/or milk free formula) should continue beyond the first 6 months along with appropriate types and amounts of solid foods.

At 6 months babies on Nutramigen 1 with LGG should change to Nutramigen 2 with LGG and those on Aptamil Pepti 1 to Aptamil Pepti 2. All other milk free formula should be 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 free formula.

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*

Once your baby is used to eating a few foods it is time to 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.

When your baby seems ready, gradually build on providing breakfast, lunch and dinner.

Examples for each meal;

Breakfast: Milk free baby rice or cereal mixed with milk free formula, 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 milk free white sauce (recipe for white sauce provided).
- Mashed potatoes, chopped roast or new potatoes, mashed / chopped vegetables.
- Mashed, cooked lentils, 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, milk free puddings (recipe provided). \*check label for cow’s milk.

Drinks:

Breast milk or milk free formula – 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.

Milk alternatives e.g oat, coconut, almond and hazelnut milk can be used in weaning solids from 6 months of age but not as a main drink.

Family Meals *Chopped food and finger foods*

As your baby approaches their first birthday they 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?

Most babies grow out of their milk allergy and your health visitor or dietitian can advise you on re-introducing cow’s milk using the milk ladder approach at around 9-12 months of age or after your baby has been on a milk free diet for 6 months.

If your baby is taking less than 500ml of milk free formula vitamin drops should be started and a calcium supplement may be needed. Breastfed babies should start vitamin drops from birth. Your health visitor or dietitian can advise you on this.

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 labelled 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 eg. SMA, Cow & gate, Farley 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 free formula or milk substitute.

#### Method:

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

### Banana Custard

#### Ingredients:

150ml (¼ pint) milk free formula or 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 free formula. Gently warm the remaining milk free formula 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.

## Oaty Fruity Porridge

#### Ingredients:

1 rounded tablespoons of porridge oats, 90ml (3oz) of water, 3 scoops of milk free formula powder, 1 tbsp fruit puree.

#### Method:

Place the oats and water into a saucepan and bring to the boil, simmer for approximately 5 minutes, stirring occasionally. Take off heat and allow porridge to cool while stirring in milk free formula powder. Add 1tbsp of fruit puree e.g. apple, pear or blueberry to taste.

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

Nutramigen 1 and 2 with LGG and Nutramigen Puramino

**[www.nutramigen.co.uk](http://www.nutramigen.co.uk)**

Neocate LCP

**[www.myneocate.co.uk](http://www.myneocate.co.uk)**

Aptamil Pepti 1 and 2

**[www.aptaclub.co.uk](http://www.aptaclub.co.uk)**

SMA Althera and Alfamino

**[www.nestlehealthscience.co.uk](http://www.nestlehealthscience.co.uk)**