

## Introducing Milk-Free solids

*This dietary advice sheet gives some general information to help you make the recommended changes to your baby's diet. If you need more detailed advice or if your baby is following a special diet that makes it difficult to make these changes, please ask your doctor to refer your child to a registered dietitian.*

- For the first 6 months of life breastmilk or a suitable formula milk is all a baby requires.
- Breast milk is the optimal milk to feed your baby who has Cow's Milk Protein Allergy, with, if required, elimination of all cow's milk protein foods in your diet. Try and continue breastfeeding throughout the introduction of foods, and for as long as you can/want as breastmilk offer extra protection against food allergies.

### Suitable milk formula substitutes for the infant with a cow's milk intolerance include:

- A hydrolysate infant formula, which should be used as first line treatment for cow's milk allergy, unless your baby has had a severe reaction to cow's milk.
- A special amino acid formula, which may be recommended for babies with multiple allergy, poor weight gain or where hydrolysate formula is not accepted (this is rare).
- An infant soya formula (These should not be given before 6 months of age).

As your baby is allergic to cow's milk, all solids offered will need to be free from cow's milk and cow's milk products (see table overleaf).

### General advice for introducing milk-free solids

More information at [www.nhs.uk/start4life/documents/pdfs/introducing\\_solid\\_foods.pdf](http://www.nhs.uk/start4life/documents/pdfs/introducing_solid_foods.pdf)

- Solid food should be introduced at **around** 6 months of age, when your baby shows signs that he/she is ready (sitting up, holding head, reaching for food...).
- First foods can include a wide range of simple, unprocessed foods (rice, oats, barley, semolina, peas, beans, lentils, meat, fish, eggs, ground nuts, fruit and vegetables).
- Babies progress at different paces. You can offer pureed or mashed foods, or offer finger foods.
- Gradually increase the amount and range of foods to include foods from the 'allowed' list overleaf.
- Never add sugar or salt to your baby's food, and avoid processed foods (foods with more than a handful of ingredients on the label).
- Wheat, nuts, seeds, fish, shellfish, eggs and soya should not be introduced until 6 months of age.
- Never leave a baby unsupervised with foods.
- By 1 year of age, most infants can manage to eat chopped up family meals.

### Suitable Milk substitute to use in cooking:

If your baby is having a hydrolysate, amino acid or soya formula, these can be used in cooking/on cereals.

Alternatively, soya, oat, hemp or nut milks can be used in cooking/on cereals (as long as they are calcium enriched and not used as a main drink until 1 year of age).

Please note rice milk is **not** recommended for babies and children under 5 years.

## Introducing Milk Free solids continued

	Milk free Foods	Foods to avoid
<b>Fruit and Vegetables</b>	All plain vegetables and fruit – puréed, mashed and finger foods Vegetables mixed with sauces made from milk substitutes All plain fruit, puréed, mashed and finger foods Fruit mixed with soya/coconut (milk free) yogurt, soya/coconut cream, milk free desserts or custard made from custard powder and milk substitute	Vegetables mixed with sauces made from cow's milk Fruit mixed with ordinary yogurt/custard/cream/ice-cream
<b>Meat/fish/eggs/pulses/nuts*</b>	Plain meat/fish/eggs/pulses/nuts or in sauce made with suitable milk substitutes	Meat/fish/eggs/pulses/nuts in sauces made from cow's milk
<b>Dairy Products</b>	Your current infant formula (hydrolysate or soya) Milk free yogurts and desserts, milk free milk alternatives can be used in cooking	Cow's, goat's and sheep's milk and all products made from these Yoghurts Cheese e.g. cheddar, soft cheeses, cheese spreads, cream cheese...
<b>Cereals</b>	Milk free Bread (no <b>milk</b> in ingredients list) Flour Pasta in milk-free sauces Rice Breakfast cereals (no <b>milk</b> in ingredients list) with usual formula e.g. Rice Krispies, Cornflakes, Weetabix... Biscuits/cakes if milk-free	Bread with milk added Pasta in cow's milk based sauces Breakfast cereals which contain milk/ chocolate Biscuits/cakes that contain milk
<b>Other</b>	Any oils, lard, suet, dripping Milk free margarine e.g. Pure™, Vitalite™, Tomor™, Flora dairy-free, supermarket own milk free brand, Kosher and vegan spreads 'Free-from' chocolate and spread	Ice-cream, cream Butter, ordinary margarine Chocolate, chocolate spread
<b>Baby Jars/Packets</b>	All baby jars/packets/rusks which do not have ' <b>milk</b> ' in the ingredient	All baby jars/packets/rusks which Have ' <b>milk</b> ' in the ingredient list

\*consistency given appropriate to age

### Check labels:

**All milk containing products must now clearly state 'milk' in the ingredient panel on the label. Most supermarkets will provide a list of milk free foods.**

- Most infants and children grow out of their cow's milk intolerance, usually between the first and third years of life.
- Do not reintroduce cow's milk in foods at home until you have discussed this with your dietitian.
- All infants who are continuing on a cow's milk free diet should have an appointment with a dietitian to check the diet is nutritionally adequate and possible milk reintroduction. Please ask your GP or health visitor to refer you.

## Introducing Lactose-free solids

*This dietary advice sheet gives some general information to help you make the recommended changes to your baby's diet. If you need more detailed advice or if your baby is following a special diet that makes it difficult to make these changes, please ask your doctor to refer your child to a registered dietitian.*

Some babies **temporarily** do not tolerate the natural milk sugar 'lactose' which is found in breastmilk and ordinary infant formula (made from cow's milk, and also in goat's and sheep's milk).

**Lactose intolerance in infants is usually a short-term problem. It occurs most often following a bad bout of gastroenteritis (stomach bug) and can last for up to 2 - 4 months.**

**Lactose-free infant formulas** are available such as SMA LF, Aptamil Lactose Free or Enfamil O-Lac. These taste similar to ordinary formulas and are available from chemists to buy.

It is important your baby drinks at least 600ml (20 ounces) a day of a lactose-free formula to receive sufficient nutrients, especially calcium.

### General advice for introducing milk-free solids

More information at [www.nhs.uk/start4life/documents/pdfs/introducing\\_solid\\_foods.pdf](http://www.nhs.uk/start4life/documents/pdfs/introducing_solid_foods.pdf)

- Solid food should be introduced at **around** 6 months of age, when your baby shows signs that he/she is ready (sitting up, holding head, reaching for food...).
- First foods can include a wide range of simple, unprocessed foods (rice, oats, barley, semolina, peas, beans, lentils, meat, fish, eggs, ground nuts, fruit and vegetables).
- Babies progress at different paces. You can offer pureed or mashed foods, or offer finger foods.
- Gradually increase the amount and range of foods to include foods from the 'allowed' list overleaf.
- Never add sugar or salt to your baby's food, and avoid processed foods (foods with more than a handful of ingredients on the label).
- Wheat, nuts, seeds, fish, shellfish, eggs and soya should not be introduced until 6 months of age.
- Never leave a baby unsupervised with foods.
- By 1 year of age, most infants can manage to eat chopped up family meals.

### Milk substitutes to be used in cooking

If your baby is having a Lactose Free formula, these can be used in cooking. Alternatively soya, oat, hemp or nut milks can be used in cooking (as long as they are calcium enriched and not used as a main drink until 1 year of age). Please note rice milk is **not** recommended for babies and children under 5 years.

### Lactose and cheese

Lactose is found in soft cheeses e.g. cream cheese and cheese spreads, mozzarella, feta. However, due to the maturing process of hard cheese, most of the lactose has been removed and therefore, hard cheeses such as cheddar and Edam are usually tolerated on a lactose-free diet.

### Can I give other drinks?

The main drink for your baby needs to be breastmilk and/or lactose-free formula. If other drinks are needed, cooled boiled water is the best drink to give. Baby juices are not necessary and they would just encourage your baby to have a sweet tooth. If your baby is constipated, a small amount of diluted pure fruit juice may help. Tea should not be given to babies and small children as it reduces iron absorption from your child's diet.

## Introducing Lactose-free solids continued

	Lactose free Foods	Foods to avoid
Fruit and Vegetables	All plain vegetables and fruit – puréed, mashed and finger foods Vegetables mixed with sauces made from milk substitutes All plain fruit, puréed, mashed and finger foods Fruit mixed with dairy-free alternative to custard, cream	Vegetables mixed with sauces made from cow's milk Fruit mixed with ordinary yogurt/custard/cream/ice-cream
Meat/fish/eggs/pulses/nuts*	Plain meat/fish/eggs/pulses/nuts or in sauce made with lactose-free milk	Meat/fish/eggs/pulses/nuts in sauces made from cow's milk
Dairy Products	Lactose-free infant formula, Dairy-free yogurts and desserts, dairy-free milk alternatives can be used in cooking Hard cheese e.g. Cheddar, Edam	Cow's, goat's and sheep's milk and all products made from these Ordinary yogurts Soft cheese e.g. cheese spreads, cream cheese, mozzarella...
Starchy Foods	Bread (if no milk added) Flour Pasta in milk-free sauces Rice Breakfast cereals (if no milk in ingredients) with lactose free formula e.g. Rice Krispies, Cornflakes, Weetabix Biscuits/cakes if milk-free	Bread with milk added Pasta in cow's milk based sauces Breakfast cereals which contain milk/ chocolate Biscuits/cakes that contain milk
Others	Any oils, lard, dripping Dairy-free margarine e.g. Pure™, Vitalite™, Tomor™, Flora dairy-free, supermarket own dairy-free brand	Ice-cream, cream, Butter, ordinary margarine Milk chocolate, chocolate spread
Baby Jars/Packets	All baby jars/packets/rusks which do not have 'milk' in the ingredient list	All baby jars/packets/rusks which Have 'milk' in the ingredient list

\*consistency given appropriate to age

### Check labels:

**All milk-containing products must now clearly state 'milk' in the ingredient panel on the label. Most supermarkets will provide a list of milk free foods.**

### How long does my baby need a lactose-free diet?

Most babies grow out of lactose intolerance once their gut has recovered.

To test this, try giving small amounts of dairy products e.g. ordinary yogurt or food made from cow's milk. If your baby has loose nappies **and** is unsettled, stop lactose-containing foods and try again in 1 - 2 weeks. It will take a bit of time for your baby to regain his/her ability to digest lactose, so increase the amount **gradually**.

If your child is still lactose intolerant at 1 year of age, please ask your Health Visitor/GP to refer her/him to a registered Dietitian.

## Introducing high energy solids

All children need to eat a variety of foods to achieve a balanced diet that is essential for growth and good health. Some children who are not growing well or who have certain medical conditions may need extra calories and protein in their diet.

### General advice

- Aim to give 3 meals and 2-3 small snacks daily. Spread the meals and snacks evenly throughout the day.
- Avoid foods labelled as 'low fat' or 'diet'.
- Avoid offering drinks 1 hour before meals as they can reduce their appetite.
- Measure & record your child's weight regularly: once every 2 months is usually recommended.
- For breastfed babies over 6 months, give them an over the counter childrens' multivitamin supplement each day which includes vitamin D.

The 5 Food Groups	Do	Best choices	Top tips
<b>Milk, cheese, yogurt</b> Give your child breast or formula milk until they are at least 1 year old.	Use full fat dairy products or alternatives (the fat content should be <b>at least</b> 4grams / 100grams)	Cheddar / cream cheese  Greek style yogurt, full fat yogurt or fromage frais or thick & creamy yogurts	Add to sauces, omelettes, scrambled eggs, jacket potatoes, mashed potato, vegetables, baked beans etc.
<b>Fats &amp; Oils</b> Fats are the richest source of calories	Avoid low fats spreads Use an oil high in mono-unsaturated fats	Butter or margarine  Olive, sunflower, rapeseed or corn oil Full fat mayonnaise Double or whipping creams	Spread generously and add to potatoes/ vegetables Fry or roast foods with added fat Drizzle foods with oil before serving  Use cream for puddings, drinks, sauces and soups
<b>Protein rich foods</b>	Aim for 2 portions daily	Meat and meat alternatives (quorn, soya mince etc.)  Eggs, pulses (lentils, beans) Salmon and mackerel  Ground almonds, peanut butter	Add fat/cook in fat to boost their calorie value Avoid removing the fat from meat, and avoid 'lean' meats  Choose oily fish instead of white fish, fish tinned in oil rather than brine  Add to cereals, yoghurts & desserts
<b>Starchy foods</b>	Include at least one portion at each meal	Cereals, breads, potatoes, pasta, rice	Add a generous serving of butter, cream, margarine or oil
<b>Fruit &amp; vegetables</b> These are low in calories but are an important source of vitamins and minerals	Aim to give up to 5 small portions per day. One portion is about half an adult handful or a tablespoon	Avocados Dried fruit Smoothies and fruit juices  Vegetables	Try mashed as a dip or in sandwiches Limit dried fruit /smoothies to one serving a day as they are high in sugar  Serve with oil, butter, margarine, cream or cheese to boost the calories

**Sugary foods** such as biscuits, cakes, sweets & chocolate, ice cream **should be limited** to after meals rather than snacks. Choose no added sugar drinks such as milk or water and **avoid** fizzy drinks.

Sugar is harmful to your child's teeth — aim to brush their teeth twice a day and visit the dentist regularly.

### Between-meal snack ideas

Small energy dense snacks can be useful to boost nutritional intake but avoid within one hour of meals, as they may reduce their appetite:

- Banana, Dried fruit (watch the size to avoid choking risk)
- Mashed avocado +mayonnaise, peanut butter or cream cheese on bread/toast (or bagel/ crumpets)
- Cheese pieces
- Greek style Yogurt, plain or with fruit puree

## What can I do if my child won't eat?

Mealtimes are a time for learning about food and eating and should be an enjoyable experience. Eating together as a family encourages the child to copy eating and drinking behaviour. It is also a social time for families so eating together should be encouraged.

- Make sure your child is sitting in an appropriate chair and is sitting with the rest of the family.
- A calm, relaxed environment for eating and drinking may be helpful for some children, especially if they are easily distracted, however some children may benefit from background noise. Try both approaches to find out what works best for your child.
- Use brightly coloured bowls and plates. These may make the meal look more appealing.
- Try not to show your concern or make negative comments in front of your child.
- Never leave your child unsupervised whilst he or she is eating or drinking.
- Offer regular meals and snacks at set times, as this is better than letting your child 'pick' through the whole day.
- Avoid fluids just before and during meals, as this will reduce your child's appetite. Often children are not hungry because they have had too much juice or milk during the day and night. Try to avoid giving more than 1½ pints of fluid during the day. Children over the age of one year should only be offered milk or water; and not be given drinks during the night.
- Give your child lots of positive praise when he or she does eat and ignore any food refusal; calmly offer the food three times before telling your child the meal is over, then remove the meal without any further comment.
- Limit mealtimes to 20 minutes. Try not to rush a meal, as your child may be slow to eat, but try not to let the meal drag on for too long. Your dietitian will advise you on how to increase the energy density of your child's meal so the mealtime can be reduced, if necessary.
- Offer new foods in a predictable pattern, e.g. once a week for 8 weeks. Intersperse new meals with old ones. E.g. 3 new teatime/lunches and 4 tolerated teatime/lunches a week.
- Do not worry if they make a mess, this is an important part of your child's development. If your child stops eating at a meal, try once to encourage him or her to take a little more. If this is successful show that you are pleased and give positive verbal reinforcement.
- Never use food as a reward.
- **NEVER force feed your child.**
- ✦ **Only check your child's weight once every 8 weeks.** Most fussy eaters maintain good growth despite their apparent lack of intake.

