



Cow's Milk and Egg Free Diet for Children

This diet is completely free from cow's milk and egg.

*This leaflet should only be used in conjunction with advice from your Paediatric Dietitian.
Information is correct at time of writing*

Why does my child need a cow's milk and egg free diet?

Your child should only be following a cow's milk and egg free diet if recommended by a doctor, allergy nurse or dietitian. Your child may need a cow's milk and egg free diet for the following symptoms:

Immediate symptoms may include:

- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g. lips, eyes, face
- Coughing
- Anaphylaxis (throat swelling/choking, breathing difficulty and collapse)

Delayed symptoms may include :

- Tummy pain , bloating and excess wind
- Vomiting
- Diarrhoea
- Mucus and/or blood in stools
- Eczema

You should avoid any foods that contain :

Butter Butter milk Margarine Cheese Cream Crème fraiche Ice-cream Fromage frais Yoghurt Skimmed milk powder	Whey Hydrolysed whey Casein Caseinates Curd Ghee Milk solids Milk protein Milk powder Lactose	Egg Egg white Egg protein Egg yolk Egg powder Egg lecithin (E322) Fresh egg Frozen egg	Pasteurised egg Dried egg Albumin Globulin Vitellin Ovoalbumin Ovoglobulin Ovovitellin Lysoyme(E1105)
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Information for Patients

Examples of food label containing milk and egg products:

Chocolate Chip Cake Bar :

Sugar, **Milk Chocolate Chips**, Cocoa Butter, Soya Lecithin), Flavouring), Wheat Flour, Vegetable Oils, Water, **Dried Egg**, Soya Flour, **Dried Egg White**, **Milk**

Please check food labels carefully.

E322 and E1105 are food additives that can be derived from egg or soya.

Always check the label as manufacturers change their ingredients from time to time ; for example when they have 'new improved recipe'

Cross Contamination

Can occur whilst preparing foods. If traces of milk and egg need to be avoided ensure all work surfaces, chopping boards and utensils are well cleaned or use separate ones. Use separate containers for milk free butter, jams etc.

Food labelling

Under European Union allergy labelling laws ingredients containing milk and egg have to be highlighted in bold or underlined on food packaging. If the food is from outside the EU labelling laws are different so check ingredients carefully.

Unlabelled foods

Be careful when choosing unlabelled food such as those found in butchers, bakeries and delicatessens. Ask at the counter for details about individual products to ensure they are free from milk and egg. The food / food product should be avoided if you are unsure.

Food Labelling 'May contain..'

The statement 'may contain' is often used on food packaging to indicate that a food product may have been contaminated with a common allergen. It is recommended that you avoid these foods when following a milk and egg free diet. **Remember: If in doubt, leave it out and avoid!**

Allergy Alerts

Sometimes foods are recalled due to allergy labelling errors or other allergy risks. You can get alerts free at www.food.gov.uk/news-alerts/subscribe

Eating Out

It can be difficult to follow a milk and egg free diet when eating out at a restaurant, friend's house or party. The key is to try and plan ahead. Try to call ahead to the restaurant or speak with the parent. This will help to ensure suitable meal options are available. Avoid self service areas due to risk of cross contamination.

Milk Substitutes – What should I give my child?

Mammalian milks, such as goat's milk and sheep's milk are not suitable to use whilst following a milk free diet as they have similar allergenic proteins to cow's milk.

Supermarket calcium enriched milk alternatives such as oat, coconut, almond and soya milks can be used as a main substitute for children over 2 year old. There is a junior soya and oat milk that may be suitable from 1 year of age (discuss with your dietitian).

Look for varieties which have 120mg calcium per 100ml.

Please note that rice milk is not advised as a main milk substitute for children under 4 1/2 years old due to its naturally occurring arsenic content.

How much should my child take?

Your dietitian will assess this for you but generally:

1-3 years age: 300ml of milk substitute

4-10 years age: 400ml of milk substitute

11 years and over: 600ml of milk substitute

Calcium

Calcium is needed for healthy bones and teeth. A child's main source of calcium often comes from dairy products, such as milk, cheese and yogurts. Children who are following a cow's milk free diet may find it difficult to get enough calcium from non-dairy calcium-rich foods

Recommended Daily Calcium Intake	
1-3 Years	350mg
4-6 years	450mg
7-10 years	550mg
Boys 11-15 years	1000mg
Girls 11-15 years	800mg
Breast feeding	1250mg

Vitamin D

Vitamin D helps the body absorb calcium from foods. It is made through the action of sunlight on our skin during the summer months (April-September). It is found in a small number of foods (oily fish, fortified margarines and some breakfast cereals). It is very difficult to get all the vitamin D we need from diet alone so it is recommended that all children under the age of 5 years take a daily multivitamin supplement containing vitamins A, C and D.

You may be eligible for free Healthy Start vitamins – see: www.healthystart.nhs.uk

Information for Patients

Calcium content—Milk and egg free calcium rich foods

Calcium rich foods and drinks	Portion size	Calcium content (mg)	Calcium star rating
Milk substitutes / alternatives			
Calcium enriched soya milk	200ml (1/3 pint)	240mg	★ ★ ★ ★
Calcium enriched oat milk	200mls (1/3 pint)	240mg	★ ★ ★ ★
Soya yogurt / dessert	125g	150mg	★ ★
Soya custard	100g	120mg	★ ★
Milk free / soya cheese	30g	60g	★
Breads and Cereals			
Calcium fortified bread	1 slice	150-225mg	★ ★ ★
Chapatti / pitta bread	1 small (65g)	60mg	★
White bread	1 slice	50mg	★
Fortified breakfast cereals	30g	137mg	★ ★
Protein Sources			
Tinned salmon with bones	60g (1/2 small tin)	182mg	★ ★ ★ ★
Scampi	90g (6 pieces)	190mg	★ ★ ★ ★
Tofu set with calcium chloride or calcium sulphate	60g	200mg	★ ★ ★ ★
Fruit and Vegetables			
Broccoli (boiled)	3 florets	60mg	★
Curly kale	70g	90mg	★
Cabbage	90g	50mg	★
Okra	6 fingers (stir fried)	66mg	★

Note: 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 from them.

Sample menu options

Breakfast

- Cereal or porridge made with milk substitute
- Toast with dairy free margarine, marmalade, jam or peanut butter
- Cooked breakfast—grilled bacon, sausage, tomatoes, beans and egg
- Fresh fruit juice or milk substitute

Lunch / Light Meal

- Spaghetti / beans * on toast
- Tinned soup * / homemade soup
- Sandwiches / wraps / bread roll with suitable filling such as chicken and salad, peanut butter or ham *
- Dairy-free cheese on toast
- Plain pizza base with cheese-free toppings such as tomatoes, onion, pepper or meat with a drizzle of olive oil
- Vegetable sticks with houmous
- Baked potato with dairy-free filling

Dinner

- Meat - chicken, turkey, pork, beef, lamb.
- Fish made in a milk free white sauce
- Chilli con carne with rice
- Spaghetti bolognese
- Cottage / Shepherd's pie made with milk substitute
- Lentils/dhal with rice
- Milk free meat or vegetable curry
- Meat and vegetable stir fry with noodles

Snacks

- Bread sticks / crackers / rice cakes
- Pitta toast
- Fruit / dried fruit
- Vegetable sticks
- Milk free biscuit

Desserts

- Rice pudding made with milk substitute
- Soya yogurts or desserts
- Dairy free custard
- Fresh fruit
- Jelly

* check ingredients to check brand is milk free

Recipes and Baking

Milk substitutes and milk-free margarine can be used to create many items that usually contain milk. Egg replacers can also be used in cooking.

Information for Patients

To adapt cake, muffin or other baking recipes, a teaspoon of baking powder can be used in place of each egg. For recipes requiring binding, such as stuffing, using pureed apple, mashed banana or pureed pineapple are good alternatives.

There are many ideas for recipes available online .Vegan recipes are all milk and egg free ,have a look at the Vegan Society website for ideas ; www.vegansociety.com

Egg Replacers

Egg replacers do not have any nutritional value but are very useful in cooking. These can be purchased from pharmacies, supermarket or health food shops.

Frequently Asked Questions

Q. Will my child be able to stay for school or nursery dinner?

R. Yes, this should not be a problem. Your child's nursery or school should be able to give you access to their menu and allergy information. If required speak to the dietitian who can liaise with the nursery or school cook to give information on appropriate choices.

Q What happens if milk or egg containing foods are eaten?

R. It depends on your child's symptoms. Some children experience skin problems with dairy foods, others tummy upset. In the majority of cases a small amount should cause little harm. However, a minority of children are severely intolerant and being vigilant is all you can do.

Q. Will my child grow out of their allergy/intolerance?

R. Many children do outgrow their intolerance / allergy in their toddler years. It can however take until they are 5 years old to fully outgrow their allergy / intolerance.

Q. When can I reintroduce cow's milk or egg into my child's diet?

R. This can vary considerably between children. You should discuss when and how to reintroduce cow's milk and / or egg products with your doctor, allergy nurse or dietitian.

Additional support

www.anaphylaxis.org.uk and www.allergyuk.org

- national charities providing support and information

[www.nhs.uk/conditions/food allergy](http://www.nhs.uk/conditions/food%20allergy)

www.nhs.uk/conditions/anaphylaxis

- provide information on allergies

www.bda.uk.com

- the British Dietetic Association provides fact sheets on food allergy and intolerance

For further support please contact your Paediatric Dietitian on 0121 424 1674

Accessibility

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