**Milk Free Dietary Advice for Breastfeeding**

**Milk Allergy**

Cow’s milk allergy occurs when the body’s immune system reacts to proteins found in milk.

**Breastfeeding**

Breastfeeding provides the best source of nutrition for babies. Breast fed babies can react to milk proteins that are transferred in breast milk from the mother’s diet. If it is suspected

that a baby is reacting to cow’s milk protein via breast milk, a mother may be advised to avoid cow’s milk and dairy products in their diet while breastfeeding. This should be trialled

for up to six weeks to see if the baby’s symptoms improve. If symptoms do not improve when breastfeeding and following a strict milk free diet normal diet can then be reintroduced.

**Cows Milk Free Diet**

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 use soya milk, yoghurt or custard, as a replacement for cows’ milk products. 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.

**Ingredients to watch out for on labels:**

Milk / Milk solids Modified milk Non-fat milk solid Skimmed milk powder Cream Artificial cream Cheese Yoghurt

Buttermilk Butter Margarine Ghee

Whey/whey solids Casein (curds) Lactose Hydrolysed casein

Hydrolysed whey protein Caesinate Hydrolysed whey sugar

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

**Foods to be avoided:**

Milk – Cow, goat, and sheep

All types of cheese, yogurt and fromage frais

Powdered milk, coffee whitener, evaporated and condensed milk

Buttermilk, quark, paneer

Butter and margarines

Cream, artificial cream and ice cream

Crème fraiche

The following foods are **examples** (not a complete list) of processed foods which **may** contain milk and will need to be checked:

Breakfast cereals Baked goods, e.g. rolls Soups

Pancakes, batters Baby foods Ready made meals Pasta and pizzas Crisps Sauces and gravies

Cakes, biscuits, crackers Instant mashed potato Chocolate/confectionery Puddings and custards Processed meats, e.g. luncheon meat, sausages

**Calcium and Vitamin D Supplements**

A breastfeeding mum’s daily calcium requirement is 1250mg. It is recommended that breastfeeding mothers following a milk free diet take a calcium and vitamin D supplement providing 10micrograms of vitamin D and 1000mg of calcium per day. These can be purchased over the counter from your local pharmacy or supermarket.

**Non Dairy Sources of Calcium in Foods**

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| **Food** | **Portion** | **Calcium content (mg)** |
| Calcium enriched milk alternatives | 200ml | 240mg |
| Calcium enriched crème fraiche alternative eg: Oatly creamy oat fraiche | 50g | 60mg |
| Calcium enriched dairy free cheese alternative eg: Koko dairy free cheddar cheese alternative | 30g | 220mg |
| Calcium enriched dairy free soft cheese eg: Koko dairy free soft cream cheese | 30g | 60mg |
| Calcium enriched orange juice | 150ml | 180mg |
| Instant hot oat cereals fortified with calcium | 15g (1 tablespoon) | 200mg |
| Sardines (with bones) | 60g (1/2 tin) | 258mg |
| Pilchards (with bones) | 60g | 150mg |
| Tinned salmon (with bones) | 52g | 47mg |
| Scampi in breadcrumbs | 6 pieces (90g) | 190mg |
| White bread | 2 large slices (100g) | 100mg |
| Wholemeal bread | 2 large slices (100g) | 54mg |
| Pitta bread/ Chapatti | 1 portion (65g) | 60mg |
| Orange | 1 medium (120g) | 75mg |
| Broccoli | 2 florets (85g) | 34mg |
| Spring Greens | 1 serving (75g) | 56mg |

**If you are concerned that your baby may have symptoms of cow’s milk allergy, you should seek further advice and guidance from your GP who can refer you to a paediatric dietitian for appropriate dietary input.**