



Home reintroduction of cow's milk

(for children with immediate cow's milk allergy)



- Most children outgrow their cow's milk allergy, slowly as they grow up. First, they can start eating baked milk products, then heated milk, and finally, they can drink regular milk without any problems.
- The goal of this guide is to give your child small amounts of cow's milk protein at different times, slowly increasing the amount, so they can eventually eat foods with cow's milk without having any problems.
- This is a plan for children who have had a mild reaction to cow's milk protein, like a skin rash or throwing up (vomiting). **It is not for children** who have had a serious reaction, like trouble breathing, tightness in the throat (anaphylaxis), pale skin (pallor), or feeling weak (floppiness).
- You and the Allergy Team should decide together if this plan is the right choice.
- It is very important that you are happy with this decision and understand this plan. If you need help or have any questions, please contact us on 020 7288 5315.

Before beginning this home introduction, please check the following:

- Make sure that your child is well and has been for the last five days.
- Do not start if your child has had to take antihistamine (e.g. Piriton, Cetirizine) in the past five days as this can delay or hide reactions.
- Continue to give your child any other medication they are taking.
- Ensure you have your child's 'Allergy Action Plan' and emergency medication available.

During the home introduction

- Choose a time when you can watch your child for at least two hours after eating (e.g. early in the day and **not before nap time**).
- Make sure that your child is not allergic to any of the other ingredients in the food you are testing.
- Give the doses 24 hours apart and give each dose all at once. If you miss several days, give a smaller dose when you restart.










- Keep giving foods with milk that your child can eat safely, at least 2-3 times a week, to help them stay used to it.
- Do not increase the dose or move on to the next stage of the plan if your child becomes unwell or develops a reaction. Do keep the number of foods containing milk that your child can eat safely in their diet.

If a reaction happens

- Stop the home introduction and treat them using your child's 'Allergy Action Plan.'
- Do not move on to the next stage of the plan **but do continue** with the number of foods containing milk that they can eat safely.
- Try again and work towards reintroduction in 3-6 months' time or discuss with your allergy Doctor/Dietitian.
- Some children might also have problems like diarrhoea, tummy pain, or worse eczema, which can happen up to three days after eating foods with cow's milk protein. We call this 'delayed type allergy'.
- If this happens, you should work out how much your child can eat safely and keep that in their diet regularly to maintain their tolerance levels. Try and increase the amount often, as this should improve with time.

Stage 1 – Malted Milk Biscuit

| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
|---|---|--|---|---|
| Small crumb (1 per day)  | Large crumb (2 days)  | $\frac{1}{4}$ biscuit (daily)  | $\frac{1}{2}$ biscuit (daily)  | 1 biscuit (daily)  |
| | $\frac{1}{16}$ biscuit (3 days)  | | | |
| | $\frac{1}{8}$ biscuit (2 days)  | | | |



Additional information for Stage 1:

1. If you are unable to buy malted milk biscuits, use another biscuit that contains whole milk or skimmed milk powder (not only whey powder) as a listed ingredient after flour (wheat or non-wheat). **No chocolate, cream fillings, icing, decorations or flavourings.**
Examples: Heinz biscotti, Kiddylicious Biscotti.
2. This recipe can be used to make a homemade biscuit:
 - 1 tablespoon flour
 - 1 teaspoon coco powder (optional)
 - 1 and ½ teaspoon sugar or 2 teaspoon fruit puree (optional)
 - 1 teaspoon dairy-free margarine
 - 1 teaspoon cow's milk

Preheat the oven to 200°C. Roll into five small balls and flatten or roll and cut into strips. Put on a greased tray. Cook for 12 min.

3. If a reaction happens, reduce the dose to the previous week's dose for at least four weeks.
4. **Do not increase the dose** if the child is unwell or has symptoms.

Stage 2 – Baked Milk

Once your child has completed Stage 1 you can progress to Stage 2.

Introduce other foods that are **baked**, **made with flour** and which **contain milk**. See the list below:

Scones, croissants, milk bread, teacakes, pastry made with butter.

Other biscuits and cakes that contain milk as an ingredient e.g. waffles, muffins, Scotch pancakes, flapjacks, trifle sponges, ice-cream wafers, sponge.

Belvita breakfast biscuits, Shortbread, Butter Crunch biscuits, Jaffa cakes, Kellogg's Nutri-Grain bars.

Ready-made Yorkshire puddings (frozen).

Homemade recipes of the above that contain milk as an ingredient.

Recipes that contain butter or margarine.



Additional information for Stage 2:

1. Try each new food in small amounts (e.g. start with 1/8 croissant, then ¼ croissant, following by ½ and then whole croissant).
2. Make sure that your child eats one food containing baked milk every day (even if only a small amount or a Stage 1 biscuit). Once they can eat that safely, that food can then be eaten freely.
3. If symptoms appear, reduce the dose or avoid that food and continue with a malted milk biscuit.
4. Do not increase the dose if the child is unwell or has symptoms.
5. **Do not move to Stage 3 until** your child is eating freely from Stage 2 and after you have had a telephone review appointment with the Allergy Dietitian.

Stage 3 – Heated Milk

Introduce products containing **heated cheese**, **heated milk** or **fermented milk**. See the list below:

Custard, custard tart, pizza, cheese or white sauce, soup made with milk (cream soups), rice pudding, yoghurt in sauces or marinades.

Dishes that contain milk e.g. mash potato topping (cottage/shepherd's/fish pie), lasagne or other oven baked pasta dishes.

Homemade batters e.g. pancakes, Yorkshire puddings.

Chocolate and chocolate covered items e.g. chocolate biscuit, chocolate as an ingredient e.g. chocolate chip.

Fermented desserts e.g. yoghurt fromage frais.

Crisps/snacks with cheese or cheese flavouring.



Additional information for Stage 3:

1. **Start with a very small amount** of food to begin with and then increase the dose of that food slowly (start with a small amount on your child's lip, then ½ teaspoon, 1 teaspoon, following by 2 teaspoons, 1 tablespoon, 2 tablespoons and then whole portion). Once they can eat it without symptoms this food can be eaten freely.
2. Do not stop baked milk – include at least one food containing baked milk daily.
3. If symptoms appear, reduce the dose or stop for a further 2-3 months. Continue with the foods containing milk previously eaten without symptoms, to keep up the tolerance.
4. Do not increase the dose if the child is unwell or has symptoms.
6. Do not move to Stage 4 until eating freely from Stage 3 and after you have had a telephone review appointment with the Allergy Dietitian.

Stage 4 – Fresh Milk

Introduce **uncooked cheese**, **uncooked non-fermented dessert** and **fresh milk** as per the list below:

Uncooked cheese.

Uncooked non-yoghurt desserts e.g. cheesecake, mousse, ice cream, cream cakes.

Fresh cow's milk, milk shakes.

Additional information for Stage 4:

1. **Start with a very small amount** of food to begin with and then increase the dose of that food slowly (start with a small amount on your child's lip, then ½ teaspoon, 1 teaspoon, following by 2 teaspoons, 1 tablespoon, 2 tablespoons and then whole portion). Once they can eat it without symptoms this food can be eaten freely.
2. If symptoms appear, reduce the dose or return to Stage 3 for a further 2-3 months. Continue with the foods containing milk previously eaten without symptoms, to keep up the tolerance.
3. Do not increase the dose if the child is unwell or has symptoms.



Summary of milk reintroduction foods per stage

| Stage 1 | Stage 2 | Stage 3 | Stage 4 |
|---|---|--|---|
| Malted Milk Biscuit | Baked Milk | Heated Milk | Fresh Milk |
| <p>Biscuits that contain whole milk or skimmed milk powder as an ingredient after flour. Examples: Heinz biscotti, Kiddylicious Biscotti</p> <p>Homemade biscuit: 1 tbsp flour 1 tsp coco powder (optional) 1 ½ tsp sugar OR 2 tsp fruit puree (optional) 1 tsp dairy-free margarine 1 tsp cow's milk</p> <p>Roll into five small balls and flatten or roll and cut into strips. Put on a greased tray.</p> <p>Oven 200°C for 12 min.</p> | <p>Scones, croissants, milk bread, teacakes, pastry made with butter.</p> <p>Waffles, muffins, Scotch pancakes, flapjacks, trifle sponges, ice-cream wafers, sponge.</p> <p>Belvita breakfast biscuits, shortbread, Butter Crunch biscuits, Jaffa cakes, Kellogg's Nutri-Grain bars.</p> <p>Ready-made Yorkshire puddings (frozen).</p> <p>Homemade recipes of the above that contain milk as an ingredient.</p> <p>Recipes that contain butter or margarine.</p> | <p>Custard, custard tart, pizza, cheese or white sauce, soup made with milk (cream soups), rice pudding, yoghurt in sauces or marinades.</p> <p>Dishes that contain milk e.g. mash potato topping (cottage/shepherd's/fish pie), lasagne or other oven baked pasta dishes.</p> <p>Homemade batters e.g. pancakes, Yorkshire puddings.</p> <p>Chocolate and chocolate covered items e.g. chocolate biscuit</p> <p>Fermented desserts e.g. yoghurt fromage frais.</p> <p>Crisps/snacks with cheese or cheese flavouring.</p> | <p>Uncooked cheese.</p> <p>Uncooked non-yoghurt desserts e.g. cheesecake, mousse, ice cream, cream cakes.</p> <p>Fresh cow's milk, milk shakes.</p> |

If you have any questions, please contact the Allergy Team on

020 7288 5315



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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