



Feeding the under 3s
the food they need

Avoiding milk

Guidance & Tips for Parents

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It is easy to avoid obvious sources of milk. However, it is often disguised in prepared and manufactured foods so READ FOOD INGREDIENT LABELS CAREFULLY.

From November 2005, manufactured pre-packaged foods sold within the European Union have been required by law to list milk in the ingredients panel if it is present in the product however tiny the amount.

Read labels with every new packet as products are reformulated all the time and ingredients change. Products sold loose where ingredients are unknown and where cross contamination is an issue should be avoided; these include bakery, butchers products and delicatessen items.

Foods sold outside the EU are not bound by these laws so you will still need to check labels for the following ingredients that indicate the presence of milk:

- Butter, butter oil, butter milk
- Casein, caseinates, hydrolysed casein, sodium caseinate
- Cheese
- Cows' milk (*fresh, UHT, evaporated, condensed, dried*)
- Cream
- Curd
- Ghee
- Lactoglobulin
- Lactose - (*this is milk sugar, you need only avoid if extremely allergic to milk*)
- Milk solids, non-fat milk solids
- Whey, hydrolysed whey, whey powder, whey syrup sweetener
- Yogurt, fromage frais
- Flavourings

You need to know the level to which you need to avoid milk:

- Very strictly where even a trace can cause a reaction
- Just need to cut down
- Somewhere in between

Manufacturers and supermarkets produce a list of own brand products that are free from milk. These are available free of charge on request. They will help you to identify which foods are safe for your toddler to eat and should make your toddler's diet more interesting and nutritious. In case of errors and changed formulations **always** check ingredients labels too.

The proteins in sheep's, goats', and other mammalian milk and their products are similar to cows' milk and often cause similar reactions so they should be avoided. They are particularly unsuitable for infants.

Alternative dairy free foods

- **Milks** - oat milk, pea milk, soya milk, quinoa milk (*nut milks*). Rice milks are not suitable for children under 4½ years of age
- **Spreads** - dairy free and vegan spreads
- **Cheese** - hard, soft, melting and parmesan varieties of soya cheese **NB** (*please note that rice cheese usually contains casein which is a milk protein and is therefore unsuitable*)
- **Yogurts** - soya
- **Ice creams** - soya, rice
- **Cream** - soya, oat

Dairy free chocolates may contain traces of dairy if they are not made in either a vegan factory or on a dedicated dairy free line - always check.

Be aware that often organic products do not have added calcium. Many dairy replacement products have their calcium content stated on the nutrition panel - if they do not then you can contact the company making them for details.

It is very important that your child consumes enough calcium. With the right management this can easily be achieved on a cows' milk free diet.

It will be more difficult to achieve their calcium requirement if your child does not consume at least 250 - 300 ml of calcium enriched milk substitute or at least 125 ml milk substitute plus one calcium enriched milk free yogurt. Other milk free sources of calcium includes sardines and pilchards (eaten with the bones), spinach, dried figs, Ready Brek, white bread, salmon, prawns, baked beans, tahini (contains sesame), and okra. If you are concerned regarding your child's calcium intake, please speak to your GP, Health Visitor, Registered Dietitian, Paediatrician or Allergist regarding a suitable calcium supplement.

Dairy free products can easily be substituted in recipes. Here are a couple of helpful hints to help you:

1. do not add soya milk to boiling drinks as it tends to curdle
2. grate soya hard cheeses on the fine part of the grater and add to white sauce. Cook this in the microwave and not on the hob to prevent sticking and burning on to the bottom of the pan (*also good for dairy free custard & porridge*)
3. use plain dairy free yogurts or coconut milk to add to curries, raita, stroganoffs, creamy sauces and dips
4. use egg white replacer to make a dairy free whipping cream
5. use a dairy free melting cheese on pizza, cheese on toast and lasagne
6. use a non-melting hard cheese to make white sauces. Using a microwave will save it sticking to the bottom of the saucepan (*also good for dairy free custard & porridge*)
7. use soft dairy free cheeses and dairy free sour cream in dips, cheesecakes and other savoury and sweet sauces.



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