

Paediatric allergy

Dietary advice for cow's milk allergic children and young people who tolerate baked milk

Information for patients, parents and carers

Introduction

This leaflet is for children and young people with cow's milk allergy who are known to tolerate baked milk (e.g. in biscuits, muffins or cakes). This applies to children and young people who have been having baked milk in their diet with no problems or who have tolerated baked milk in a hospital food challenge, despite being allergic to other forms of cow's milk and dairy. Please note that the word 'milk' means 'cow's milk' in this leaflet.

If you or your child has successfully completed a challenge to baked milk, please follow the advice in the 'Following your food challenge. Outcome: Tolerant (NOT allergic)' leaflet we have given you. If you don't have any allergic symptoms in the two days after the challenge, then we advise you to introduce baked milk into the diet regularly, following the advice in this leaflet.

If you or your child has other food allergies, please make sure these allergens are not in the baked products they eat.

Which foods are you/your child likely to be able to have without reacting?

Foods that are likely to be tolerated by children who can tolerate baked milk	Foods which may cause an allergic reaction, even if baked milk is tolerated
<p>Products containing baked milk in which the milk has been mixed with flour (and possibly other ingredients) and baked in the oven at a minimum of 180°C for at least 20-30 minutes.</p> <p>Homemade or shop bought (see note below):</p> <ul style="list-style-type: none">• Cakes/biscuits/muffins that contain butter/milk/milk protein (but not cheese/chocolate chunks)• crackers• plain croissants	<p>Products containing milk that have not been sufficiently processed or cooked.</p> <ul style="list-style-type: none">• dairy products: fresh and raw milk, UHT milk, powdered milk (e.g. Marvel®), butter, cream, cheese, yogurt, ice cream• animal milk other than cow's milk such as goat, sheep and buffalo• milk-containing foods that are cooked but not baked e.g. pancakes, french toast, flapjacks, rice pudding, custard, or heated milk

<ul style="list-style-type: none"> • bread products such as brioche, plain flatbread, potato cakes. • shop-bought pre-cooked waffles and yorkshire puddings 	<ul style="list-style-type: none"> • cheese and milk-containing dishes such as lasagne, macaroni cheese, cheesecake, quiche • soups and sauces that contain milk as an ingredient • homemade yorkshire puddings • snacks containing or coated with chocolate, milk powder or cheese powder (e.g. some crackers, crisps, cheese twists) • baked items that also have unbaked milk ingredients such as frosted cupcakes, iced cookies, filled pastries • baked products containing yoghurt or cheese • chocolate chips in baked goods • breads (e.g. naan, garlic bread, milk bread) • confectionery (e.g. fudge, toffee, butterscotch, Indian sweets)
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More information on choosing suitable foods containing baked milk

The allergy team can help guide you on which new foods to try for you or your child. In general, the amount of baked milk likely to be tolerated relates to the amount eaten at the oral food challenge. For shop-bought baked products (e.g. bread, biscuits, muffins, cakes) if milk is the first or second ingredient on the list, it might contain a larger amount. **This means that you should avoid baked products with milk listed as the first or second ingredient in the list, unless the allergy team has told you otherwise.**

Example label of food likely to be tolerated

(milk is third ingredient or lower)

Ingredients

Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) • Water • **Whole Milk** (6%) • Sugar • Unsalted Butter (**Milk**) (2%) • Dried Fermented **Wheatflour** (contains **Gluten**) • **Wheat** Fibre (contains **Gluten**) • **Wheat** **Gluten** • Yeast • Salt • Cornflour • Emulsifier • Ascorbic Acid

Example label of food which may cause an allergic reaction

(milk as first or second ingredient)

Ingredients

Wheatflour contains Gluten (with **Wheatflour**, Calcium Carbonate, Iron, Niacin, Thiamin) • **Buttermilk** (42%) • Rapeseed Oil • Raising Agent • Vinegar • Palm Oil

When you bake at home it is important to make sure that the baked food has a dry crumb texture inside. You can test your baked food by inserting a clean skewer into the centre and checking that it comes out clean. It is also a good idea to cut into your baked food item and check it's cooked thoroughly.



These lists are for guidance – they aren't a complete list of all of the baked milk containing products you can find. **If you are not sure if a food is safe for you or your child, please talk to the allergy team.** If you have difficulty finding suitable baked milk products, please call our paediatric dietitians on **020 3312 1127**.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk