

## Paediatric allergy

# Dietary advice for cow's milk allergic children who tolerate baked milk

## Information for patients, parents and carers

### Introduction

This leaflet provides advice for children with cow's milk allergy who are known to tolerate baked milk (e.g. in biscuits, muffins or cakes). This applies to children who have been having baked milk in their diet with no problems, despite being allergic to milk and dairy in other forms. This also applies to children who try and tolerate baked milk (e.g. a muffin) in hospital as a food challenge but are still allergic to other forms of milk and dairy.

If your child has successfully completed a challenge to baked milk, please follow the advice in the 'following your successful food challenge' leaflet you have been given. If no allergic symptoms occur in the two days after the challenge, then we advise you to introduce baked milk into your child's diet on a weekly basis, following the advice in this leaflet.

### Which foods can my child have?

<b>Foods allowed</b>	<b>Foods to avoid</b>
<p>Products containing baked milk in which the milk has been mixed with flour (and possibly other ingredients, such as egg) and baked in the oven for at least 15-20 minutes.</p>	<p>Products containing milk that have not been sufficiently processed or cooked. This is because there is a risk that your child might react.</p>
<p>Homemade or shop bought:</p> <ul style="list-style-type: none"> <li>• biscuits</li> <li>• sponge cakes</li> <li>• fairy cakes</li> <li>• muffins</li> <li>• crackers</li> <li>• plain brioche</li> </ul>	<ul style="list-style-type: none"> <li>• dairy products: butter, cream, cheese, yogurt, ice cream, powdered milk (e.g. Marvel<sup>®</sup>), UHT milk, fresh milk or raw milk</li> <li>• animal milk other than cow's milk such as goat, sheep and buffalo</li> <li>• pancakes, French toast, quiche, flapjacks, cheesecake, panna cotta, rice pudding, custard</li> <li>• snacks containing or coated with chocolate, milk powder or cheese powder (e.g. some crackers, crisps, cheese twists)</li> <li>• confectionery (e.g. fudge, toffee, butterscotch, Indian sweets)</li> <li>• breads (e.g. naan, garlic bread, milk bread)</li> </ul>

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If your child has other food allergies, please make sure these foods are not contained in the baked products you are planning to give.

Please note that this list is for guidance - it is not a complete list of all of the milk products you may find. If you are not sure if a food is safe your child, please avoid it. If you have difficulty finding suitable baked milk products for your child 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 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). 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.patient.information@nhs.net**

## Wi-fi

We have a free wi-fi service for basic filtered browsing and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFiSPARK\_FREE or WiFiSPARK\_PREMIUM