

Appendix 1 How to follow a cow's milk free diet

Cow's milk can be labelled in many ways, therefore avoid foods which contain:

1.Dairy Foods
*Cow's milk, all kinds – evaporated, dried, fresh, UHT, condensed
Yoghurt, fromage frais
Cheese
Lactose free milk, cheese, yoghurts, desserts
Margarine, butter, ghee
Ice Cream
Cream – fresh, artificial cream, creme fraiche
Milk puddings e.g. custard, rice pudding

***You should also avoid other animal milks such as goat and sheep milks and products made from these milks such as yoghurts and cheese as they can cause similar symptoms to cow's milk and cow's milk products.**

2. Foods containing the following ingredients - check labels on all processed foods	
Butter milk, butter oil, butter fat	Milk sugar
Casein (curds), caseinates	Milk solids
Calcium Caseinate	Modified milk
Hydrolysed Casein	Non-fat milk solids
Hydrolysed Casein	Sodium caseinate
Hydrolysed whey protein	Whey, whey solids
Lactose	Whey protein
Lactoglobulin	Whey powder
Lactoalbumin	Whey sugar
Milk protein	Whey syrup sweetener

Free apps for smartphones:

Food Maestro: www.foodmaestro.me Spoon guru: www.spoon.guru/app

Products change, so you should also check the labels each time you use them. Labelling regulations mean that any product containing milk should have it clearly highlighted on the label in bold, italics or underlined.

Examples of non dairy alternatives suitable for a cow's milk free diet for breastfeeding mothers and **infants over 6 months of age**

****Soya milks, oat milks, coconut milks (for infants only to be used mix solids/use in cooking – not as main drink)**

****Soya yoghurts, soya desserts, soya fromage frais, coconut yoghurts**

Soya cheese, coconut cheese

Milk free margarines

Soya ice cream, oat ice cream

****Soya cream, oat cream, oat crème fraiche**

****Soya custard, oat custard**

Soya chocolate, rice chocolate

****Where available choose calcium fortified products – most organic products do not contain calcium**

Calcium and vitamin D requirements for breastfeeding

Breastfeeding mothers require 1250 milligrams (mg) calcium and 10 micrograms (10ug) vitamin D each day and frequently require a calcium and vitamin D supplement which can be prescribed by their GP. It is recommended that calcium intake from both diet and supplement is checked and dose adjusted if calcium intake from diet is significantly increased.

Dairy foods can contribute a significant calorie and protein source for breastfeeding mothers. Always aim to find alternative sources of excluded foods to replace any potential deficit. The quality of breast milk is dependent on a good and varied maternal diet.