

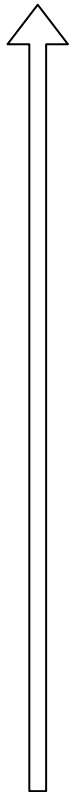


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## Milk Ladder

The majority of children will outgrow their milk intolerance by the time they are 5 years old (some sooner). As the intolerance resolves most children tolerate baked or lightly cooked milk (e.g. Step 1) before milk products (e.g. Step 5). This leaflet is intended for use in children with mild to moderate symptoms e.g. skin rash or diarrhoea. It is not suitable for children who have had a severe reaction e.g. anaphylaxis.



### Step 5

25g Cheese/100ml Sterilised milk/  
100ml pasteurised milk



### Step 4

A few teaspoons of yoghurt

### Step 3

Cheese on toast/Custard/Food  
containing a cheesy or milky sauce  
e.g. lasagne

### Step 2

Cheesy breadsticks/Scotch Pancake/  
Cheesy savoury snacks

### Step 1

1/4 of a malted milk biscuit



Only offer one of these foods containing milk daily, stay on each step of the ladder for one week. If your child remains symptom free progress to the next step. If their symptoms return STOP.

**Once able to tolerate milk your child's diet should include 400mls of milk or three servings of dairy foods. If they are unable to take this amount they will need a calcium supplement or milk substitute.**

## General Tips...

Choose a time when your infant is happy and well and you have time to observe and manage any potential reactions. Avoid introducing new foods late in the evening, in case a reaction happens during the night.

Do not challenge if your child is receiving medication which may upset the gut e.g. antibiotics.

Avoid introducing any other new foods during the milk challenge.

It might be helpful to keep a record of your child's oral intake, stool pattern and symptoms during the challenge.

If symptoms return **STOP** the challenge. Seek medical advice if necessary and wait 3-6 months before re-challenging with foods containing milk.

Some children may already be able to eat foods in step one. They can therefore continue to eat these foods and start the challenge further up the ladder.

If your child has been taking a milk substitute for a long time they may not like the taste of cow's milk initially. To help them become accustomed to the taste, you may need to replace 30ml/1oz of their usual formula with cow's milk on the first day. On the second day, replace 60ml/2oz and so on.

All children under 5, who no longer use formula with added vitamin and mineral supplements, are recommended to have a daily supplement of vitamin A, D and C. If you qualify for Healthy Start Vouchers. Ask your Health Visitor for Healthy Start vitamin drops.

If you would like to speak to a Dietitian please contact:

Nevill Hall Hospital	01873 732620
Royal Gwent Hospital	01633 234288
Serennu Children's Centre	01633 748026
Caerphilly Children's Centre	02920 867447

