THE IMAP MILK LADDER

To be used only in children with Mild to Moderate Non-IgE Cow's Milk Allergy
Under the supervision of a healthcare professional
PLEASE SEE THE ACCOMPANYING RECIPE INFORMATION

STEP 6

Pasteurised milk/suitable infant formula

Amount – start with 100ml (3.5 fl oz) of pasteurised milk/infant formula and mix this with current milk replacement. Build up to 200 ml (7 fl oz). If this is tolerated switch all current milk replacements (bottle and in breakfast cereals) to pasteurised milk or suitable infant formula. Discuss what is an appropriate amount of milk/milk products with your healthcare professional. UHT and sterilised milk will be tolerated as well.

Once your child tolerates yoghurt, butter, spread, chocolate buttons, fromage frais, petit filous (be careful of the sugar content), you can introduce softer cheese like cream cheese and camembert/brie – remember to use pasteurised soft cheese for children

Till P

STEP 5

Yoahurt

Amount - 125mls (4.5 fl oz)

STEP 4

Cheese

Amount 15g (1/2 fl oz) (hard cheese e.g. cheddar or parmesan) Once your child tolerates cheese, you can introduce 15g baked cheese on a pizza or baked on other food as well.

STEP 3

Pancake

Amount - 1/2 and build up to 1 (see Recipe)

2 STEP

Muffin

Amount - 1/2 and build up to 1 (see Recipe)



Cookie/Biscuit

Amount - 1 and build up to 3 (see Recipe)

AT EACH OF THE FOLLOWING STEPS

Cookie, muffin, pancake, cheese and yoghurt

It may be advisable in some cases to start with a ¼ or a ½ of that particular food and then over a few days to gradually build up to a whole portion - Please ask your healthcare professional for guidance on this

THE LOWER STEPS ARE DESIGNED TO BE USED WITH HOME MADE RECIPES. THIS IS TO ENSURE THAT EACH STEP HAS THE APPROPRIATE MILK INTAKE. THE RECIPES WILL BE PROVIDED BY YOUR HEALTHCARE PROFESSIONAL

Should you wish to consider locally available store-bought alternatives - seek the advice of your healthcare professional Re: availability

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