

Cow's Milk Alternatives Suitable for Children from 1 years old diagnosed with Cow's Milk Protein Allergy

This leaflet can be used as a guide for parents of children with cow's milk protein allergy.

The products included in Table 1 are fortified with calcium and iodine, two of the nutrients that children with cow's milk protein allergy may be deficient in. Please note that 100ml of the cow's milk alternative stated in *Table 1* contain 120mg of calcium. The same amount of calcium is found in the portion/grams of dairy-free yoghurt stated in brackets. Please refer to the BDA Calcium fact sheet provided by your Dietitian for further information on calcium requirements for each age group.

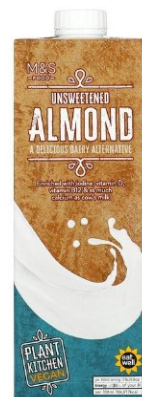
The milk-free alternatives listed in column 'Other' or those not listed in *Table 1* are lower in energy or other nutrients and therefore are not suitable for all children. These may still be used occasionally and as part of a healthy balanced diet.

Table 1: Milk-free alternative drinks and dairy-free yoghurts suitable for children with cow's milk protein allergy.

Soya	Oat	Coconut	Other
*Alpro Growing Up Soya Drink	*Alpro Growing Up Oat Drink	Koko Super Coconut Drink	M&S Unsweetened Almond Drink
M&S Unsweetened Soya Drink	Oatly Barista Oat Drink	Koko Life Coconut Drink	Mighty Pea Unsweetened Drink
Alpro soya yoghurt (100g)	Oatly Whole Oat Drink	M&S Coconut Drink	Dairy free petits filous (95g)
	M&S Plant Kitchen Oat Drink	Alpro coconut yoghurt (100g)	
Tesco free from Greek style yoghurt (100g)	Asda Fresh Oat Drink	Koko coconut yoghurt (75g)	
	Oatly oat yoghurt (100g)		

* these milks are fortified with additional energy and nutrients making them the most suitable alternatives for children between the ages of 1 to 3 years

Milk-free alternative drinks



Dairy-free yoghurt alternatives (examples)



* All pictures displayed were taken from supermarket websites including *Tesco*, *Sainsbury's*, *Waitrose* and *Ocado*. Please note that the nutritional content and packaging of products can change.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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