



A parent's guide to cow's milk allergy:

Weaning and up to 1 year

*Rosan Meyer (PhD) and
Tanya Wright BSc (Hons) MSc Allergy*
Specialist Paediatric Allergy Dietitians

About this booklet

Weaning is the gradual introduction of solid foods until your baby is eating the same food as the rest of your family! This booklet gives advice on beginning the weaning process, for parents whose babies have cow's milk allergy (CMA). It is written by Rosan Meyer, Specialist Paediatric Allergy Dietitian, and it aims to provide a helpful guide to giving your child a healthy milk-free diet while setting up good eating habits for the future.

This booklet also contains a range of nutritious milk-free recipes, all of which are quick and easy to make – even for busy mums! The recipes have been chosen and tested by Tanya Wright, Specialist Paediatric Allergy Dietitian and author of several food allergy and recipe books. With each recipe, Tanya and Rosan provide the main nutritional contributions, together with helpful tips and variations to help you increase the variety of foods in your baby's diet.

With special thanks to Carina Venter, Specialist Allergy Dietitian, for her valued contributions to this booklet.



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The recipes in this booklet are designed to be specifically milk-free and dairy-free. Many are also free of other common allergens, but you must check the ingredients carefully if your child has allergies to any other foods.

If your child has an allergic reaction to any food, consult with your doctor or paediatric dietitian as soon as possible. If a reaction affects your child's breathing, or if they start to appear faint or lose consciousness, it is essential to get medical help immediately.

Breast milk provides the best nutrition for your baby, so if you are breastfeeding, do not stop, but discuss the exclusion of cow's milk and milk-containing products (dairy products) from your own diet with a registered dietitian, as cow's milk proteins may be passed to your baby in breast milk. Your dietitian can also advise you on suitable milk substitutes and on whether you need additional vitamins or minerals.

Why is weaning important?

During the first year of life, your baby grows more quickly than at any other time. This rapid growth means that he or she needs increasing amounts of energy and nutrients. For the first few months after birth, babies get everything they need from breast milk or infant formula. However, as they get bigger, they require additional sources of nutrition, in the form of solid foods.¹

Weaning and cow's milk allergy

As infants are weaned onto solid foods, their intake of breast milk and/or formula can start to decrease. Because children with CMA can't have dairy products, there is a risk that they can miss out on some essential nutrients, like energy, protein, calcium and iodine. It is therefore important that infants with CMA still include breast milk or Nutramigen* formula in their diet to help ensure they are getting the nutrients they need.²

Starting to eat solid food is an important milestone in your baby's life. It is a fun and exciting time for both parents and children. However, weaning can also be a source of worry and dealing with CMA can be an added pressure.

What should I be feeding my baby?

Is my child getting the right nutrients?

Is my baby eating enough?

This booklet aims to give you practical advice on weaning your baby. It also contains lots of quick and easy milk-free recipes, helping you and your baby to enjoy this special stage in their development.

What is cow's milk allergy?

- CMA is an immune reaction to the protein found in cow's milk and milk-containing products (also known as dairy).
- CMA can present with immediate symptoms such as hives (nettle rash), red flares of eczema, swelling of lips or with delayed symptoms such as diarrhoea, vomiting, colic and eczema.
- CMA is not the same as lactose intolerance, which is caused by the inability to digest the sugar in milk called lactose.

¹"Nutramigen" refers to Nutramigen LIPIIL 1, Nutramigen LIPIIL 2, or Nutramigen AA

Adventures in food

Up to 12 months of age, babies are usually willing to try new foods, so it is a good idea to use this time of weaning as an opportunity to introduce a wide variety of foods. Early experiences of flavours and food textures are an adventure for babies, and set the stage for life-long eating habits.²

Flavour

The very first flavours your baby experiences after birth are those in breast milk or formula. These early tastes can influence a child's food choices in the future. Interestingly, studies have found that infants fed Nutramigen prefer foods containing savoury and bitter flavours like broccoli as they get older, in comparison to children fed other types of formula.²

The more flavours infants experience from an early age, the more ready and willing they tend to be to try new foods when they are older. Varied foods and flavours are also more likely to provide your baby with the range of nutrients they need.

Texture

As weaning progresses it's important to introduce your baby to different textures – runny, lumpy, chewy, crunchy, and so on.³ Around 8 to 10 months of age, babies can start to eat finger foods. Varied textures help develop chewing skills, and the muscles needed for speech development.⁴ Finger foods provide a great opportunity for babies to feed themselves and also practise their hand–eye co-ordination skills!

Finger food ideas

Finger foods are pieces of food that your baby can easily hold. Start with soft foods and gradually progress onto harder finger foods, from 10 months of age.

Try:

- Sticks of steamed vegetable e.g. carrot, yam, sweet potato
- Fruit sticks (cut into small pieces)
e.g. ripe banana, pear, avocado, melon
- Rice cakes
- Well-cooked pasta shapes
- If you use melt-in-your-mouth or bite-and-dissolve baby biscuits/snacks, do keep an eye on the sugar and salt content of these
- Fingers of toast, pitta bread, chapati



When should I start to wean my child?

Most experts recommend that weaning should begin around age 6 months (26 weeks).¹ If you wish to begin a little earlier, discuss this with your health-care professional, but solid foods are not recommended before 4 months of age (17 weeks).^{1,3}

Behaviours which might suggest that your baby is ready to accept solids include:

- Putting things in their mouth
- Chewing their fists
- Watching others with interest when eating
- Demanding feeds more often

Ideally, whenever you decide to start, babies with CMA should be well and symptom-free when weaning begins.



Which foods can I introduce and when?

Solid foods are generally introduced in stages. The weaning table on the following page gives a guide to the approximate ages at which different foods and textures can be introduced, together with the suggested number of meals per day. It has been drawn up especially for babies with cow's milk allergy, excluding dairy products at every stage.

If you are interested in the baby-led weaning approach, you should discuss it with your doctor or another healthcare professional. It is feasible for most infants, but could lead to nutritional problems for some babies who are a little slower to develop.⁶

If you struggle to introduce new textures to your baby's diet, it is important that you discuss this with a doctor or dietitian.

- The introduction of other foods that commonly trigger allergies, such as wheat, soya, egg, fish and nuts, should not occur before 6 months of age.^{1,5} Thereafter, it is important to discuss their introduction with your doctor or dietitian, as they should not be delayed unnecessarily.
- When introducing these foods it is better to do so in small amounts over 3 days, introducing one food at a time.

- It is important that you do not introduce other animals' milks, like goat's or sheep's (ewe) milk, as the protein in these milks is very similar to that in cow's milk, and can trigger an allergic reaction.
- Oat milks do not provide adequate nutrition and should not be used as a main source of nutrition until an infant is at least two years old.
- Off-the-shelf soya milks should not be used under the age of 1 year.
- For more detailed advice regarding rice and soya milks in older babies, talk to your dietitian, or see the next booklet in this series, called *Feeding tips for toddlers: from 1 year*.

Weaning guide for infants with cow's milk allergy

| | Age (4)–6 months note that weaning should ideally commence around age 6 months, but not before 17 weeks | 6–7 months |
|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Foods to avoid | <ul style="list-style-type: none"> • Dairy • Egg • Nuts • Seeds • Fish[†] • Shellfish • Wheat (e.g. cereals) • Soya | <ul style="list-style-type: none"> • Dairy |
| Foods to introduce (aim to offer a new food every 3 days) | <ul style="list-style-type: none"> • Start by offering puréed root vegetables like potato, carrot and parsnip • Then move onto other vegetables • Offer fruits like apple, pear, banana and stone fruit (e.g. peach, plum) • But check with your dietitian or doctor before introducing strawberry, kiwi and citrus fruit at this stage • Offer rice cereal or other rice products | <ul style="list-style-type: none"> • Check with your doctor or dietitian before introducing gluten (wheat, oat, rye and barley-based foods), egg, soya, fish[†] and nuts[‡] at this stage • Continue to introduce a variety of vegetables and fruit • Start offering protein-rich foods like chicken, turkey, lamb, beef and pulses (beans and lentils) • Iron-containing food such as meat, iron-fortified cereals and green vegetables |
| Food textures | <ul style="list-style-type: none"> • Smooth puréed foods | <ul style="list-style-type: none"> • Thicker consistency with soft lumps • Make sure foods are soft, break easily into small pieces and are easy to swallow. Don't give your baby food that requires chewing |
| Mealtime routine | <ul style="list-style-type: none"> • Start by offering small amounts of each new food: 1–2 teaspoons, just to provide a taste • Offer solid food twice a day • Use a shallow plastic spoon • Gradually increase quantity | <ul style="list-style-type: none"> • 2–3 meals per day • Offer drinks in a lidded beaker or cup • Offer a few different food types at each meal, making combinations of: <ul style="list-style-type: none"> • fruit and vegetables (cooked until soft) • protein-rich foods • carbohydrate-rich foods like potato or rice |
| Feeding behaviour | <ul style="list-style-type: none"> • This is a new experience for your baby, so allow them to enjoy it and explore | <ul style="list-style-type: none"> • As soon as your baby can sit up, introduce a high chair • Provide a spoon to play with • Let your baby touch and play |

[†] Girls should not be given more than 2 portions of oily fish (such as mackerel, salmon and sardines) a week whereas boys can have up to 4 portions per week (see food.gov.uk/multimedia/faa/oilyfishfaq for more information).

[‡]The Department of Health's advice on nut avoidance changed in 2009. Check with your doctor or another healthcare professional whether you can introduce nuts into your child's diet.

This is just a suggested guide, with approximate ages, and will depend on when weaning is first started: every baby is different and will progress at their own pace.

| 8–10 months | 10 months and older |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Dairy | <ul style="list-style-type: none"> • Dairy |
| <ul style="list-style-type: none"> • Carry on introducing a range of: <ul style="list-style-type: none"> • vegetables • fruits • cereals • wheat-based foods (e.g. bread, pasta, cereals) • protein-rich foods | <ul style="list-style-type: none"> • Carry on introducing a range of: <ul style="list-style-type: none"> • vegetables • fruits • cereals • wheat-based foods • protein-rich foods • Talk to your doctor or dietitian about any foods that have not yet been introduced – it's best to introduce as many different foods as possible |
| <ul style="list-style-type: none"> • Mashed foods, with some bigger lumps • Soft finger foods can be introduced | <ul style="list-style-type: none"> • Mashed, chopped and minced family foods • Introduce hard finger foods and increase variety |
| <ul style="list-style-type: none"> • 3 meals per day plus snacks • Offer drinks in a lidded beaker or cup • Offer a few different food types at each meal, making combinations of: <ul style="list-style-type: none"> • fruit and vegetables (cooked until soft) • protein-rich foods • carbohydrate-rich foods like potato or rice | <ul style="list-style-type: none"> • 3 meals per day plus snacks • Offer drinks in a lidded beaker or cup • Offer a few different food types at each meal, making combinations of: <ul style="list-style-type: none"> • fruit and vegetables (cooked until soft) • protein-rich foods • carbohydrate-rich foods like potato or rice |
| <ul style="list-style-type: none"> • Encourage infants to feed themselves • This can be messy – but it is an important stage | <ul style="list-style-type: none"> • Encourage infants to feed themselves • Ignore negative feeding behaviour (e.g. throwing food) and reinforce positive feeding behaviour |

How much Nutramigen does my baby need?

If your baby is receiving Nutramigen LIPIL 1, your doctor or dietitian may recommend changing to a stage 2 hypoallergenic formula from 6 months, such as Nutramigen LIPIL 2, as these are tailored to meet the nutritional needs of older infants on a varied weaning diet.

As your baby eats more solid foods, you will find that the amount of formula he or she wants may start to decrease. During weaning, 600 ml (18 oz) of Nutramigen LIPIL 2 provides most of their daily nutritional requirements, and your child should continue to consume this much until at least 12 months of age. This can be taken as a drink, mixed into foods, or a combination of the two. The table opposite shows the key nutrients provided by 600 ml of Nutramigen LIPIL 2, as a percentage of your baby's daily requirements. Expert bodies recommend that all babies who are taking less than 500 ml formula per day should receive vitamin A, C and D supplements.⁴



Nutramigen contains LIPIL, a special blend of nutrients that includes DHA, also known as omega-3 fatty acid. DHA is present in breast milk and has been proven to support normal visual development. It is particularly important that babies on diets that exclude DHA-rich foods, like eggs and oily fish, have a good source of DHA, as provided in all Nutramigen formulas.

| Key nutrients provided by Nutramigen LIPIL 2 as a proportion of the daily requirements for babies up to age 1 year | |
|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| | Proportion of an infant's daily nutrient requirement provided by 600 ml of Nutramigen LIPIL 2 |
| Calcium | >100% |
| Iron | 87% |
| Vitamin D | 90% |
| Vitamin E | >100% |
| Vitamin C | >100% |
| Vitamin A | >100% |
| Thiamin (B1) | >100% |
| Riboflavin (B2) | >100% |
| Niacin | >100% |
| Folic acid | >100% |
| Vitamin B12 | >100% |
| Zinc | 91% |
| Selenium | >100% |

Values are based on the reference nutrient intake (RNI), which is the amount of a nutrient that is enough to meet the dietary needs of 97.5% of infants.

Nutrient values differ for Nutramigen LIPIL 1 and Nutramigen PURAMINO / AA.



Which foods contain cow's milk?

The only way to manage cow's milk allergy is the complete avoidance of cow's milk and its products (also known as dairy), even those small amounts hidden in foods.

Obvious sources of cow's milk

The most obvious sources are dairy products:

- cow's milk (fresh/UHT)
- yogurt
- fromage frais
- cheese
- butter
- ghee
- margarine
- curd
- cream/artificial cream
- ice cream
- milk drinks
- milk powder
- quark
- evaporated/condensed milk

Hidden sources of cow's milk

Milk can also be 'hidden' in a large number of foods, including bread, biscuits, cakes, ready-made baby foods and processed meats, so it is essential to always read food labels carefully. Ask your supermarket for a list of their milk-free foods. The following are all sources of milk to look out for:

- casein (curds)
- hydrolysed caseinates
- whey, whey solids
- whey protein
- hydrolysed whey
- lactalbumin
- milk sugar
- lactoglobulin
- lactose
- skimmed milk powder
- milk solids
- milk protein
- non-fat milk solids
- butterfat
- modified milk

Reading food labels

This list might look confusing, but by law the word 'milk' must appear after any confusing names for milk derivatives, and be shown in the ingredients list of manufactured pre-packed foods for sale anywhere within the European Union.

You should always read the full ingredients list, and not just rely on looking for highlighted allergens in the list. Manufacturers often change their recipes, so make sure you check the ingredients every time.

Packaged foods: Information about allergenic ingredients is now located in a single place, i.e. the ingredients list. Any of the 14 common Allergens may be emphasised in a variety of ways e.g. by using bold (as shown in the example below), underlining, italics, or highlighting.

Some companies may also emphasise the whole word for example:

wheatflour or use the words 'from **milk**' after listing the ingredient 'cream'.

INGREDIENTS: Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflour, **Wheat**flour, Salt, **Cream**, Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Vegetable Oil (sunflower), Herb and Spice, White Pepper, Parsley.

Unintentional ingredients and “may contain” statements

- During manufacturing, safe foods can sometimes unintentionally come into contact with milk (or other foods that your child is allergic to). As a result, the safe food may contain traces of milk, even though it is not shown on the label.
- Some manufacturer's choose to use advisory statements, such as “may contain milk” or “produced in a facility that produces milk products”.
- Discuss with your doctor or dietitian whether you need to avoid foods which have a “may contain” statement, as this may depend on the severity of your child's allergy.

Loose foods and eating out: Information on any of the 14 allergens used as ingredients now needs to be provided for foods sold without packaging or wrapped on site. This information could be written down on a chalk board or chart, or provided orally by a member of staff.

You can find more information on allergen labelling on the Food Standards Agency website.

(Information on Food Labeling from The Food Standards Agency booklet: Advice on Food Allergen Labelling, Nov 2013)

Getting started: weaning babies with CMA

Infants with CMA can also develop allergies to other foods. So it is a good idea to take a cautious approach when introducing new foods, particularly with foods which commonly cause allergies in children such as soya, egg, wheat, nuts and fish.

- Introduce only one new food at a time, once you have spoken to your doctor or dietitian (for example, an individual vegetable, or fruit). If your child has an allergic reaction, this approach will make it easier to work out which food caused it.
- Small amounts of each new food should be offered at first. The amount can then be gradually increased over a few days if there are no symptoms.
- You can use Nutramigen to mix the food to the consistency needed.
- Always remember that if a reaction affects your child's breathing, it is essential to get medical help immediately.

- Try to introduce new foods at lunchtime, so that you can observe any possible reactions and get medical advice if necessary.
- If any reactions occur, take a note of what happened and how much of the food was eaten, so that you can inform your doctor or dietitian.
- Wait for a day or two after symptoms have cleared up, before offering any other new foods.

The exact steps for introducing foods can vary for different children, depending on the type and severity of their allergy. Always follow the advice of your doctor or dietitian.

A page from a food diary

During the early stages of weaning, you might find it helpful to use a 'food diary', to keep track of the foods that have been introduced so far. This example of a page from a food diary shows the kind of information that is useful to write down.

What about cross-contact?

In a very small number of children with CMA, traces of cow's milk can be enough to cause symptoms. Your dietitian or doctor can discuss with you how careful you need to be to avoid contact between cow's milk and other foods (known as cross-contact).

| Date offered | New food | Amount eaten | Reaction (Y/N, what reaction, how soon after eating, how long did it last?) |
|--------------|---------------|--------------|-----------------------------------------------------------------------------|
| MAY 12 | PEACH PURÉE | 1 TSP | NO |
| MAY 13 | PEACH PURÉE | 2 TSP | NO |
| MAY 14 | PORRIDGE | 1 TSP | NO |
| MAY 15 | PORRIDGE | 2 TSP | NO |
| MAY 16 | PORRIDGE | SEVERAL TSP | NO |
| MAY 22 | SCRAMBLED EGG | 1 TSP | YES |
| | | | diarrhoea, 3 hours after eating, lasted 4 hours |

Feeding hints and tips!

- If your baby is frantically hungry, give them half of their breast feed or Nutramigen, then follow with the puréed food. This will satisfy their initial hunger and hopefully make them happier to try the puréed food.
- Go at your baby's pace. Don't rush or force feed, and let them decide when they've had enough.
- At this stage, how much they take is less important than getting them used to the idea of eating.
- Include your baby in family mealtimes whenever possible.
- Talk to your baby and make them feel included.

Foods to avoid

- Avoid adding salt and sugar to food, and avoid giving your baby adult foods which contain a lot of salt or sugar.
- Avoid giving honey under one year of age as it very occasionally contains a bacteria which can make your baby very ill. Honey is also a sugar so avoiding it will also help prevent tooth decay.
- Infants can choke easily, so avoid giving hard foods such as raw carrot sticks, small round foods like grapes, hard sweets, whole nuts or pieces of sausage. Always check fish carefully for bones.⁴



What do I need to get started?

Remember, weaning is messy, especially as your child starts to learn to feed themselves. So be prepared!

- Have a selection of bibs ready and a plastic sheet to cover the floor.
- To save time and effort, avoid wiping your baby continually – it is easier and better to simply wipe up once, at the end of the meal.

A blender or masher can be used to make puréed foods. You will also need plastic bowls, a shallow baby spoon, and a highchair as soon as your baby can sit up. Heat sensitive weaning spoons are widely available, to help you make sure the food is at the right temperature.

Cups and beakers

Try to introduce a cup or lidded beaker (without a valve) around age 6 months. Drinks flow very slowly through a teat, which means that the child has it in their mouth a long time, potentially damaging their teeth.⁴ Limit drinks to breast milk, Nutramigen or water, and avoid sugary, sweetened drinks and juice.

Family meals – what to do?

Avoid running a 'restaurant service' by cooking different meals for different family members. A lot of family meals do not normally contain milk, for example spaghetti bolognese and roast dinners. However, if a meal does contain milk, you can replace it with Nutramigen and use it as you would cow's milk, for example in sauces or custard. This will not only allow you to increase the variety of foods and recipes, but also increases the nutritional value of the meal.

The Nutramigen recipes included in this booklet will help you to prepare milk-free nutritious meals for your child. These might be especially useful if you are finding it difficult to get your baby to have enough formula. The recipes all contain Nutramigen formula in everyday family foods, such as white sauce used for pasta, lasagne and fish, and desserts such as rice pudding and custard.

Recipes

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There's no need to worry about trying these recipes – we have made sure they are all quick and easy for busy parents to make.

About the recipes in this booklet

- These recipes can be made with any of the Nutramigen formulas.[†]
- If your baby is receiving Nutramigen LIPIL 1 and is over 6 months of age, and weaning, your doctor or dietitian may recommend a stage 2 hypoallergenic formula, such as Nutramigen LIPIL 2, which is tailored to meet the nutritional needs of older infants.
- Always prepare formula according to the instructions on the tin.

- Purée, mash or chop food to the correct consistency for your baby.
- Please check each recipe to ensure that ingredients are suitable for your child. If you are not sure, discuss with your doctor or another healthcare professional.
- Try to add Nutramigen to recipes as late as possible, and avoid prolonged boiling, to help preserve the nutrients.

- **The portion sizes given are approximate;** your baby may want more or less than the amount suggested, and it is usually best to let them decide when they have had enough.
- **Recipes can be frozen unless indicated.** Freeze puréed foods in small containers or ice cube trays, then empty into labelled bags. Store food in the freezer for no more than a month. Before mealtimes ensure food is completely defrosted, then reheat thoroughly.
- Stir dishes well before serving and check the food is not too hot before giving it to your baby.

Never leave infants alone when feeding as there is a risk of choking

[†]Nutramigen LIPIL 1, Nutramigen LIPIL 2 and Nutramigen PURAMINO / AA.

Fruit purées

from (4-) 6 months

Try individual fruits at first and then combine 2 or 3 for variety

Apple purée

approximately 3 portions of purée (6 ice cubes)

2 dessert apples, peeled and chopped
 30 ml Nutramigen (1 scoop to 30ml water)
 1 level tsp baby rice – add gradually

1. Steam or stew the apple in a little water until soft
2. Drain and then purée, sieve or mash as required
3. Spoon out one portion and add Nutramigen and stir
4. Thicken to the correct texture by adding baby rice
5. The remaining purée may be frozen. Add Nutramigen and baby rice once it has been defrosted

Purées are ideal for the initial stages of weaning. Offering a variety of fruits and vegetables will help boost vitamin and mineral intake. For an infant who is just starting with Nutramigen, this recipe may act as a “taste introduction” and help them get used to the formula.

Variations

For a quick, easy no-cook meal choose fruit that is sweet and ripe (or tinned in natural juice).

- Ripe pear
- Papaya (scoop out seeds)
- Peach
- Banana
- Mango
- Melon



Combine 2 or 3 fruit purées for variety, for example:

- Apple, pear and a little mashed banana
- ¼ avocado and ½ small ripe banana (add Nutramigen until the desired consistency is achieved)

Vegetable purées

from (4-) 6 months

This recipe is ideal for the initial stages of weaning, with a variety of vegetables contributing to vitamin intake. For an infant who is just starting with Nutramigen, this recipe may act as a “taste introduction” and help them get used to the formula.

Try individual vegetables at first and then combine as below

Pea and potato purée

approximately 3 portions of purée (makes 6 ice cubes)

50 g frozen peas

1 potato, peeled and diced

30 ml Nutramigen (1 scoop to 30ml water)

1 level tsp baby rice, to thicken

1. Boil or steam the potatoes
2. When soft add the peas and cook for a further 2 minutes
3. Drain and then purée, sieve or mash as required
4. Spoon out one portion, add Nutramigen and stir
5. Thicken to the correct texture by adding baby rice
6. The remaining purée may be frozen. Add Nutramigen and baby rice once it has been defrosted

Tips

- The amount of baby rice given is only a guide – add more or less depending on the consistency required.
- Nutramigen is added after defrosting to preserve the vitamin content.

Variations

- Swede and carrot
- Butternut squash and parsnip
- Courgette and potato
- Broccoli and sweet potato
- Sweet potato and cauliflower
- Carrot and potato

Try a lentil purée: Boil 50 g of red lentils in 300 ml water until soft, drain and add 100 ml Nutramigen and 6 teaspoons of baby rice.

Remember that lentils may make your baby a little windy!

Makes 4 ice cubes.



Breakfast cereal

from 6 months

Finding a suitable breakfast for a child with food allergies can often be challenging. Breakfast cereal is an excellent way to boost your infant's intake of Nutramigen. These breakfast options are very nutritious and can be naturally sweetened and flavoured with a variety of fruit purées.

Porridge: makes 1 toddler portion or 2 baby portions
do not freeze

- 1 rounded tbsp porridge oats
- 90 ml water
- 3 scoops of Nutramigen powder
- 1 tbsp of puréed fruit (or to taste)

1. In a saucepan add oats to water, bring to the boil and simmer for 5 minutes. Alternatively, make in a microwave by heating for approximately 1½ minutes
2. Leave to cool then whisk in Nutramigen powder

Tips

- Add made-up Nutramigen to obtain the correct consistency for your child.
- If your child is wheat intolerant, replace the porridge with buckwheat, which despite its name, is not wheat.
- The semolina and ground rice porridge freeze very well so double the quantity and freeze in an ice cube tray.

Semolina or ground rice porridge:
makes 2 toddler portions or 4 baby portions

- 2 rounded tbsp semolina or ground rice
- 210 ml water
- 1 drop of vanilla essence (for toddlers)
- 6 scoops Nutramigen powder
- 1 tbsp of puréed fruit (or to taste)

1. Place semolina or ground rice in a saucepan and gradually blend in water
2. Add vanilla essence and simmer gently for 15–20 minutes for semolina and 10 minutes for ground rice, stirring occasionally
3. Leave to cool then whisk in Nutramigen powder and add fruit purée (to taste)



Savoury or sweet couscous

from 6 months

makes 1 toddler portion or 2 baby portions
do not freeze

This recipe can be savoury or sweet.

100 g dry couscous

90 ml boiling water

3 scoops Nutramigen powder

1. Add the water to the couscous
2. Cover and leave until the couscous has absorbed all the liquid
3. Mix in the Nutramigen powder to the couscous
4. Serve hot or cold



Tips

- For a younger infant add a little more water to make the couscous more moist.
- For a savoury version add a vegetable purée or chopped cooked vegetables and meat or tuna.
- For a sweet version mix in some puréed fruit. Alternatively, for infants older than 1 year, add a pinch of nutmeg and a small handful of chopped sultanas or chopped soft fruits such as apricots or strawberries.
- Good for a lunchbox or picnic.

It can be difficult to find versatile recipes that can be either savoury or sweet. Couscous is a very good starch source, and combined with vegetables and meat or tuna, it becomes a complete meal that includes protein, starch and vitamins. But remember couscous is a wheat product and should not be given to babies allergic to wheat or intolerant to gluten.

Fish in parsley sauce

from 6 months (purée, mash, chop as appropriate)

This recipe introduces fish in a nutritious white sauce made from Nutramigen. Fish is a great source of protein and combined with the Nutramigen it also provides a significant amount of calcium and vitamin D. This is also a good recipe if you are struggling to get calories and protein into your infant's diet, especially if you add the dairy-free cheese.

makes 1 toddler portion or 2 baby portions

150 g boneless white fish (fresh or frozen)
Nutramigen white sauce (see recipe below)
Fresh parsley

1. Steam or microwave the fish, or alternatively poach it in a little Nutramigen, until soft and cooked through (approximately 5 minutes)
2. Make up the sauce (see below), then add the parsley
3. Pour onto the fish or flake the fish into the sauce
4. Serve with mashed potato and vegetables. Also check for bones before serving

White sauce

1 tbsp dairy-free margarine
1 tbsp plain flour
250 ml Nutramigen (approximately 8 scoops added to 240 ml water)

Whisk all the ingredients together whilst cooking (or every 30 seconds if using a microwave)



Variations

- For a cheese sauce add 50 g grated dairy-free cheese (and soya-free if required)
- For a tomato sauce add 1 tsp of tomato purée and a pinch of dried Italian herbs (optional)
- If extra energy (calories) is needed, add 100 ml soya single cream or oat cream to the white sauce
- This sauce can be frozen in individual portions

Tip

This sauce can be made in a pan or a microwave. The trick is to use a whisk rather than a spoon when stirring it to prevent it going lumpy. The sauce appears thin on making but it does thicken as it cools. Double the quantity and freeze in individual portions.

Creamy leeks

from 6 months (purée, mash, chop as appropriate)

makes 2 toddler portions or 3 baby portions

1 leek, finely sliced
 1 tbsp dairy-free margarine
 Nutramigen white sauce (see recipe under “Fish in parsley sauce”)
 50 g hard dairy-free cheese, grated

1. Fry leeks in margarine on a low heat until very soft
2. Make the Nutramigen white sauce and stir in the leeks
3. Place in an oven-proof dish
4. Sprinkle with cheese and grill until cheese is melted and golden brown

Variations

- Serve as a vegetable side-dish or as a main course mixed with mashed potato
- Instead of using leeks try using courgettes or boiled beetroot

This recipe contains plenty of nutrients coming from both the leeks and the white sauce made from Nutramigen. Together with mashed potatoes, it is a nutritionally complete meal with protein (coming from Nutramigen), vegetables and starch. It is a great recipe for introducing new vegetables that are high in vitamins, like beetroot and courgettes.



Cauliflower and macaroni cheese bake

from 6 months (purée, mash, chop as appropriate; good finger food from 8 months)

makes 1 toddler portion or 2 baby portions

½ small cauliflower, cut into florets
50 g dried macaroni
Nutramigen cheese sauce (see recipe variation under “Fish in parsley sauce”)
50 g hard dairy-free cheese, grated

1. Boil the macaroni until soft
2. Meanwhile, steam or boil the cauliflower until soft
3. Make the Nutramigen cheese sauce
4. Stir everything together
5. Top with more cheese or breadcrumbs and grill

This is a classic recipe adjusted to be milk free and delicious. The recipe is rich in starch and protein, and together with some vegetables, you have a nutritious meal. The Nutramigen cheese sauce provides plenty of calcium and other nutrients and can be very useful for an infant who needs more energy and protein.

Tip

Make a double quantity of cheese sauce and freeze in individual portions.



Chicken supreme

from 6 months (purée, mash, chop as appropriate)

makes 2 toddler portions or 3 baby portions

1 tbsp vegetable oil
½ onion, finely chopped
1 chicken breast, diced
25 g frozen peas, cooked
25 g sweetcorn (tinned without added salt, or frozen)
Nutramigen white sauce (see recipe under “Fish in parsley sauce”)

1. Heat oil and fry onion until softened
2. Add diced chicken breast and fry until cooked
3. Add cooked peas and sweetcorn
4. Make the Nutramigen white sauce and pour over chicken and vegetables
5. Serve with mashed potato or rice

This recipe combines a protein source (chicken) with vegetables (sweetcorn) and the Nutramigen white sauce. It is rich in nutrients and contributes to the calcium and vitamin D intake of your child. This is another good recipe for additional calories and protein. Together with potato or rice, you have a complete meal.



Tuna and tomato pasta

from 6 months (purée, mash, chop as appropriate; good finger food from 8 months)

makes 2 toddler portions or 4 baby portions

50 g dried pasta
 130 g tuna chunks (free of bones) in sunflower oil, olive oil or spring water
 Nutramigen tomato sauce (see recipe variation under "Fish in parsley sauce")
 4 tbsp sweetcorn and peas – frozen or tinned

1. Cook the pasta until soft
2. In the meantime, make the Nutramigen tomato sauce
3. Drain the pasta and add the sweetcorn, peas and tuna, then stir
4. Pour over the sauce and fold into the pasta

Tips

- Add other vegetables such as diced carrots or mixed vegetables (fresh or frozen).
- Make double the quantity of tomato sauce and freeze.
- Use salmon (free of bones) instead of tuna.



This pasta recipe contains a source of starch (pasta), protein (tuna) and vegetables (sweetcorn and peas) and is therefore a nutritionally complete meal. The tuna (or salmon) contributes some omega-3 fatty acid as well as iron. Although this may be messy, do allow your infant to pick up the pasta and try to feed themselves.

Lasagne

from 6 months (purée, mash or chop as appropriate)

makes 3 toddler portions or 6 baby portions

Bolognese sauce

- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 1 garlic clove (optional)
- 150 g mince
- ¼ red pepper, finely chopped
- 200 g chopped tomatoes
- 3 tbsp tomato purée
- 1 tsp mixed herbs

White sauce

- See recipe under “Fish in parsley sauce”
- 50 g dairy-free (and soya-free if required) cheese
- 4–5 lasagne sheets (egg free if needed) – not in “free-from” supermarket aisle – look in usual pasta aisle. These can be pre-cooked or soaked by following instructions on packet or used dried as they are



1. Heat oil and fry onion (and garlic) until soft and golden
2. Add the mince and brown
3. Add red pepper
4. Add chopped tomatoes and tomato purée and cook for 30 minutes
5. In the meantime, make the Nutramigen white sauce
6. When the meat is cooked make the lasagne with alternating layers of mince, lasagne sheets and white sauce.
7. Finish with a layer of white sauce and sprinkle with grated cheese
8. Cook for 40 minutes at 180°C (gas mark 4)

Tips

- If vegetarian use a soya-based mince or Quorn® mince (parents of infants with an egg allergy should be aware that Quorn contains egg).
- Freeze in individual portions.

This milk-free lasagne recipe combines protein (mince/Quorn®, Nutramigen), starch (pasta) and vegetables (tomato), making it a well-balanced, nutritious meal. It also combines a variety of textures, promoting chewing skills, and contains plenty of different flavours (garlic, onion, herbs), helping to develop your infant's tastes.

Lamb and vegetable casserole

from 6 months (purée, mash, chop as appropriate)

makes 2 toddler portions or 3–4 baby portions

1 tbsp vegetable oil
 160 g lamb, diced
 1 clove of garlic (optional)
 ½ onion, chopped
 125 g chopped mixed vegetables (e.g. carrot, sweet potato, parsnip)
 2 tbsp tomato purée
 1 tbsp parsley, chopped
 250 ml Nutramigen (approximately 8 scoops added to 240 ml water)
 ½ tbsp cornflour

1. Pre-heat the oven to 160°C (gas mark 3)
2. Heat oil in a saucepan, add lamb and cook until browned
3. Add garlic and onion, cook until soft
4. Add chopped vegetables and stir
5. Add tomato purée and parsley
6. Add 250 ml Nutramigen (it will look runny, but don't worry, it will thicken up)
7. Cook in oven for 1 hour
8. Serve with cobbles (see recipe opposite) or mashed potato

Variations

- Vary the vegetables used: potato, swede, butternut squash, turnip, leeks
- For a vegetarian version try adding a few tinned beans, such as butter beans, borlotti or red kidney beans (avoid beans in salted water; or rinse well)
- Use beef or pork instead of lamb

This is a very nutritious complete meal, containing protein, starch and vegetables. It contributes not only important vitamins, but also iron and zinc, which are essential for normal growth and development. It also contains Nutramigen formula, which will provide some calcium and vitamin D. This is an ideal recipe for introducing new vegetables to a fussy eater.



Cobblers (savoury scones)

makes 4–5 small cobblers; from 10 months (good finger food)

This recipe provides a nutritious starch source that can be combined with many savoury casserole-type dishes. It also allows the young infant to get used to a variety of textures within a single dish. Together with the Nutramigen it also contributes to calcium and vitamin D intake.

120 g self-raising flour
60 g dairy-free margarine
10–15 washed spinach leaves
50 ml Nutramigen (approximately 2 scoops added to 60 ml water)

To make the cobblers

1. Add margarine to the flour
2. Rub into fine breadcrumbs
3. Add chopped spinach and Nutramigen
4. Make into a ball with a knife
5. Place on a lightly floured surface and press down until approximately 2 cm thick
6. Cut with a small round cutter into 4 rounds
7. Bake on top of the casserole or on a baking tray for 10 minutes at 180°C (gas mark 4)

Tips

- Eat some, freeze some: These cobblers freeze really well so why not make a double batch?
- Great for a snack or to take on a picnic.



Variation

Leave out the spinach and add 25 g dairy-free hard cheese or 25 g sugar and raisins to make sweet scones!

Risotto

from 8 months (mash or chop as appropriate)

makes 2 toddler portions or 4 baby portions

1–2 tsp vegetable oil
 ½ onion, finely chopped
 1 celery stick, finely chopped
 1 tsp of fresh tarragon, finely chopped
 100 g risotto rice
 ½ stock cube mixed with 2 tsp boiling water to make a paste (use a suitable infant stock cube – check ingredients for salt content (see tip below))
 300 ml Nutramigen (9 scoops to 270 ml water)

1. Heat oil and fry the onion and celery
2. Add risotto rice to onion and celery and fry till gold colour
3. Add the tarragon
4. Add stock paste and Nutramigen
5. Cover and simmer for 45 minutes
6. Serve hot or cold

Tips

- Serve hot as a main meal or cold as a snack in a lunchbox or picnic.
- Chicken, peas or sweetcorn can be added.
- Boots® organic stock cubes have no added salt and are also milk-, egg- and soya-free.



Risotto rice is a good source of starch with plenty of texture for an infant to practise their chewing skills. This recipe is also great with added vegetables (peas) and protein (chicken), which makes it a nutritionally complete meal. As it contains Nutramigen, it also contributes significantly towards your infant's nutrient intake, particularly calcium and vitamin D.

Layered potatoes

from 6 months (purée, mash, chop as appropriate)

makes 4 toddler portions or 6 baby portions

2–3 medium potatoes
 ½ tsp thyme
 Nutramigen white sauce (see recipe under “Fish in parsley sauce”)
 ½ tbsp milk-free breadcrumbs (optional)

1. Pre-heat the oven to 200°C (gas mark 6)
2. Slice the potatoes and boil or steam for about 8 minutes (until they are half cooked)
3. In the meantime make the Nutramigen white sauce and add the thyme
4. Layer the potatoes and sauce in a greased oven-proof baking dish, ending with a layer of sauce
5. Sprinkle with milk-free breadcrumbs and cook for about 15–20 minutes or until the gratin is a golden brown colour
6. Freeze remaining potatoes in individual portions

Variations

- Make a vegetable gratin by substituting one potato with a carrot and a parsnip
- Try different seasoning with a variety of fresh or dried herbs, such as basil, oregano or tarragon



This classic recipe is an ideal starch source that has been enriched by mixing it with Nutramigen, which adds calories and other nutrients, in particular calcium and vitamin D. This is also a good recipe if you are struggling to introduce new flavours into your infant's diet.

Yogurt-style fruit dessert

from 6 months

makes 1–2 servings

6 scoops Nutramigen powder
1 tbsp cornflour
180 ml cold water

1. Mix cornflour with a little water to form a smooth paste and then gradually add remaining water
2. Cook for 3 minutes, stirring continuously until mixture thickens
3. Take saucepan off the heat and gradually add Nutramigen powder, whisking well to form a smooth mixture
4. Leave it to cool in a cold water bath (fill a large bowl with cold water and sit the bowl containing the yogurt in it)
5. Store the yogurt in a covered container in the fridge for up to two days

Variations

- Serve with tinned or fresh fruit, e.g. blueberry purée, mashed banana or crushed pineapple
- For a change add a drop of vanilla essence or a pinch of cinnamon or nutmeg



It is very difficult to find a suitable yogurt replacement for infants with multiple food allergies. This Nutramigen “yogurt-style” dessert provides a similar texture to real yogurt and you can mix a variety of fruit and flavours into it, to give an infant a similar experience to consuming real yogurt. This recipe also contributes a significant amount of nutritious Nutramigen to the diet, which may help with those tricky feeders. In particular, it helps meet calcium and vitamin D requirements.

Rice pudding

from 8 months

makes 2 toddler portions or 3 baby portions
do not freeze

50 g pudding rice
600 ml Nutramigen (18 scoops to 540 ml water)
3–4 tsp sugar
Vanilla essence (for toddlers)

1. Place all ingredients in a pan and simmer for 2 hours
2. Serve with puréed or stewed fruit
3. Can be eaten hot or cold

This rice pudding made with Nutramigen also contributes a significant amount of Nutramigen to the diet, which may help with achieving sufficient volume consumption of this formula. In particular it helps achieve calcium and vitamin D requirements.



Custard

from 8 months

makes 1 toddler portion, do not freeze

½ tbsp of milk-free custard powder
200 ml Nutramigen (6 scoops to 180 ml water)
1–2 tsp sugar or sweeten with puréed fruit

1. Mix custard powder and sugar with 2 tablespoons of cold Nutramigen to make a paste
2. Gently heat remaining Nutramigen
3. Remove from heat and slowly add to the custard mixture, stirring continuously
4. Return to the pan and heat until thickened
5. Serve warm or cold

Variations

- Add banana or other puréed fruit

This milk-free custard is very versatile and can be added to fruit or baked desserts. As it is made with Nutramigen formula, it not only provides calories and protein, but also essential nutrients like calcium and vitamin D.

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Birthday cake

Your little one's 1st birthday may seem a long way off, but it will be here before you know it! So we've included a great tasting dairy- and egg-free birthday cake recipe which will go down a storm with family and friends. There's no need to use Nutramigen in this recipe.

300 g self-raising flour
 250 g caster sugar
 340 ml water or Nutramigen (10 scoops to 300 ml water)
 9 tbsp oil (not olive oil)
 2 tsp vanilla essence (for toddlers)
 2 tsp baking powder (for older children)
 Ideally use a shallow, oblong cake tin

1. Pre-heat oven to 180°C (gas mark 4)
2. Sieve flour into bowl, add sugar and stir
3. Beat all cake ingredients together to a thick batter consistency with a whisk
4. Place in a greased cake tin lined with grease-proof paper
5. Cook for 45 minutes or until golden and springs back when pressed
6. Keep in the tin and cover with a tea towel so it doesn't crack
7. When cold remove from tin and decorate with icing

To decorate

- Make icing using 175 g sieved icing sugar and 1½ tbsps warm water.
- Alternatively, top with dairy-free buttercream. Beat 120 g dairy-free margarine with a wooden spoon until soft, gradually mix in 225 g icing sugar. Add 1 tbsp of water and beat until fluffy (check ingredients if your child has an egg allergy as some icing sugars may contain egg white).

Variations

- For a chocolate cake add 50 g of cocoa to the flour and for chocolate buttercream mix 1 tbsp cocoa powder with the water



Notes

References

- 1) Department of Health. Weaning: Starting solid food. Date of revision: January 2008
- 2) Beauchamp GK et al. J Pediatr Gastroenterol Nutr 2009;48 Suppl 1:S25-S30
- 3) British Dietetic Association. Weaning your child. 2007
- 4) NHS. Birth to Five. 2009
- 5) Food Standards Agency. Peanuts during pregnancy, breastfeeding and early childhood. <http://www.food.gov.uk> [Last accessed Apr. 2011]
- 6) Wright CM et al. Matern Child Nutr 2011;7:27-33





Advice and support

If you would like more advice on any aspects of feeding and weaning your baby, contact your doctor, dietitian or health visitor.

For questions about Nutramigen, call the Mead Johnson Careline.



You can find more information on cow's milk allergy and Nutramigen on our website, www.nutramigen.co.uk.



Follow us on facebook

Visit our facebook page for daily tips and to chat to other parents with children diagnosed with CMA:

www.facebook.com/NutramigenUKIre

Useful resources

You'll find more great milk-free recipes for parties and other special occasions in our next booklet in the series called *Feeding tips for toddlers: from 1 year*. This booklet also contains practical tips for:

- Quick meals and snacks
- Encouraging poor eaters
- Reading and understanding food labels

Please ask your doctor, dietitian or health visitor for a copy, or contact the Mead Johnson Careline.



IMPORTANT NOTICE: Breastfeeding is best for babies. The decision to discontinue breastfeeding may be difficult to reverse and the introduction of partial bottle-feeding may reduce breast milk supply. The financial benefits of breastfeeding should be considered before bottle-feeding is initiated. Failure to follow preparation instructions carefully may be harmful to a baby's health. Parents should always be advised by an independent healthcare professional regarding infant feeding. Products of Mead Johnson must be used under medical supervision.

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