

Try to introduce new foods earlier during the day, so that you can observe any possible reactions and get advice if necessary.

Consistency offered

AGE	FOODS TO OFFER	FOOD TO AVOID
6-8 Months	pureed, progressing to mashed	• Pureed zucchini • Pureed wheat • Mashed banana • Mashed mix berries
By 8 months of age	Minced , progressing to soft and chopped food	• Boiled egg • French toast –sliced (prepared without milk) • Soft boiled rice w/fresh tomato sauté + Minced fish • Non creamed lentil soup
By 12 months of age	Finger food	• Soft boiled pasta w/basil sauce +Boiled chicken shreds + steamed broccoli florets • Sweet potato fingers w/ hummus • Mashed potato (NO CREAM) w/beef kebab

Make sure your CMPA child get’s Calcium from non dairy food sources!

Beans & lentil

Fish (Salmon)

Calcium fortified (Cereals)

Green leafy vegetable Kale Spinach

Non-Dairy milk (Rice milk/Almond milk)

Nuts /seeds (Grind nuts) Almond-hazelnut Tahini

Vegetables Okra Broccoli

Gradual Introduction of Milk

Cow’s milk reintroduction should only be performed in conjunction with advice from your doctor or dietitian

Milk ladder

1). Amount of food

Step	Amount of food	Advice on progression
1	Grain of rice size (400mg)	Give the food at LEAST 3 times per week once tolerated Increase each stage weekly, if possible and tolerated
2	Pea size (1g)	
3	Teaspoon size (5g)	
4	Tablespoon size (15g)	
5	¼ portion (age appropriate)	
6	½ standard portion	
7	Full standard portion	

2). Type of food

Step	Which dairy product can you offer your child? (Choose one in every step)
1	Biscuits containing milk • Milk biscuit (morning coffee/ Coffee joy.)
2	Baked products • Plain cakes or muffins • Scones • Milk loaf • Croissants • Butter • Brioche bread
3	Baked products cooked for less time • Pancakes • Waffle
4	Foods containing cheese or milk • Cheese or cream including cheese on toast, macaroni cheese • Pizza, lasagna, pasta bake • Chocolate, chocolate coated or containing foods • Shepherd’s pie/mash with butter/milk in sauces • Soups or meals/purees containing milk • Rice pudding/custards
5	Less processed milk • Yoghurt,laban • Soft cheese (fresh mozzarella, ricotta , burrata)



COW MILK PROTEIN ALLERGY

Cows' milk allergy (CMPA), also called cows' milk protein allergy, is one of the most common childhood food allergies.

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There are 2 main types of CMA:

- ◀ Immediate CMPA – symptoms -> within minutes of having cow’s milk.
- ◀ Delayed CMPA -> where symptoms typically begin several hours, or even days, after having cows' milk.

Symptoms of cows' milk protein allergy

- ◀ Skin reactions – such as a red itchy rash or swelling of the lips, face and around the eyes.
- ◀ Digestive problems – such as stomach ache, vomiting, colic, diarrhoea or constipation.
- ◀ Hay fever-like symptoms – such as a runny or blocked nose.
- ◀ Eczema that does not improve with treatment.

Cows' milk allergy development and diet management

CMPA onset	Treatment for CMPA
Exclusive breastfed babies – as cow milk consumed in mother’s diet passes through the breast milk to the baby!	Maternal strict milk free diet
Introduction of formula	Cow milk protein free formula alternative.
Introduction of solid food	Milk free weaning diet ◀ Include; high calcium non dairy sources.

Are you an exclusively breastfeeding mother dealing with CMPA child?

You should follow and strictly adhere to maternal strict milk free diet

What foods should I Avoid while breastfeeding?

- ◀ You need to avoid milk, dairy products, and any product containing milk.
- ◀ You will also need to avoid soy and soy bean products. Babies with a CMPA are at a higher risk for having or developing a soy allergy.



Reading Food Labels

Avoid foods that contain any of the following ingredients:

COW MILK PROTEIN SOURCES

Milk (all forms) •Evaporated •Condensed •Powder	Fermented milk	Sour milk • Kefir	Non-Fat dairy (skim/low fat)	Cream • Whipped • Heavy cream	Laban •low fat •laban up	Yoghurt •low fat •Greek	Butter	Margarine	Ghee
Pudding	Sour cream	Ice cream	Cheese All natural cheeses & processed	Spreadable Cream cheese	Milk Chocolate	Casein Protein	Whey Protein	High protein flour Protein bread	Flavorings (caramel) (Brown sugar)

SOYA SOURCES

Soya milk	Tofu	Edemame	Monosodium glutamate MSG	Soy protein
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Example of common home-made dishes that need to be avoided

Breakfast	Chia pudding Overnight oats Cheese sandwich French toast Brioche bun
Lunch	Creamed soups (creamy mushroom soup) Sauté Vegetables (with butter) Kibbeh bel laban Chicken makani (made with added cream)
Dinner	Pasta dishes with added cooking cream/whipped cream/milk/cheese Béchamel Lasagna Pizza with cheese topping
Snack	Greek yogurt bowl Custard Muhalbya Om Ali Sahlab Ready cake mix with added milk Milk shakes and smoothies (with added milk, yogurt, laban,icecream)

Detailed List of foods to include / avoid on a CMP free diet

	Include	Avoid
Beverages	• Fruit drinks • Tea • Coffee • Almond milk • Rice milk	• Beverages prepared with milk (milkshake.) • Soy milk
Breads	• Bread with no added milk	• Commercially prepared bread with milk
Cheese	All	None
Egg	Any egg style made without adding milk	Egg made with adding milk
Potato	Plain potato without milk	Mashed potato or jacket potato with added milk/cream/cheese
Rice	Rice made without butter or CMPA ingredient	Rice with added CMP ingredient
Pasta	Pasta made with non milk base sauce. (basil/pesto/red sauce...)	Pasta in cream/butter/milk/cheese
Soup	Broth or blended based soups	Creamy Soups with added milk/cream
Fruits	Fresh / frozen / canned	Any fruit dish added with cream
Vegetables	Fresh / frozen / canned	Any fruit dish added with cream (buttered vegetables)
Meat / fish / poultry	• Fresh / frozen that does not contain milk or breading. • Legumes • Beans	• Commercially prepared meats. • Frozen fish or chicken (breaded). • Meat or chicken stuffed with cheese. • Tofu or soy beans.
Sweets & Desserts	• Sugar • Honey • Jam	• Chocolates • Ice-cream • Cakes • Cookies • Pies
Other	• Plain popcorn • Ketchup	• Hollandaise sauce • Cheese or milk based gravy • White sauce • Butter popcorn

Introducing Solids to your baby > 6 months

How to safely introduce new foods into the diet of your infant with CMPA?

- ◀ New foods are introduced one at a time and start with single ingredients.
- ◀ Introduce new foods 2-3 days apart to allow time for any adverse reaction to be observed 3).