



A parent's guide to cow's milk allergy

Feeding tips for toddlers: from 1 year

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About this booklet

This booklet gives advice on managing the diet of toddlers with cow's milk allergy (CMA) from age 1 year. It has been written by Rosan Meyer, Specialist Paediatric Allergy Dietitian, and 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 toddler'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.

The needs of the growing child

As your child reaches their first birthday, they are growing rapidly and increasingly moving around on their own. As they become more active, they need an energy-rich diet, and eating a wide variety of different foods will provide them with the nutrients they need for growth and development.

Like the rest of the family, toddlers should eat a range of foods from each of the main food groups. As children with CMA cannot have dairy products, special care should be taken to make sure they get certain key nutrients, such as calcium, from other sources.

Fruit and vegetables 3–5 portions a day¹

- Fruit and vegetables are vital sources of vitamins, minerals and fibre.
- Different fruits and vegetables contain different nutrients, so it's good to introduce a lot of different types.
- Eating a wide variety from a young age can help prevent fussiness later on.

Bread, other cereals and potatoes 3–4 portions a day¹

- Starchy foods include bread, breakfast cereals, potatoes, rice and pasta.
- They are good sources of energy, nutrients and some fibre.
- Offer your child a range of different types each day.

Meat, fish and other protein-rich foods 1–2 portions a day¹

- Meat, fish, eggs, nuts and pulses (such as beans, lentils and peas) are excellent sources of protein and iron.
- Meat and fish are also important sources of zinc.
- Oily fish (i.e. salmon, mackerel, tuna, sardines) also provide essential fatty acids.
- Children on a vegetarian diet need 2–3 portions a day of plant-based protein-rich foods, for example pulses.¹

Advice on oily fish

Even if your child can tolerate fish, the Food Standards Agency advises that 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 of oily fish per week (see www.food.gov.uk/multimedia/faq/oilyfishfaq for more information).

Key nutrients provided by Nutramigen* LIPIL* 2, as a proportion of the daily requirements for children aged 1–3 years	
	Proportion of a child's daily nutrient requirement provided by 500 ml of Nutramigen LIPIL 2
Protein	58%
Calcium	>100%
Iron	84%
Vitamin D	75%
Vitamin E	>100%
Vitamin C	>100%
Vitamin A	81%
Thiamin (B1)	77%
Riboflavin (B2)	>100%
Niacin	66%
Folic acid	70%
Vitamin B12	>100%
Zinc	76%

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

Alternatives to milk and dairy products: Nutramigen for children with CMA

Aim for 500 ml (15 fl oz) a day

- Most toddlers get a lot of the essential nutrients like calcium, protein and energy from dairy products; hypoallergenic formulas can be a helpful alternative for children with CMA.
- 500 ml of Nutramigen LIPIL 2 contains most of a toddler's daily requirements of key nutrients (see table).
- Nutramigen can be given as a drink, mixed into foods, or a combination of the two.
- Check with your dietitian if dairy-free cheese and yogurts are suitable. Choose varieties fortified with calcium.

Nutramigen also contains LIPIL, a special blend that contains DHA, also known as omega-3 fatty acid. DHA is present in breast milk. 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 by Nutramigen LIPIL.

Dairy-free sources of calcium

Toddlers with CMA need good dairy-free sources of calcium to help them develop strong teeth and bones. Consuming 500 ml of Nutramigen per day will provide all the calcium they need between the ages of 1 and 3. Other good sources include dark green leafy vegetables, such as kale and broccoli, and 'fortified' products, including some breakfast cereals and fruit juices (although juices should be diluted and ideally given only at meal times, as they contain natural sugars which could damage teeth).

- Milk from other animals, such as sheep or goats, is not recommended for children with CMA.²
- Off-the-shelf milks made from oat, quinoa, sesame, almond or coconut do not provide adequate nutrition, and should not be used as a main source of nutrition until an infant is at least 2 years old. They should only be given to infants under 2 with guidance from a dietitian.
- Rice drinks are only suitable for children over 4½ years of age.¹
- Soya milk should only be used on the advice of a GP or paediatric dietitian.¹



Feeding hints and tips

Sharing food as a family

With a little thought and planning, toddlers with CMA can eat many of the same foods as the rest of the family, cutting down on the need to cook separate meals. Many family meals are dairy free anyway, such as a roast dinner or spaghetti bolognese. For dishes that usually contain milk, you can replace the milk with Nutramigen, for example in creamy soups, moussaka or even ice cream (see recipes in this booklet).

It is a good idea to introduce young children to a wide range of foods, so they get used to eating the same foods as the rest of the family and to set up good eating habits for later life. By watching other family members at mealtimes, children learn how to feed themselves and how to behave while eating. At 1 year of age, children are usually trying to feed themselves, though they may still need some help. Between age 1 and 2, children should be encouraged to start feeding themselves with a plastic spoon.



How much food does a toddler need?

Toddlers have small tummies. They can't eat large portions of food at one time, so they may eat small meals and some will need healthy snacks in between. Children's appetites vary hugely, so the best approach is to be guided by how much your child wants. Don't force them to eat if they don't want to, and equally, give them more if they are really hungry. As long as your child eats some foods from each of the 4 food groups mentioned on pages 4 and 5, they are active, and your doctor or dietitian is happy with their weight gain, try not to worry about how much they eat.¹

Iron-rich foods

Iron is vital for building red blood cells and preventing anaemia. Nutramigen provides a source of iron but other important sources include red meat (beef, lamb and pork), dried fruit (like apricots and figs), pulses and fortified foods such as breakfast cereals. It is also worth knowing that the vitamin C found in vegetables and fruit helps your child to absorb iron.



Handy tips for poor eaters

- If your child is not gaining enough weight according to their growth chart, or has not progressed to eating a variety of textures, talk to your doctor or dietitian.
- Remember that young children need a lot of energy to grow, and they get much of this from fat in their food.
 - Avoid 'low-fat' foods and use healthy fats like vegetable oil in cooking.
 - Giving your child at least 500 ml of Nutramigen per day will help meet their energy needs.
- Your toddler also needs plenty of protein for growth; really good sources include meat, fish and pulses (e.g. beans, hummus and dhal).
- Give small, manageable portions and praise your child when they finish them.
- Keep meal times to 30 minutes, even if they have not finished their meal.
- Don't force them to eat if they refuse a certain food, just remove it without comment and try again in a few weeks. Children's tastes change, and can be influenced by other children of the same age or adults who they like to eat with, such as grandparents.
- Bright colours and interesting shapes, such as different pasta shapes, can help make food more fun and appealing for children who are reluctant to eat.

Fat, sugar and salt

- It is important to make sure your child's diet includes healthy fat, which is fat that comes from plants, including olive oil and vegetable oil (e.g. sunflower, rapeseed), and also from oily fish. Fat is an important source of calories for toddlers, and it also contains some vitamins that are found nowhere else, such as vitamins A and E. In contrast, processed foods like crisps, chips, biscuits and cakes often contain hydrogenated fat, which should be limited in your child's diet.
- A diet that is high in sugar can encourage a sweet tooth, and lead to tooth decay. There is no need for a sugar-free diet, but avoid adding sugar to foods, and avoid sugary foods like fizzy drinks, sweets, cakes and jam.
- There is also no need to add salt to your child's food, as most foods already contain enough.



Reading food labels

Dairy products including butter, cheese, ghee, are the obvious foods that contain milk. However milk can be 'hidden' in a large number of foods, such as bread, biscuits, cakes and processed meats, so it is essential to always read food labels carefully.

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)

Quick meals and snacks

Need to make a meal in a hurry? Here are some quick and easy dairy-free meals:

- Baked potato (in the microwave) with baked beans and dairy-free grated cheese (choose low salt and sugar baked beans)
- Pitta bread with salmon and cucumber
- Chapati with dhal
- Pasta with a tomato-based sauce (such as passata), tuna and sweetcorn
- Grilled fish (check for bones), with mashed potato and broccoli
- Stir-fried chicken and vegetables with rice
- Scrambled egg with triangles of toast or shredded omelette mixed with rice and peas (if eggs are tolerated)
- Mashed canned sardines on toast

Many of our recipes in the *Weaning and up to 1 year* booklet and in this booklet can be frozen. Why not make double the quantity and freeze it in individual portions? That way, you can make a quick meal when you're in a hurry or they're starving!



Out and about, or at home: healthy snacks made easy

Whether you are on the move, or just need a quick bite for hungry toddlers, these healthy snacks should fill the gap:

- Fresh fruit pieces with Nutramigen yogurt-style fruit dessert (see *Weaning and up to 1 year* booklet for recipe)
- Vegetables sticks, pitta bread and hummus
- Couscous with peas and ham (see *Weaning and up to 1 year* booklet for recipe)
- Chicken drumsticks
- Rice cakes with yeast extract or peanut butter (if tolerated)
- Sandwiches
- Breakfast cereals (not sugar coated)
- Savoury or sweet scones (see the *Weaning and up to 1 year* booklet for recipe)
- Slices of pizza (see recipe on page 26)



Starting nursery or school

It's a good idea to meet with staff at the nursery or school to let them know of your child's allergy – plan ahead and don't wait until your child starts!

Provide information about your child's food allergy, including:

- safe and unsafe foods
- symptoms and treatment of an allergic reaction
- the importance of increased supervision during meal/snack time to ensure unsafe foods are not shared.

Most nurseries and schools have experience of dealing with special diets and should be able to cater for your child's dietary needs, but you may wish to provide a packed lunch and snacks to be safe. As a guide, a lunchbox should contain two savoury items (such as a sandwich and some vegetable sticks), some fruit, a drink, and a sweet item like a currant bun or scone.



Party time!

Your child's party is a special occasion and you want them to enjoy all the food on offer, so we've given some ideas below for fun, milk-free party treats as well as some everyday healthy foods.

- Dairy-free sandwiches, such as ham, chicken, tuna, yeast extract, jam and dairy-free cheese – try making them with brown and white bread and maybe cut some into different shapes
- Bowls of vegetable sticks, for example cucumber, carrot, red pepper and halved baby tomatoes
- Plain popcorn
- Red and green seedless grapes
- Pizza (see recipe on page 26)
- Milk-free cocktail sausages
- Fruit scones (see recipe in the *Weaning and up to 1 year* booklet)
- Sweet and savoury couscous
- Fairy cakes (see recipe on page 27)
- Reduced-sugar jellies with tinned or fresh fruit served with dairy-free ice cream (see recipes on pages 29 and 30)
- Reduced-salt, melt-in-the-mouth baby crisps

We have included a few milk-free treats that are tasty enough to be enjoyed by everyone, such as pizza and fairy cakes. For a great tasting dairy- and egg-free birthday cake see the *Weaning and up to 1 year* booklet, or use the fairy cake recipe on page 27 (double the quantity and cook for 45 minutes).

As your child starts to be invited to parties, it is important to discuss with the organiser which food and drinks are suitable, and ask them to keep an eye on your child if you are not there.





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Meals for hungry toddlers

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Party time!

Recipe ideas for parties and special occasions

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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.

The recipes in this booklet

- These recipes can be made with Nutramigen LIPIL 2 (suitable from 6 months of age) and Nutramigen PURAMINO / AA.
 - If your child is receiving Nutramigen LIPIL 1, your healthcare professional may recommend a switch to a stage 2 hypoallergenic formula, such as Nutramigen LIPIL 2, which is tailored to meet the nutritional needs of older infants on weaning diets.
 - Always prepare the formula according to the instructions on the tin.
- **Please check each recipe to ensure that ingredients are suitable for your child. If you are not sure, please discuss with your doctor or another healthcare professional.**
 - Mash or chop food to the correct consistency for your baby.
 - 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 child 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.** Label foods, adding the preparation date. Store food in a 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.
 - Foods can be mashed or chopped after defrosting to obtain the desired consistency.

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

Carbonara

Makes 2 toddler portions

50 g dried pasta/spaghetti
 1 tbsp vegetable oil
 ½ onion, finely chopped
 50 g bacon, cut into small pieces (or bacon lardons) or ham
 25 g red pepper, finely chopped
 Nutramigen white sauce (see recipe below)

1. Boil the pasta/spaghetti
2. In the meantime, heat the oil and fry the onion until soft
3. Add bacon and fry until golden
4. Add pepper and cook until soft
5. Make Nutramigen white sauce and stir into the drained pasta
6. Add the bacon and red pepper



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White sauce

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

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

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 or it will go lumpy. The sauce appears thin on making but it does thicken as it cools. Make double the quantity and freeze in individual portions.

Variations

- For a cheese sauce add 50 g grated dairy-free cheese.
- 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 oat or soya single cream to the white sauce.

Moussaka

This nutritious recipe contains protein (mince) and plenty of vitamins from the vegetables (aubergine). The Nutramigen white sauce adds to its nutrient content, in particular calcium and vitamin D. This recipe contains a lot of energy and protein for the fussy eater.

Makes 2 toddler portions

2 tbsp vegetable oil
 200 g lamb mince
 1 onion, finely chopped
 1 tsp tomato purée
 ½ tsp oregano
 ½ aubergine, cut into thin slices
 Nutramigen white sauce (see recipe under “Carbonara”)
 50 g dairy-free cheese, grated

1. Pre-heat the oven to 180°C (gas mark 4)
2. Heat 1 tbsp of oil and fry garlic and onion until soft
3. Add mince and cook until browned
4. Add herbs and tomato purée
5. Place meat in a small oven-proof dish
6. Heat a tablespoon of oil and fry aubergine slices for 1–2 minutes each side or until golden and soft
7. Lay these on top of the mince
8. Next make the Nutramigen white sauce and pour over the aubergine
9. Sprinkle with dairy-free cheese
10. Place in the oven for 40 minutes



Tips

- Try adding a pinch of allspice and cinnamon to the onions and garlic when they are frying.
- If vegetarian use a soya-based mince or Quorn® mince (beware Quorn contains egg for those with an egg allergy) or use cooked brown lentils.
- Divide into individual portions and freeze.

Sweet and sour chicken

Sweet and sour chicken is an ideal way to offer a big variety of vegetables in a delicious way. This recipe is not only high in vitamins but contains protein in the form of chicken. Together with rice, noodles or couscous it is a nutritionally complete meal.

Makes 2 toddler portions

1 tbsp vegetable oil
½ small onion, finely chopped
½ carrot, diced
½ green or red pepper, diced
½ courgette, diced
100 g chicken, diced
¼ tsp Chinese spice powder (optional)
100 ml Nutramigen (3 scoops to 90 ml water)
½ small can pineapple chunks in natural juice
1 tsp cornflour

1. Heat oil and fry onion until softened, then add chicken and brown
2. Add vegetables and fry for 3 minutes
3. Gradually add the Nutramigen to the cornflour, whilst mixing
4. Add to the meat, together with the pineapple and Chinese spice
5. Simmer for 10–15 minutes until the meat is cooked
6. Serve with boiled rice, couscous or noodles

Tip

Many noodles contain egg but rice noodles are usually egg-free. Always check the packaging.



Sausage Stroganoff

This sausage Stroganoff is a good source of protein enriched by the Nutramigen, contributing a variety of nutrients. This recipe also provides a lot of energy and protein in a small amount, ideal for the allergic child that eats only small portions.

Makes 2 toddler portions

4 sausages (check they are milk-free)
 ½ onion, finely chopped
 1½ tbsp vegetable oil
 1 tsp cornflour
 2 tbsp tomato purée
 180 ml water
 6 scoops Nutramigen powder

1. Grill or fry sausages until golden
2. Set aside to cool
3. Gently fry onion in the oil until soft
4. Slice sausages and add to the onions, then add the tomato purée
5. Add a small amount of water to the cornflour and blend to make a smooth paste
6. Add the paste and the 180 ml of water to the pan
7. Simmer on a low heat until it thickens

8. Add 6 scoops of Nutramigen powder gradually – stirring thoroughly
9. Serve with mashed potato, pasta or couscous and vegetables



Tomato and bacon soup

Soups are not only easy to make but also are very nutritious. This soup is high in vitamins with carrots and tomatoes and also contains some protein (bacon). The Nutramigen adds to its nutritional content and is an ideal recipe for those children who do not drink sufficient hypoallergenic formula.

Makes 3 toddler portions

2 tbsp vegetable oil
2 onions, roughly chopped
3 slices bacon, chopped (or cut with scissors)
3 carrots, finely chopped
1 x 200 g tin chopped tomatoes
400 ml Nutramigen (12 scoops to 360 ml of water)

1. Heat oil in a saucepan and fry onions and bacon until very brown
2. Add carrots and continue frying
3. Cover and simmer until carrots are soft
4. Add tomatoes, cover and simmer for 30 minutes (if you add tomatoes before the carrots are soft the carrots will not get soft due to the acidity of the tomatoes)
5. Add the Nutramigen and purée with a blender
6. Serve with triangles of toast or a bread roll
7. Divide into individual portions and freeze remaining soup



Potato and broccoli soup

This soup contains both a starch (potato) and broccoli, which is high in vitamins. In addition, the Nutramigen adds nutrients and adds to the total intake of formula per day.

Makes 3 toddler portions

100 g broccoli, chopped

2 medium potatoes, finely diced

100 ml vegetable stock

(use a suitable infant stock cube – check salt content – see tip below)

400 ml Nutramigen (12 scoops to 360 ml of water)

1. Fry potatoes until browned and soft
2. Add broccoli and 100 ml stock
3. Cover pan and simmer until vegetables are soft
4. Add the Nutramigen and purée with a blender
5. Serve with triangles of toast or bread roll
6. Divide into individual portions and freeze remaining soup

Variations

- Try other vegetables in the same proportions.

Tip

- Boots organic stock cubes have no added salt and are also milk-, egg- and soya-free.



Potato pancakes

This potato recipe contributes starch to a meal and together with the Nutramigen becomes a significant source of other nutrients like calcium and vitamin D.

Makes 4 pancakes - do not freeze

25 g flour

Vegetable oil for frying

130 ml Nutramigen (4 scoops to 120 ml water)

1 tsp sugar

Pinch of salt (optional)

1 medium potato, finely grated

1. Place flour in a bowl and gradually add Nutramigen, stirring continuously with a whisk
2. Add sugar, salt and grated potatoes
3. Heat oil in a pan and using a small ladle pour potato mixture into the frying pan
4. Cook for 2–3 minutes on each side (they need to cook for a little longer than normal pancakes)
5. Repeat until all mixture is used

Tips

- Make funny faces using olives, cucumber, slices of cold meat and dairy-free cheese.
- Sprinkle with sugar for a great tasting snack or treat.
- Serve as a savoury snack with bacon or cold meat.



Egg-free Yorkshire puddings *or mini toad-in-the-hole*

makes 6 mini Yorkshire puddings - do not freeze

50 g plain flour

120 ml Nutramigen (4 scoops to 120 ml water)

1. Pre-heat oven to 200°C (gas mark 6)
2. Make a batter by whisking flour and Nutramigen together
3. Pre-heat an oiled non-stick bun tin for 5 minutes
4. Pour mixture equally into oiled tin
5. Cook in the oven for 20 minutes or until golden

Variation

- To make mini toad-in-the-hole cook 6 milk-free cocktail sausages (or 3 milk-free chipolatas and then cut in half).
- Place the cooked sausages on top of the batter before placing in the oven.

Tips

- Remember to check the ingredients of the sausages to ensure they are milk-free and cut up the sausages into bite-sized pieces before serving.
- For those who are not egg-allergic, an egg can be added to the batter.



This recipe not only provides a Nutramigen enriched starchy food but is also an ideal finger food.

Pizza

Makes 4 small pizza bases or 16 dough balls

175 g plain flour

½ tbsp sugar

½ tsp salt (optional)

1 tsp dried yeast

1 tbsp oil

100 ml Nutramigen (3 scoops to 90 ml water) – hand-hot

1. Pre-heat oven to 240°C (gas mark 9)
2. Sift flour, sugar and salt into a bowl then stir in the yeast
3. Make a well in the flour and add the oil and Nutramigen
4. Mix into a dough with a wooden spoon and then using your hands
5. On a floured work surface knead for 3 minutes until springy
6. Divide dough into four equal pieces, shape each into a circle and roll flat with a floured rolling pin
7. Leave dough in a warm place for 30 minutes to rise or use immediately
8. Make up the pizza with various toppings
9. Place on greased baking tray and cook in oven

Alternative: make into 16 dough balls and eat with dairy-free margarine and crushed garlic

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Pizza is often perceived as a no-no for allergic children. This recipe however, shows how pizza can be adjusted for the allergic child. It contains starch (pizza base) with a variety of toppings that add nutrients and protein, if dairy-free cheese is used.

Tip

These pizza bases freeze well.

Toppings

1. Margherita: spread base with tomato purée/passata, add grated dairy-free cheese and sprinkle with dried oregano
2. Hawaiian: as above – add chopped pineapple chunks and dairy-free ham
3. Pesto: handful of fresh washed basil leaves with 2 tablespoons of olive oil blended and spread onto uncooked pizza base, add tomato slices



Fairy cakes/Apple Charlotte

These delicious fairy cakes allow the child to be included in parties and take yummy treats to nursery or friends without the concern of any reaction. The Nutramigen adds to its nutrient content.

Makes 8 large or 16 small cakes

150 g self-raising flour
 125 g caster sugar
 170 ml Nutramigen (approx. 5 scoops to 150 ml water)
 4½ tbsp oil (not olive oil)
 1 tsp vanilla essence
 1 tsp baking powder

1. Pre-heat oven to 180°C (gas mark 4)
2. Beat all ingredients together to a thick batter consistency with a whisk
3. Pour into individual paper cake cases
4. Cook for 15–20 minutes depending on the size of the cases, until golden and cake springs back when pressed. Cool on a wire rack
5. Make icing using 175 g sieved icing sugar and 1½ tbsp warm water (check ingredients if your child has an egg allergy as some contain egg white)

Tips

- These fairy cakes freeze well. Freeze before decorating.
- For pink icing stir in raspberry juice or purée.
- For chocolate cakes swap 25 g flour for 25 g cocoa powder.



Variation: Apple Charlotte

1. Stew one cooking apple, with a little sugar to taste.
2. Place apple in an oven-proof dish and pour over batter mix.
3. Cook for 25 minutes until golden.
4. Serve with Nutramigen custard (recipe in the *Weaning and up to 1 year* booklet).

Try adding sultanas and cinnamon to the apple, or try a different fruit purée.
 Freeze in individual portions.

Banana pancakes

These nutritious pancakes made with Nutramigen can be served with a variety of fruit. This adds to the vitamin content, and is a fun and easy way to introduce new types of fresh or stewed fruit to your child's diet.

Makes 4 big or 12 small pancakes

75 g plain flour

1 tbsp caster sugar

1 very ripe banana, mashed

200 ml Nutramigen (6 scoops to 180 ml water)

Vegetable oil for frying (which is put on then rubbed off with kitchen roll – use a good non-stick pan)

1. Mix all ingredients together
2. Heat oil in a non-stick frying pan
3. Use a large spoon to ladle the mixture into the frying pan (1 or 2 tbsp per pancake depending on the size required)
4. Cook the pancakes for a few minutes each side until golden brown



Tip

- Serve warm with fruit or cold in a lunch box, for a picnic or as a snack.

Banana ice cream

6 portions

50 ml boiling water
50 g caster sugar
200 ml Nutramigen (6 scoops to 180 ml)
2 ripe bananas, mashed
¼ tsp cinnamon (optional)
1 drop of vanilla essence

1. In a saucepan melt the sugar in the boiling water, until it just starts to thicken
2. Add mashed bananas and other ingredients and stir to form a smooth mixture
3. Freeze – stirring every 20 minutes (or use an ice cream machine) so it does not become lumpy and freeze unevenly

Tips

- You can get some cones that are dairy free but remember to check the ingredients carefully – every time!
- Make a delicious fruit split by layering the ice cream with fruit (eg. banana, strawberries or tinned or fresh pears).



Milk jelly

This Nutramigen jelly is an easy dessert that can be combined with fruit to increase its nutritional value, but it is also a safe way for those children who gag and choke on lumpier textures to learn to deal with texture, without the fear of choking.

Makes 2 small jellies - do not freeze

4 cubes of jelly
60 ml boiling water
60 ml Nutramigen – NB for this recipe add 4 scoops of Nutramigen to
60 ml water

1. Put the jelly in a saucepan and pour in boiling water. Allow jelly to melt over a gentle heat
2. Alternatively, melt jelly in a microwave according to pack instructions. Allow jelly to COOL (do not add Nutramigen to hot jelly, as it will curdle)
3. When cold stir Nutramigen into mixture
4. Place in jelly moulds and refrigerate until set



Fruit smoothie and ice lollies

Fruit smoothies are one of the easiest ways to increase the fruit intake of the fussy eater. These fruit smoothies are extra nutritious, as they are all made with Nutramigen, which increases their nutrient content.

Makes 1 glass of smoothie or 2 ice lollies

A Nutramigen fruit smoothie is an ideal between-meal snack or healthy dessert. Vary the flavours depending on your child's taste, what is in season and your own creativity! We've given you a few variations to get you going. The smoothies are best served cold.

Strawberry and pear

160 ml cold Nutramigen (5 scoops to 150 ml of water)
3 big strawberries
½ a pear - a ripe fresh pear or tinned (in natural juice)

1. Mix all the ingredients using an electric hand blender
2. Serve as a milkshake or freeze in lolly moulds

Tip

- Use ripe fresh fruit or tinned fruit in natural juice.
- You may want to sieve the smoothie to remove pips if berry fruits are used.

Variations

- Banana:
½ banana and a pinch of cinnamon (optional)
- Peach melba:
½ banana and ½ peach
- Mango and banana:
½ banana and ¼ mango

Other fruits to try:

- raspberries
- kiwi
- apricots
- blueberries



Hot chocolate float

The ideal drink on a cold winter's night! This hot chocolate float also increases the amount of Nutramigen consumed, which increases energy, protein and calcium intake.

1 serving

200 ml Nutramigen (6 scoops to 180 ml Nutramigen)

1 tsp sugar (or to taste)

1 tsp drinking chocolate (check ingredients) – cocoa can be used but it is bitter

Mix together the cocoa and sugar and whisk in the Nutramigen. Serve cold or heat gently and serve warm.



Meal planner for a 1–2 year old toddler – providing approximately 500 ml Nutramigen daily

The planner shows you how you can incorporate Nutramigen into your child's diet to boost their nutritional intake and provide variety

	Breakfast	Snack	Lunch	Snack	Supper	Evening
<i>Monday</i>	Porridge‡	Fruit	Tomato soup§ & bread with carrot sticks	Fruit scone‡	Sweet & sour chicken§ Banana custard‡	Beaker of Nutramigen
<i>Tuesday</i>	Weetabix®†	Rice cakes	Dairy-free cheese on toast with veg sticks	Fruit smoothie§	Sausage stroganoff§ Fruit	Beaker of Nutramigen
<i>Wednesday</i>	Semolina‡ with apple purée	Nutramigen yogurt-style fruit dessert‡	Baked potato with beans Fairy cake§	Veg sticks, pitta bread & hummus	Fish in white sauce‡, mash & peas Fruit salad	Beaker of Nutramigen
<i>Thursday</i>	Weetabix®†	Cheese scone‡	Ham sandwich & veg sticks Nutramigen yogurt-style fruit dessert‡	Fruit	Moussaka§ & salad Banana ice cream & fruit§	Beaker of Nutramigen
<i>Friday</i>	Ground rice porridge‡ with peach slices	Rice cakes & cubes of dairy- free cheese	Broccoli & potato soup§ & toast	Banana pancakes§	Carbonara§ Fruit	Beaker of Nutramigen
<i>Saturday</i>	Weetabix®†	Nutramigen yogurt-style fruit dessert‡	Savoury couscous‡ Fruit scone‡	Fruit	Pizza§ Milk jelly with mandarins§	Beaker of Nutramigen
<i>Sunday</i>	Porridge‡	Fruit	Salmon sandwiches Veg sticks	Fruit smoothie§	Roast dinner Rice pudding‡	Beaker of Nutramigen

† with Nutramigen

‡ recipe in *Weaning and up to 1 year* booklet

§ recipe in this booklet

Nutramigen in recipes will contribute to your child's overall nutritional intake but they will still need to have regular drinks (water, Nutramigen, diluted fruit juice, etc) throughout the day

Notes

References

1. NHS. Information book: Birth to Five. 2009
2. Vandenplas Y et al. Arch Dis Child 2007;92:902-8

www.nutramigen.co.uk





We hope that you have found the information in this booklet useful. The recipes were designed to give you a helpful introduction to dairy-free cooking, and we hope you will be inspired to adapt and experiment with new recipes in the future.

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

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.



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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