The Map Milk Ladder

Offspring
Child Health Specialists

For Children with **Mild to Moderate Non-IgE Cow`s Milk Allergy**
Under the Supervision of a **Health Care Proffessional, ideally a Dietitian**

12 STEP	Pasteurised milk/ infant formula (powder)		AMOUNT 100 mls 200 mls	
11 STEP	Sterilised milk/infant formula (tetra packs)		AMOUNT 100 mls 200 mls	
10 STEP	Cheese	Use hard cheese such as Cheddar	AMOUNT 25g cheese	
9 STEP	Yoghurt		AMOUNT 1pot yoghurt (125mls)	
8 STEP	Milk chocolate (milk chocolate buttons)		AMOUNT 10g chocolate Milk chocolate buttons (½ bag or 35g)	
7 STEP	Pizza	Choose a pizza that does not contain milk in the base	PURCHASED ½ mini pizza 1 mini pizza	HOME-MADE ½ pizza 1 pizza
6 STEP	Lasagne		PURCHASED Lasagne (200g)	HOME-MADE 1 child`s portion
5 STEP	Shepherds Pie		PURCHASED Shepherds Pie (200g)	HOME-MADE 1 child`s portion
4 STEP	Scotch pancakes		PURCHASED 1 scotch pancake 3 scotch pancakes	HOME-MADE ½ scotch pancake 2 scotch pancake
			Use Scotch pancakes contain milk protein powder than whey powder	
	NOTE THAT SCOTCH PANCAKES CONTAIN LESS MILK THAN MUFFINS BUT THEY ARE BAKED FOR A MUCH SHORTER TIME			
3 STEP	Mini muffins/ cup cakes		PURCHASED ½ muffin/cake (15g) 1 muffin (30g)	HOME-MADE ½ muffin 1 muffin (30g)
2 STEP	Garibaldi biscuits/ Digestives		PURCHASED ½ biscuit 1 biscuit	HOME-MADE 1 biscuit 2 biscuit
			Choose biscuit that contain milk	
1 STEP	Malted milk biscuits		PURCHASED 1 biscuit 2 biscuits	HOME-MADE ¼ scotch pancake ½ biscuit
			Use malted milk biscuits that contain milk powder rather than whey powder	