

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 Healthcare Professional



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 containing milk protein rather than whey powder
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