

What to do from 1 year?

This resource supports with the next steps once a child with cows milk allergy turns 1 year:

Hypoallergenic formula should be **ceased** unless recommended by dietitian to continue*

Milk is **NOT** essential, nutrient-dense foods are toddlers' main source of nutrition

Toddlers require 2-3 portions of calcium-rich foods to meet daily requirements of **350 milligrams**

*If there is any concern about diet and/or growth please refer to your local dietitian team

Examples of calcium-rich foods (or other brands):

- 30g fortified breakfast cereals provides **350 milligrams** e.g. Tesco Super Smooth Porridge, Ready Brek, Harvest Morn Instant Oat Cereal
- 30g dairy-free cheese alternative provides **70-200 milligrams** e.g. Koko Cheddar Cheese, Cathedral City Plant-based, Asda Free-From Soft Cheese
- 120g dairy-free yoghurt alternative provides **175 milligrams** e.g. Alpro Soya Yoghurt, Koko Plain Yoghurt, Oatly Oatgurt
- 1 slice of bread provides **175 milligrams** e.g. Hovis Best of Both, Kingsmill 50/50, Genius Farmhouse

Examples of fortified plant-based milks (or other brands):



300ml provides **350 milligrams**

- If parents wish to continue a milk, toddlers only require **300-400ml** per day of a suitable shop-bought plant-based milk alternative to meet their full calcium requirements
- These plant-based milks should be **fortified** with calcium and iodine and can be mixed with hypoallergenic formula to help with the transition over
- Offering too much milk can decrease their appetite for foods

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