



A parent's guide to cow's milk allergy:

# FROM DIAGNOSIS TO WEANING AND BEYOND

THIS GUIDE IS INTENDED FOR PARENTS OR CARERS OF CHILDREN WHO HAVE BEEN PRESCRIBED NUTRAMIGEN LGG® or PURAMINO® BY A HEALTHCARE PROFESSIONAL



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## ABOUT THIS BOOKLET

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This booklet is written for parents and carers of babies or toddlers who have cow's milk allergy (CMA) and have been recommended Nutramigen LGG® or Nutramigen PURAMINO\* by their healthcare professional.

It includes an explanation of what CMA is and practical advice on caring for babies and toddlers with the condition. Advice on weaning a baby with CMA is given, from beginning the process through to managing the diet of toddlers, to help give your child a healthy milk-free diet.

Weaning is the gradual introduction of solid foods until your baby is eating the same food as the rest of your family (in smaller portions).<sup>1</sup> This booklet includes a range of nutritious milk-free recipes chosen and tested by the authors that are quick and easy to make, even for busy parents!

Note that throughout the booklet 'Nutramigen' refers to Nutramigen 1 LGG®, Nutramigen 2 LGG®, Nutramigen 3 LGG® and Nutramigen PURAMINO\*.

Breast milk provides the best nutrition for your baby, so if you are breastfeeding do not stop, but discuss the exclusion of cow's milk and milk-containing products (dairy products) from your own diet with a registered dietitian, as cow's milk proteins may be passed to your baby in breast milk.

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# WHAT IS COW'S MILK ALLERGY?

Cow's milk allergy (CMA) is the most common food allergy in children under 3 years of age.<sup>2</sup> It occurs when the immune system 'overreacts' to the protein found in cow's milk and milk-containing products (also known as dairy).<sup>3</sup>

## How common is CMA?

CMA affects between 2% and 7.5% of all infants, both breast-fed and bottle-fed, though it is less common in babies that are exclusively breast fed.<sup>3</sup> The good news is that more than three-quarters of babies with CMA grow out of it during early childhood.<sup>2</sup>

## CMA or lactose intolerance?

CMA is not the same as lactose intolerance but they can present with some similar symptoms, which is why they are sometimes confused. Lactose intolerance is not an allergic condition as it does not involve the immune system.<sup>3</sup> In people with lactose intolerance,<sup>3</sup> the digestive system can't fully digest lactose, which is the sugar found in milk. So instead of being digested and absorbed, the lactose stays in the gut and feeds the gut bacteria, which release acids and gases that cause the symptoms of lactose intolerance.<sup>4</sup>

Lactose intolerance may occur temporarily, usually following bouts of tummy bugs, and in this case will usually resolve in the short term.<sup>3</sup>

With CMA, even a small amount of cow's milk protein could give your baby an allergic reaction. In contrast, many people with lactose intolerance can usually tolerate small amounts of lactose and can tolerate cow's milk proteins fully.<sup>3</sup>



# SIGNS AND SYMPTOMS OF CMA

There are different types of CMA: IgE-mediated, non-IgE-mediated or a mixture of both.<sup>2</sup>

In IgE-mediated CMA, symptoms usually appear within minutes, in most cases within an hour, after eating anything that contains cow's milk protein.<sup>3,5</sup> This is because the immune system reacts to cow's milk protein by producing IgE antibodies. These antibodies activate the immune system to release chemicals such as histamines, which then trigger an immediate allergic reaction.<sup>6</sup>

In non-IgE-mediated CMA, symptoms usually appear after a few hours or up to a few days after eating anything containing cow's milk protein.<sup>3,5</sup>

## Immediate symptoms are more likely to be IgE-mediated and may include:<sup>2,3,5</sup>

- Hives, rash, redness or itching
- Swelling of the face and hands
- Diarrhoea
- Vomiting
- Wheezing, coughing, breathing difficulties (in severe cases) and anaphylaxis (most severe cases)

## Delayed symptoms are more likely to be non-IgE-mediated and may include:<sup>2,3,5</sup>

- Eczema, itching or redness
- Tummy pain
- Colic-type symptoms
- Food refusal or aversion
- Gastro-oesophageal reflux disease
- Constipation
- Frequent or loose stools
- Blood and/or mucus in stools
- Faltering growth (in severe cases)

Babies may have one or more of these symptoms, which can range from mild to severe.

**Some of these symptoms can occur for reasons other than CMA, so it is important to discuss all symptoms fully with your doctor.**

## HOW IS CMA MANAGED?

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Now that your baby has been diagnosed with CMA, your doctor will have advised you on suitable dietary management. CMA is initially managed by the complete avoidance of all cow's milk and dairy, and foods that contain milk as an ingredient.<sup>3,5</sup> This will eliminate the cow's milk proteins that are triggering the allergic reactions from your baby's diet.

Cow's milk is a source of a variety of nutrients that are essential for your baby's health and growth. It is therefore very important that the removal of cow's milk from your baby's diet is managed carefully, with close medical help and support.

**Breast-fed babies:** if you are breastfeeding and want to continue, your doctor will advise you whether you need to remove all cow's milk from your diet. A dietitian can help support you with this. A useful factsheet on managing CMA in babies that are exclusively or partially breastfed is available at: <https://gpifn.files.wordpress.com/2019/10/imap-supporting-breastfeeding-factsheet.pdf>

**Formula-fed babies:** if you are bottle-feeding, either exclusively or in addition to breastfeeding, your doctor will advise you on a suitable, nutritionally complete, hypoallergenic formula to use.

**Weaned babies:** if you are weaning, hypoallergenic formulas can be incorporated into recipes (such as those in this booklet). Your doctor and dietitian will advise you on how long to continue the exclusion of cow's milk protein and how to ensure your baby is getting all the nutrients they need.

### Unsuitable milks and formulas<sup>7</sup>

- Milks from goats, sheep and other animals are not recommended for infants with CMA as the protein in them is very similar to the protein in cow's milk
- Experts recommend that soya formulas should not be given to infants before 6 months of age, and they should not be the first choice for older infants unless advised by a doctor or dietitian<sup>5,7</sup>

# THE ROLE OF THE DIETITIAN

Following a cow's milk-free diet can be challenging, especially when you start to introduce solids, so you may wish to ask your doctor to refer you to a paediatric dietitian.<sup>5,8</sup>

A dietitian can give you practical advice on managing your child's diet. They will provide advice to help you make sure your child's diet is completely free from cow's milk, including information about the hidden sources of cow's milk in foods. They will also advise on what foods to give your child to ensure they are not missing out on essential vitamins and minerals on their milk-free diet.

Your dietitian will also advise you if there are other foods that your infant should avoid, particularly if they have more than one food allergy. The dietitian will help you tailor the diet to suit your child's own individual needs and check that it is varied and nutritionally adequate to maintain healthy growth and development.



# WHAT ARE NUTRAMIGEN LGG® AND NUTRAMIGEN PURAMINO\*?

Nutramigen LGG® and Nutramigen PURAMINO\* are two different types of hypoallergenic formula, both specially formulated for babies and children with CMA.

## Nutramigen LGG®

Nutramigen LGG® is a type of formula known as an extensively hydrolysed formula (eHF) for the dietary management of mild-to-moderate CMA.

The protein in Nutramigen LGG® is taken from cow's milk but has been broken down (hydrolysed) into tiny pieces that are small enough to rarely trigger an allergic reaction in most infants with CMA. The gut is a natural barrier against harmful bacteria and food allergens, but this can be disrupted in children with CMA. Nutramigen LGG® contains *Lactobacillus rhamnosus GG* (trademark LGG®), a friendly bacteria.

- Nutramigen 1 LGG® is suitable for use as a sole source of nutrition for babies with CMA from birth to 6 months
- Nutramigen 2 LGG® is suitable for use as part of a varied diet in infants from 6 months onwards
- Nutramigen 3 LGG® is suitable for use as part of a varied diet in children from 1 year onwards



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# WHAT ARE NUTRAMIGEN LGG® AND NUTRAMIGEN PURAMINO\*?

## Nutramigen PURAMINO\*

Nutramigen PURAMINO\* is a type of formula known as an amino acid-based formula (AAF) for the dietary management of severe CMA or multiple food allergies.

If your child has been diagnosed with severe CMA or multiple food allergies or their symptoms did not resolve on an eHF (extensively hydrolysed formula), your doctor/dietitian may have recommended Nutramigen PURAMINO\*. Unlike the broken down protein chains in eHFs, AAFs like Nutramigen PURAMINO\* contain no cow's milk protein chains at all. Instead, they are made up of individual amino acids (the building blocks of proteins).

- Nutramigen PURAMINO\* is nutritionally complete for babies up to 6 months of age and can be used as part of a varied diet from 6 months onwards

**After starting Nutramigen LGG® or Nutramigen PURAMINO\* you may notice that your baby produces frequent loose stools of a greenish colour. This is usually normal for babies fed with specialist CMA formulas, but speak to your doctor or dietitian if you are worried.**



# WHAT TO EXPECT WHEN INTRODUCING SPECIALIST CMA FORMULAS

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## Getting started with Nutramigen

Due to their special formulation, hypoallergenic formulas for managing food allergies smell and taste different to breast milk, regular infant formulas and cow's milk. You may notice this difference when you first open a tin and make up the feed. Remember, your sense of taste and smell are different to your baby's - adults have well-established and learned food preferences, which babies have yet to develop.

After starting Nutramigen, it might take some time for your baby to become familiar with the new formula.<sup>7</sup> As the new special diet allows the symptoms to subside, your baby should continue to become more settled and their appetite may improve.

## Dealing with initial refusal of a hypoallergenic formula

Rather than being directly related to the taste of the formula itself, refusal in young babies is more likely to be due to your baby having learned to associate feeding with the discomfort of the allergy symptoms or the unfamiliarity of the new, different formula. It may also be that your baby has a reduced appetite because of feeling unwell from the ongoing symptoms related to their allergy, e.g. gut inflammation.

All hydrolysed formulas have similar tastes and scientific studies have shown that young infants adapt quickly (and do not dislike them).<sup>9</sup> Babies easily adapt to new tastes and the earlier they start tasting these new formulas, the more likely they are to accept them.<sup>10</sup>



# WHAT TO EXPECT WHEN INTRODUCING SPECIALIST CMA FORMULAS

## Tips for introducing Nutramigen to your baby's diet

- Ideally, your baby should switch from their previous formula to Nutramigen as soon as possible after diagnosis. This is to eliminate the food proteins causing the allergic reactions as soon as possible
- Try to make sure your baby is hungry and thirsty when trying the formula for the first time
- Try to be positive during feeding times as babies can pick up on your reactions, such as facial expressions and the sound of your voice
- Do not start additions like milkshake flavouring without discussing this with your dietitian/doctor
- Older children may prefer to take the formula from a sippy cup or as a cold drink
- When you are ready to start weaning your baby you can incorporate Nutramigen into foods and use it in recipes (see pages 40–87 for recipe tips and ideas), which may also help your baby get used to the formula

## How long will it take for my baby's symptoms to resolve?

How long it takes for your baby's symptoms to improve depends on whether they have IgE-mediated or non-IgE-mediated CMA. If they have IgE-mediated CMA, switching to a cow's milk elimination diet with a hypoallergenic formula for CMA should mean symptoms clear up straight away.<sup>11</sup> If your baby has non-IgE-mediated CMA usually a trial period of around 2–4 weeks is recommended before you can expect symptoms to improve.<sup>5,11</sup> The exact time for complete resolution of your baby's symptoms may vary depending on the number and severity of symptoms they have. If your baby's symptoms are unresolved at the end of a trial period with an extensively hydrolysed formula and your doctor or dietitian still suspects CMA, they may recommend a further trial period using an amino acid formula. If your baby's symptoms are unresolved at the end of a trial period with an amino acid formula, it is unlikely to be CMA and your doctor may investigate other causes.

**If you would like more advice on any aspects of feeding and weaning your baby, contact your doctor, dietitian or health visitor. If your baby's symptoms worsen at any point, always consult a healthcare professional for advice.**

# WHY IS INTRODUCING YOUR BABY TO SOLID FOODS IMPORTANT?

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During the first year of life your baby grows quicker than at any other time. This rapid growth means that they need increasing amounts of energy and nutrients per body weight. For the first 6 months after birth, babies born at full-term get everything they need from breast milk or infant formula. However, as they grow they require additional sources of nutrition in the form of solid foods.<sup>12</sup>

## **Introducing solid foods to an infant with CMA**

As infants are weaned onto solid foods, their intake of breast milk and/or formula will start to decrease. As children with CMA can't have dairy products, there is a risk that they can miss out on some essential nutrients (such as protein, vitamin D, iron, calcium and iodine) and energy. It is therefore important that infants with CMA still include breast milk or Nutramigen formula in their diet to help ensure they are getting the nutrients they need.

Starting to eat solid food is an important milestone in your baby's life. It is a fun and exciting time for both parents and children. However, weaning can also be a source of worry and dealing with CMA can be an added pressure.

*What should I be feeding my baby?*

*Is my child getting the right nutrients?*

*Is my baby eating enough?*

This section aims to give you practical advice on weaning your baby. It also contains lots of quick and easy milk-free recipes, helping you and your baby to enjoy this special stage in their development.

# WHEN SHOULD I START TO INTRODUCE SOLID FOODS?

Most experts recommend that weaning should begin around age 6 months (26 weeks).<sup>1,12</sup> If you wish to begin a little earlier, discuss this with your healthcare professional, but solid foods are not generally recommended before 4 months of age (17 weeks) unless there is a medical need.<sup>12</sup>

## **Some physical signs that your baby may be ready to accept solids include:<sup>1</sup>**

- They can stay in a sitting position and hold their head steady
- They can coordinate their eyes, hands and mouth so that they can look at the food, pick it up and put it in their mouth by themselves
- They can swallow their food – babies who are not ready will push their food back out with their tongue

## **Signs that can be mistaken for a baby being ready for solid foods:<sup>1</sup>**

- Chewing their fists
- Wanting extra milk feeds

These are normal behaviours and not necessarily a sign of hunger or being ready to start solid foods. Extra feeds are usually enough until they're ready for other foods.

## **Night waking<sup>1</sup>**

Infants may begin to wake again during the night when they have previously slept through. This is normal behaviour and doesn't always mean your baby is hungry or ready to start solid foods. Teething also starts happening at around 6 months for most babies, although it can begin earlier.<sup>13</sup>

**Ideally, whenever you decide to start, babies with CMA should be well when weaning begins.**

# THE IMPORTANCE OF VARIETY

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## Adventures in food

Up to 12 months of age babies are usually willing to try new foods. So, when you're introducing your baby to solid foods, this is a great time to offer them a wide variety of new tastes and textures. Early experiences of flavours and food textures are an adventure for babies and set the stage for life-long eating habits.<sup>9</sup>

## Flavour

The very first flavours your baby experiences after birth are those in breast milk or formula. These early tastes can influence future food choices. Interestingly, studies have found that infants fed Nutramigen prefer foods containing savoury and bitter flavours like broccoli as they get older, in comparison to children fed other types of formula.<sup>9,14</sup>

The more flavours infants experience from an early age, the more ready and willing they tend to be to try new foods when they are older. Varied foods and flavours are also more likely to provide your baby with the range of nutrients they need.

## Texture

As the introduction of solid food progresses it's important to introduce your baby to different textures, such as runny, lumpy, chewy and crunchy.<sup>1,12</sup>

From 6 months of age babies can start to eat finger foods. Varied textures help develop chewing skills and the muscles needed for speech development.<sup>12,15</sup> Finger foods provide a great opportunity for babies to feed themselves and also practise their hand-eye coordination skills!

## Salt and sugar

Avoid adding salt (even salt from gravy or stock cubes) to food or cooking as it can affect your baby's kidneys.<sup>1</sup> Similarly, don't add sugar as this can lead to tooth decay.<sup>1</sup>

\*You should always check the ingredients of food products for any milk before giving them to your baby (see page 19 for sources of cow's milk).

### Finger food ideas<sup>1\*</sup>

Finger foods are pieces of food that your baby can easily hold. Try:

- Soft-cooked sticks of vegetables, e.g. carrot, broccoli, sweet potato
- Fruit sticks (cut into small pieces), e.g. ripe banana, pear, avocado, melon
- Rice cakes
- Well-cooked starchy foods, such as pasta, noodles and rice
- Fingers of toast, pitta bread, chapatti

If you use melt-in-your-mouth or bite-and-dissolve baby biscuits/snacks, keep an eye on the sugar and salt content and check the ingredients label in case it contains milk.



## WHICH FOODS CAN I INTRODUCE AND WHEN?

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Solid foods are generally introduced in stages. The table on pages 21 and 23 gives a guide to the approximate ages at which different foods and textures can be introduced, together with the suggested number of meals per day. It has been drawn up especially for babies with CMA, excluding dairy products at every stage.

If you are interested in the baby-led weaning approach, you should discuss it with your doctor or another healthcare professional. It is feasible for most infants from 6 months of age, but could lead to nutritional problems for some babies who are a little slower to develop.<sup>16</sup>

If you struggle to introduce new textures to your baby's diet, it is important that you discuss this with a doctor or dietitian.

### Alternative drinks

- It is important that you do not introduce other animals' milks, like goat's or sheep's (ewe) milk, as the protein in these milks is very similar to that in cow's milk and can trigger an allergic reaction<sup>7</sup>
- Off-the-shelf soya drinks should not be used as a main milk drink under the age of 2 years (unless directed by your dietitian)<sup>7</sup>
- It is recommended that a hypoallergenic formula is continued until your baby is two years of age, but your dietitian can switch to an alternative plant-based drink after the age of one, such as oat, coconut or hemp.<sup>7</sup> This depends on your baby's nutritional status and it is important to choose one that contains added calcium.
- Rice milk is only suitable for children over four-and-a-half years of age<sup>7</sup>

**For more detailed advice regarding alternative drinks in your child, please talk to your healthcare professional.**



# INTRODUCING FOODS TO A BABY WITH CMA

Infants with CMA can also develop allergies to other foods. This means it is a good idea to take a systematic approach when introducing new foods, particularly with foods that are common allergens in children, such as egg, wheat, nuts and fish. Always consult your doctor/dietitian in case of concerns. The exact steps for introducing foods can vary for different children, depending on the type and severity of their allergy. Always follow the advice of your doctor or dietitian.

- The introduction of foods that commonly trigger allergies, such as wheat, egg, fish and nuts can be started from 6 months of age.<sup>17</sup> Although earlier introduction of some allergens can reduce the risk of food allergy, this should only happen under the guidance of a doctor or dietitian<sup>17</sup>
- When introducing these foods its best to introduce them in a systematic way, trying one new food at a time.<sup>17</sup> Give small amounts over 1–3 days (your dietitian or doctor will be able to advise you). These foods can be introduced alongside tolerated foods
- Small amounts of each new food should be offered at first, as a guide start with a quarter to a half a teaspoon.<sup>17</sup> The amount can then be gradually increased over time if there are no symptoms
- Try to introduce new foods in the morning or at lunchtime so that you can observe any possible reactions and get medical advice if necessary
- If any reactions occur, take a note of what happened and how much of the food was eaten so that you can inform your doctor or dietitian. If your baby has a severe reaction, call 999 immediately. Symptoms of a severe reaction include:<sup>17</sup>
  - swollen tongue
  - persistent cough
  - hoarse cry
  - noisy breathing or difficulty breathing
  - being pale or floppy or unresponsive/unconscious<sup>17</sup>
- You can use Nutramigen to mix the food to the consistency needed

**Always remember that if a reaction affects your child's breathing, it is essential to get medical help immediately.**

# INTRODUCING FOODS TO A BABY WITH CMA

## Using a food diary

During the early stages of weaning you might find it helpful to use a 'food diary' to keep track of the foods that have been introduced so far. This example shows the kind of information that is useful to write down.

Date offered	New food	Amount eaten	Reaction (Y/N, what reaction, how soon after eating, how long did it last?)
May 12	peach purée	1 tsp	No
May 13	peach purée	2 tsp	No
May 14	porridge	1 tsp	No
May 15	porridge	2 tsp	No
May 16	porridge	several tsp	No
May 22	scrambled egg	1 tsp	diarrhoea, 3 hours after eating, lasted 4 hours

## What about cross-contamination?

In a very small number of children with CMA, traces of cow's milk can be enough to cause symptoms. Your dietitian or doctor can discuss with you how careful you need to be to avoid contact between cow's milk and other foods (known as cross-contamination).

# WHICH FOODS CONTAIN COW'S MILK?

The only way to manage CMA is the complete avoidance of cow's milk and its products (also known as dairy), even those small amounts hidden in foods.

## Obvious sources of cow's milk

The most obvious sources are dairy products:

- cow's milk (fresh/UHT)
- yoghurt
- fromage frais
- cheese
- butter
- ghee
- margarine
- curd
- cream/artificial cream
- ice cream
- milk drinks
- milk powder
- quark
- evaporated/condensed milk

## Hidden sources of cow's milk

Milk can also be 'hidden' in a large number of foods, including bread, biscuits, cakes, ready-made baby foods and processed meats, so it is essential to always read food labels carefully. Ask your supermarket for a list of their milk-free foods.

The following are all sources of milk to look out for:

- casein (curds)
- hydrolysed caseinates
- whey, whey solids
- whey protein
- hydrolysed whey
- lactalbumin
- milk sugar
- lactoglobulin
- lactose
- skimmed milk powder
- milk solids
- milk protein
- non-fat milk solids
- butterfat
- modified milk

# WHICH FOODS CONTAIN COW'S MILK?

## Reading food labels<sup>18</sup>

The lists on page 18 might look confusing but by law the word 'milk' must appear after any names for milk derivatives and must be shown in the ingredients list of manufactured pre-packed foods for sale anywhere within the UK. 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 located the ingredients list. Any of the 14 common allergens may be emphasised in a variety of ways, such as by using bold (as shown in the example), 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

- Some manufacturers 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 that have a 'may contain' statement, as this may depend on the severity of your child's allergy
- 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

**Loose foods and eating out:** information on any of the 14 allergens used as ingredients 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. From October 2021, any food prepacked for direct sale (such as a fresh sandwich made in-store) must be labelled with the full ingredients list and any allergens highlighted<sup>18</sup>

You can find more information on allergen labelling on the Food Standards Agency website.

# GUIDE FOR INTRODUCING SOLID FOODS BY AGE FOR INFANTS WITH CMA

	~6 months Note that weaning should ideally commence around 6 months, and not before 4 months of age	6–7 months
<b>Foods traditionally avoided until 6 months of age, unless active introduction of allergens for prevention is recommended by your doctor/dietitian</b>	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Nuts*</li> <li>• Fish<sup>†</sup></li> <li>• Wheat (e.g. cereals)</li> <li>• Egg</li> <li>• Seeds</li> <li>• Shellfish</li> <li>• Soya</li> <li>• Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Any allergens that have been successfully introduced should remain part of the weekly menu</li> </ul>
<b>Foods to introduce</b> (aim to offer one new food at a time, in small amounts over 1–3 days – your dietitian or doctor will be able to advise you)	<ul style="list-style-type: none"> <li>• Start by offering puréed root vegetables like potato, carrot and parsnip</li> <li>• Then move onto other vegetables</li> <li>• Offer fruits like apple, pear, banana and stone fruit (e.g. peach, plum)</li> <li>• Offer rice cereal or other rice products</li> </ul>	<ul style="list-style-type: none"> <li>• Check with your doctor or dietitian before introducing gluten (wheat, oat, rye and barley-based foods), egg, soya, fish<sup>†</sup> and nuts<sup>†</sup> at this stage</li> <li>• Continue to introduce a variety of vegetables and fruit Start offering protein-rich foods like chicken, turkey, lamb, beef and pulses (beans, lentils, legumes and/or nut butter (if not allergic))</li> <li>• Iron-containing food such as meat, iron-fortified cereals and green vegetables</li> <li>• Finger foods can be started including soft fruit/vegetables and melt in the mouth puffs</li> </ul>
<b>Food textures</b>	<ul style="list-style-type: none"> <li>• Smooth puréed foods</li> </ul>	<ul style="list-style-type: none"> <li>• Thicker consistency with soft lumps</li> <li>• Make sure foods are soft, break easily into small pieces and are easy to swallow. Don't give your baby food that requires chewing</li> </ul>

\*The Department of Health's advice on nut avoidance changed in 2009. Check with your doctor or another healthcare professional whether you can introduce nuts into your child's diet.

<sup>†</sup>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 per week (see [www.nhs.uk/conditions/pregnancy-and-baby/pages/understanding-food-groups.aspx](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/understanding-food-groups.aspx)).

# GUIDE FOR INTRODUCING SOLID FOODS BY AGE FOR INFANTS WITH CMA

	~6 months Note that weaning should ideally commence around 6 months, and not before 4 months of age	6-7 months
<b>Mealtime routine</b>	<ul style="list-style-type: none"> <li>• Start by offering small amounts of each new food: 1-2 teaspoons, just to provide a taste</li> <li>• Offer solid food twice a day</li> <li>• Use a shallow plastic spoon</li> <li>• Gradually increase quantity</li> <li>• There are no specific portion sizes for food for babies &lt; 1 year of age. Follow a responsive approach where your baby guides you to how much they want to eat</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 meals per day</li> <li>• Offer milk in a bottle and water (by drinks) in a lidded beaker/cup</li> <li>• Offer a few different food types at each meal, making combinations of:               <ul style="list-style-type: none"> <li>- fruit and vegetables (cooked until soft)</li> <li>- protein-rich foods</li> <li>- carbohydrate-rich foods like potato or rice</li> </ul> </li> <li>• There are no specific portion sizes for food for babies &lt; 1 year of age. Follow a responsive approach where your baby guides you to how much they want to eat</li> </ul>
<b>Feeding behaviour</b>	<ul style="list-style-type: none"> <li>• This is a new experience for your baby, so allow them to enjoy it and explore</li> </ul>	<ul style="list-style-type: none"> <li>• As soon as your baby can sit up, introduce a high chair</li> <li>• Provide a spoon to play with</li> <li>• Add herbs and spice, but avoid sugar and salt</li> <li>• Let your baby touch and play explore the food by touching and playing with the food before and during a mealtime</li> <li>• Wipe your baby clean at the end of the meal</li> </ul>



# GUIDE FOR INTRODUCING SOLID FOODS BY AGE FOR INFANTS WITH CMA

	8–10 months	10 months and older
<b>Foods traditionally avoided, unless advised otherwise by your doctor</b>	<ul style="list-style-type: none"> <li>• Dairy</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy</li> </ul>
<b>Foods to introduce (aim to offer a new food every 3 days)</b>	<ul style="list-style-type: none"> <li>• Any allergens that have been successfully introduced should remain part of the weekly menu</li> <li>• Carry on introducing a range of:               <ul style="list-style-type: none"> <li>- vegetables</li> <li>- fruits</li> <li>- cereals</li> <li>- wheat-based foods (e.g. bread, pasta, cereals)</li> <li>- protein-rich foods</li> </ul> </li> <li>• Talk to your doctor or dietitian about any foods that have not yet been introduced. It's best to introduce as many different foods as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Any allergens that have been successfully introduced should remain part of the weekly menu</li> <li>• Carry on introducing a range of:               <ul style="list-style-type: none"> <li>- vegetables</li> <li>- fruits</li> <li>- cereals</li> <li>- wheat-based foods (e.g. bread, pasta, cereals)</li> <li>- protein-rich foods</li> </ul> </li> <li>• Talk to your doctor or dietitian about any foods that have not yet been introduced. It's best to introduce as many different foods as possible</li> </ul>
<b>Food textures</b>	<ul style="list-style-type: none"> <li>• Mashed foods, with some bigger lumps</li> <li>• Continue with soft finger foods</li> </ul>	<ul style="list-style-type: none"> <li>• Mashed, chopped and minced family foods</li> <li>• Introduce hard finger foods and increase variety</li> </ul>
<b>Mealtime routine</b>	<ul style="list-style-type: none"> <li>• 3 meals per day and snacks, if required</li> <li>• Offer drinks in a lidded beaker or cup</li> <li>• Offer a few different food types at each meal, making combinations of:               <ul style="list-style-type: none"> <li>- fruit and vegetables (cooked until soft)</li> <li>- protein-rich foods</li> <li>- carbohydrate-rich foods like potato or rice</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 3 meals per day and snacks, if required</li> <li>• Offer drinks in a lidded beaker or cup</li> <li>• Offer a few different food types at each meal, making combinations of:               <ul style="list-style-type: none"> <li>- fruit and vegetables (cooked until soft)</li> <li>- protein-rich foods</li> <li>- carbohydrate-rich foods like potato or rice</li> </ul> </li> </ul>
<b>Feeding behaviour</b>	<ul style="list-style-type: none"> <li>• Encourage infants to feed themselves</li> <li>• This can be messy but it is an important stage</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage infants to feed themselves</li> <li>• Ignore negative feeding behaviour (e.g. throwing food) and reinforce positive feeding behaviour</li> </ul>

This is a suggested guide with approximate ages. Actual ages at which different foods are introduced will depend on advice from your healthcare professional and when weaning begins. Every baby is different and will progress at their own pace.

## HOW MUCH NUTRAMIGEN DOES MY BABY NEED WHEN BEING INTRODUCED TO SOLID FOODS?

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If your baby is receiving Nutramigen 1 LGG®, once the introduction of solid foods has started your doctor or dietitian may recommend changing to a hypoallergenic formula for older babies, such as Nutramigen 2 LGG® from 6 months onwards or Nutramigen 3 LGG® from 1 year onwards. These formulas are tailored to meet the nutritional needs of older infants on a varied weaning diet. If your baby is using Nutramigen PURAMINO\*, this is suitable as a sole source of nutrition from birth and as part of a varied diet from 6 months onwards.

As your baby eats more solid foods, you will find that the amount of formula they want will start to decrease. During the introduction of solid foods, 460 ml (16 fl oz.) of Nutramigen 2 LGG® will provide most of their daily nutritional requirements. The amount of formula that is sufficient may vary between children and it is important to ensure that formula intake does not stop them feeling hungry for food and is neither too much or too little. Depending on the advice of your healthcare professional, your child could continue to consume this much until at least 12 months of age. This can be taken as a drink, mixed into foods, or a combination of the two.

The table opposite shows the key nutrients provided by 460 ml of Nutramigen 2 LGG® as a percentage of a baby's daily requirements. If your baby consumes less than 460 ml of Nutramigen 2 per day, speak to your doctor or dietitian as they may not be getting enough of certain vitamins and a supplement might be needed.

From 1 year onwards, two cups a day of Nutramigen 3 LGG® helps to meet daily nutritional requirements as part of a varied diet.

The formula can be given as a drink or in foods – see the recipes in this book for how you can incorporate into your baby's food.

\*Trademark of Mead Johnson & Company, LLC.



# HOW MUCH NUTRAMIGEN DOES MY BABY NEED WHEN BEING INTRODUCED TO SOLID FOODS?

## Key nutrients provided by Nutramigen 2 LGG® as a proportion of the daily requirements for babies from 6 months to 1 year of age<sup>19</sup>

	Proportion of an infant's daily nutrient requirement provided by 460 ml (2 bottles) of Nutramigen 2 LGG®
Protein	54%
Calcium	71%
Iron	64%
Vitamin D	77-91%
Vitamin C	>100%
Vitamin A	85%
Thiamin (B1)	>100%
Riboflavin (B2)	96%
Niacin	>100%
Vitamin B12	>100%
Zinc	68%
Selenium	>100%
Iodine	>100%

Values are based on the average reference nutrient intake (RNI) for infants 6-12 months of age. RNI is the amount of a nutrient that is enough to meet the dietary needs of 97.5% of infants. Nutrient values differ for other Nutramigen formulas.



# WHAT DO I NEED TO GET STARTED?

Remember, weaning is messy, especially as your child starts to learn to feed themselves. **So be prepared!**

- Have a selection of bibs ready and something to cover the floor, like a sheet or towel
- To save time and effort, avoid wiping your baby continually – it is easier and better to simply wipe up once at the end of the meal
- A blender or masher can be used to make puréed foods
- You will need bowls, a shallow baby spoon and a highchair as soon as your baby can sit up
- Heat-sensitive weaning spoons are widely available to help you make sure the food is at the right temperature

## Cups and beakers

- Try to introduce a cup or lidded beaker (without a valve) around the age to 6 months as this helps your baby learn to sip rather than suck.<sup>15</sup> Drinks flow very slowly through a teat, which means that the child has it in their mouth a long time, potentially damaging their teeth.<sup>15</sup> Limit drinks to breast milk, Nutramigen or water, and avoid sugary, sweetened drinks and juice.<sup>15</sup>



# WHAT DO I NEED TO GET STARTED?

## Hints and tips for getting started with introducing your baby to solid foods

- If your baby is overly hungry, give them half of their breast feed or Nutramigen, then follow with puréed food. This will satisfy their initial hunger and hopefully make them happier to try the puréed food
- Go at your baby's pace. Don't rush or force feed and let them decide when they've had enough
- At this stage, how much they take is less important than getting them used to the idea of eating
- Include your baby in family mealtimes whenever possible
- Talk to your baby and make them feel included
- Never force your baby to eat

### Warning

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

## Foods to avoid

- Avoid overly processed food
- Avoid adding salt and sugar to food and avoid giving your baby adult foods that contain added salt or sugar
- Avoid giving honey under 1 year of age as it very occasionally contains bacteria that can make your baby very ill.<sup>15</sup> Honey is also a sugar so avoiding it will also help prevent tooth decay<sup>15</sup>
- Infants can choke easily, so avoid giving foods such as raw carrot sticks, small round foods like grapes, hard sweets, whole nuts or pieces of sausage.<sup>15</sup> Always check fish carefully for bones<sup>15</sup>



## THE NEEDS OF THE GROWING CHILD 12M+

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When your child reaches their first birthday they will be 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. Their diet should be balanced. See the NHS website for more information on providing a nutritious balanced diet.

**<https://www.nhs.uk/start4life/weaning/what-to-feed-your-baby/>**

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.



# THE NEEDS OF THE GROWING CHILD 12M+

## Fruit and vegetables

3–4 portions a day<sup>15</sup>

- 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 selection
- Eating a wide variety from a young age can help prevent fussiness later on

## Bread, other cereals and potatoes

3–4 portions a day<sup>15</sup>

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

## Meat, fish and vegetarian/vegan protein

1–2 portions a day of iron-rich protein<sup>15</sup>

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 (such as salmon, mackerel, tuna and sardines) also provide essential fatty acids. Fish such as marlin, shark and swordfish are unsuitable due to mercury levels
- Children on a vegetarian diet need 2–3 portions a day of plant-based protein and iron-rich, for example pulses

## Advice on oily fish

Even if your child can tolerate fish, the NHS 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 <https://www.nhs.uk/live-well/eat-well/fish-and-shellfish-nutrition/>)

# THE NEEDS OF THE GROWING CHILD 12M+

## Key nutrients provided by Nutramigen 3 LGG<sup>®</sup>, as a proportion of the daily requirements for children aged 1–3 years<sup>19</sup>

	Proportion of a child's daily nutrient requirement provided by 460 ml of Nutramigen 3 LGG <sup>®</sup>
Protein	49%
Calcium	>100%
Iron	72%
Vitamin D	78%
Vitamin C	>100%
Vitamin A	75%
Thiamin (B1)	63%
Riboflavin (B2)	94%
Niacin	62%
Vitamin B12	>100%
Zinc	68%
Iodine	>100%

Values are based on the reference nutrient intake (RNI) for children 1–3 years of age. RNI is the amount of a nutrient that is enough to meet the dietary needs of 97.5% of children. Nutrient values may differ for other Nutramigen formulas.

## Nutramigen 3 LGG<sup>®</sup> for children with CMA

Aim for 460 ml (16 fl oz.) a day

- Most toddlers get a lot of essential nutrients, like calcium and protein, and energy from dairy products; hypoallergenic formulas can be a helpful alternative for children with CMA
- Nutramigen can be given as a drink, mixed into foods, or a combination of the two

## DAIRY-FREE SOURCES OF CALCIUM

Toddlers with CMA need good dairy-free sources of calcium to help them develop strong teeth and bones. Consuming 460 ml of Nutramigen 3 LGG® per day will provide all the calcium they need between the ages of 1 and 3 years.

Other good sources include tahini (sesame paste) and almond butter and fortified products, including some breakfast cereals and free-from yoghurts and cheese.

Check with your dietitian whether dairy-free cheese and yoghurts are suitable and choose varieties fortified with calcium.

For information about unsuitable milks and formulas, see page 6.



## SHARING FOOD AS A FAMILY

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Avoid running a restaurant service by cooking different meals for different family members. 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 and tips on pages 40–87). This will not only allow you to increase the variety of foods and recipes, but also increases the nutritional value of the meal.

For recipes containing cheese and butter, use dairy-free alternatives instead (take care not to mix these up with lactose-free dairy products which are unsuitable for children with CMA).

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 in 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, although they may still need some help. Between 1 and 2 years, children should be encouraged to start feeding themselves with a plastic spoon.





# HOW MUCH FOOD DOES A TODDLER NEED?

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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 food groups mentioned on page 29, they are active and your doctor or dietitian is happy with their weight gain, try not to worry about how much they eat.<sup>15</sup> The Infant and Toddler Forum provides useful advice on infant nutrition, with a handy guide to portion size:

<https://infantandtoddlerforum.org/toddlers-to-preschool/portion-sizes-for-toddlers/toddler-portion-sizes-table/>

## 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 meat (beef, chicken lamb and pork), fish, dried fruit (like apricots and figs), plant protein sources (such as legumes and nuts), 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.

## 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. rapeseed), and also from oily fish. Fat is an important source of calories for toddlers and a source of essential fatty acids and some fat-soluble nutrients, 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 continue to avoid salt and sugar and keep the diet as low in sugar and salt as possible. If sugary foods are consumed, keep these to special occasions like birthdays.

There is also no need to add salt to your child's food.

## HANDY TIPS FOR POOR EATERS

- If your child is not gaining enough weight or gaining excessive 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 460 ml of Nutramigen per day will help meet their nutrient needs
- Your toddler also needs plenty of protein for growth; really good sources include meat, fish and pulses (e.g. beans, chickpeas and lentils)
- Give manageable portions and do not overly praise your child when they finish a meal
- Keep meal times to 30 minutes, even if they have not finished their meal and avoid distractions, such as the TV or iPad
- 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



# STARTING NURSERY OR SCHOOL

Let the nursery and any other child care providers know what your child can eat and what food need to be avoided.

## **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.



## QUICK MEALS AND SNACKS

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### **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)
- Dairy-free pitta bread with salmon and cucumber
- Chapatti 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 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 if you're in a hurry or your child is starving!

Remember to check the ingredients of all manufactured foods carefully to make sure they are suitable for your child's dietary requirements. Ingredients often differ depending on the brand.

# QUICK MEALS AND SNACKS

## 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 yoghurt-style fruit dessert (see recipe on page 50)
- Couscous with your choice of fruit or vegetable (see recipe on page 53)
- Vegetable sticks, pitta bread and hummus (see recipe on page 54)
- Rice cakes with yeast extract or peanut butter (if tolerated)
- Chicken drumsticks
- Sandwiches
- Breakfast cereals (avoid added sugar)
- Savoury or sweet scones



## PARTY IDEAS

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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
- Sweet and savoury couscous (see recipe on page 53)
- Milk-free cocktail sausages
- Fruit scones
- 'Milk' jelly with tinned or fresh fruit served with dairy-free ice cream (see recipes on pages 65 and 66)
- Strawberry and banana muffins (see recipe on page 84)
- Reduced-salt, melt-in-the-mouth baby crisps
- Mile High (fruit tower) Rainbow cake



# PARTY IDEAS

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As your child starts to be invited to parties, it is important to discuss with the organiser which foods and drinks are suitable, and ask them to keep an eye on your child if you are not able to be there, or you can offer to stay and help out at the party.



## ABOUT THE RECIPES IN THIS BOOKLET

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The recipes in this booklet are designed to be milk-free (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 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.

Breast milk provides the best nutrition for your baby, so if you are breastfeeding do not stop, but discuss the exclusion of cow's milk and milk-containing products (dairy products) from your own diet with a registered dietitian, as cow's milk proteins may be passed to your baby in breast milk. Your dietitian can also advise you on suitable milk substitutes and on whether you need additional vitamins or minerals.

**More recipes are available at [www.nutramigen.co.uk](http://www.nutramigen.co.uk)**





# RECIPE TIPS

- The recipes can be made with any of the Nutramigen formulas\*
- Always prepare the formula according to the instructions on the tin
- Purée, mash or chop food to the correct consistency for your baby. If any of the recipes need thickening you can use baby rice to do this
- Please check each recipe to ensure that ingredients are suitable for your child. If you are not sure, discuss with your doctor or another healthcare professional
- Try to add Nutramigen to recipes as late as possible and avoid prolonged boiling to help preserve the nutrients. Nutramigen powder can be added at the end of cooking too, just mix well to prevent lumping
- Stir dishes well before serving and check the food is not too hot before giving it to your baby
- The portion sizes given are approximate; your baby and toddler may want more or less than the amount suggested and it is usually best to let them decide when they have had enough

## Please note that the friendly bacteria in Nutramigen LGG® will no longer be effective in 'hot' recipes

Nutramigen LGG® can still be used in hot recipes add just before serving where you can to preserve nutrients. Your child will still benefit from the majority of nutritional content of the Nutramigen formula, but you'll need to continue with normal bottle feeds of Nutramigen LGG® to benefit from the friendly bacteria. Using Nutramigen LGG® in cooler recipes will help preserve the effect of LGG®. This recipe section contains a variety of hot and cool recipes.



Hot recipes are indicated by:



Vegan recipes are indicated by:



Cooler recipes are indicated by:



Free-from recipes (gluten, sugar and nut-free) are indicated by:



Vegetarian recipes are indicated by:

\*Nutramigen 1 LGG®, Nutramigen 2 LGG®, Nutramigen 3 LGG® and Nutramigen PURAMINO.

## RECIPE TIPS

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### Recipes can be frozen unless indicated

- Freeze puréed foods in small containers or ice cube trays then empty into labelled bags
- Recipes are ideally frozen before Nutramigen is added and then, once defrosted, the Nutramigen powder is stirred in at the end of reheating, just before serving
- Store food in the freezer for no more than a month
- Before mealtimes ensure food is completely defrosted, then reheat thoroughly
- Foods can be mashed or chopped after defrosting to obtain the desired consistency





<b>Baby rice</b> ~6m+ .....	<b>44</b>	<b>Pizza/dough balls</b> 10m+ .....	<b>69</b>
<b>Fruit purées</b> ~6m+ .....	<b>45</b>	<b>Egg-free Yorkshire puddings</b> 10m+ .....	<b>71</b>
<b>Vegetable purées</b> ~6m+ .....	<b>46</b>	<b>Moussaka</b> 12m+ .....	<b>72</b>
<b>Lentil purée</b> 6m+ .....	<b>47</b>	<b>Sweet and sour chicken</b> 12m+ .....	<b>74</b>
<b>Porridge</b> 6m+ .....	<b>48</b>	<b>Broccoli, cauliflower, ham hock pasta bake</b> 12m+ .....	<b>75</b>
<b>Yoghurt-style fruit dessert</b> 6m+ .....	<b>50</b>	<b>Roasted cod and veggies with a cheesy sauce</b> 12m+ .....	<b>77</b>
<b>Tomato and bacon soup</b> 6m+ .....	<b>51</b>	<b>Stuffed potatoes with creamy veggie filling</b> 12m+ .....	<b>79</b>
<b>Potato and broccoli soup</b> 6m+ .....	<b>52</b>	<b>Overnight fruity oats</b> 12m+ .....	<b>81</b>
<b>Savoury or sweet couscous</b> 6m+ .....	<b>53</b>	<b>Fruity Yoghurty Yum</b> 12m+ .....	<b>82</b>
<b>Hummus</b> 6m+ .....	<b>54</b>	<b>Mile High (fruit tower) Rainbow cake</b> 12m+ .....	<b>83</b>
<b>Guacamole</b> 6m+ .....	<b>55</b>	<b>Strawberry and Banana Muffins</b> 12m+ .....	<b>84</b>
<b>Cauliflower and macaroni cheese bake</b> 6m+ .....	<b>56</b>	<b>Hot chocolate float</b> 2-3 years+ .....	<b>85</b>
<b>Fish in parsley sauce</b> 6m+ .....	<b>57</b>	<b>Spiced chai tea</b> 2-3 years+ .....	<b>86</b>
<b>Banana pancakes</b> 6m+ .....	<b>59</b>		
<b>Rice pudding</b> 8m+ .....	<b>60</b>		
<b>Risotto</b> 8m+ .....	<b>61</b>		
<b>Custard</b> 8m+ .....	<b>63</b>		
<b>Potato pancakes</b> 8-10m+ .....	<b>64</b>		
<b>Banana 'ice cream'</b> 8-10m+ .....	<b>65</b>		
<b>'Milk' jelly</b> 8-10m+ .....	<b>66</b>		
<b>Fruit smoothie and ice lollies</b> 8-10m+ .....	<b>67</b>		

# BABY RICE ~6M+



Baby rice is likely to be the first food you introduce to your baby. The smooth texture of baby rice means your baby shouldn't have difficulty chewing or swallowing it. Making sure foods are a manageable texture for babies is really important to prevent them from choking. This can also help to give your baby confidence to continue with introducing solid foods.

## 3 tsp of baby rice

## 3 tbsp Nutramigen powder or Puramino\* powder

1. Add the baby rice to the made up Nutramigen or Puramino\* formula
2. Mix together well
3. Leave to thicken, which takes around 5–10 minutes

## Tips

- Baby rice can be used to thicken any food when stirred in
- Remember to check the ingredients



\*Trademark of Mead Johnson & Company, LLC.

# FRUIT PURÉES ~6M+



45

Purées are ideal for the initial stages of introducing solid foods. Offering a variety of fruits and vegetables will help boost vitamin and mineral intake. For an infant who is just starting with Nutramigen, this recipe may act as a 'taste introduction' and help them get used to the formula.

**Makes approximately 3 portions (6 ice cubes)**

**Apple purée**

**2 dessert apples, peeled and chopped**

**30 ml Nutramigen (1 scoop powder to 30 ml water)**

**1 level tsp baby rice**

1. Steam or stew the apple in a little water until soft
2. Drain and then purée, sieve or mash as required
3. Spoon out one portion and stir in the Nutramigen
4. Thicken to the correct texture by adding baby rice
5. The remaining purée may be frozen. Add Nutramigen and baby rice once it has been defrosted

## Variations

- For a quick, easy, no-cook meal, choose fruit that is sweet and ripe (or tinned in natural juice), such as ripe pear, papaya (scoop out the seeds), peach, banana, mango and melon

## Tips

- Try individual fruits at first to check your baby has no allergic reactions. You can progress to combine 2 or 3 fruits for more flavour variety, such as:
  - Apple, pear and a little mashed banana
  - 1/4 avocado and 1/4 small ripe banana (add Nutramigen until the desired consistency is achieved)
- If you prefer, you can add Nutramigen to ready prepared puréed fruit from jars/pouches, but remember to check the ingredients carefully



# VEGETABLE PURÉES ~6M+



This recipe is ideal for the initial stages of introducing solid foods, with a variety of vegetables contributing to vitamin intake. For an infant who is just starting with Nutramigen, this recipe may act as a 'taste introduction' and help them get used to the formula. Try individual vegetables at first and then combine as below.

## Makes approximately 3 portions (6 ice cubes)

### Pea and potato purée

### 50 g frozen peas

### 1 potato, peeled and diced

### 30 ml Nutramigen (1 scoop powder to 30 ml water)

1. Boil or steam the potatoes
2. When soft, add the peas and cook for a further 2 minutes
3. Drain and then purée, sieve or mash as required
4. Leave to cool then spoon out one portion, add Nutramigen and stir

The remaining purée may be frozen. Add Nutramigen after defrosting, reheating thoroughly and cooling to a safe feeding temperature to preserve the vitamin content and the LGG®.

## Variations

- Swede and carrot
- Butternut squash and parsnip
- Courgette and potato
- Broccoli and sweet potato
- Sweet potato and cauliflower
- Carrot and potato

## Tips

- If you want to add more formula, add baby rice to thicken to the consistency required
- If freezing the purée, add the baby rice after defrosting and reheating thoroughly

# LENTIL PURÉES ~6M+



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**Makes approximately 2 portions (4 ice cubes)**

**50 g red lentils**

**300 ml water**

**6 scoops of Nutramigen powder**

1. Boil 50 g of red lentils in 300 ml water until soft and all the water has been absorbed (approx 30 minutes)
2. Cool and add 10 scoops of Nutramigen powder
3. Serve with soft or pureed vegetables  
Can be frozen in portions/ice cubes



# PORRIDGE ~6M+



Finding a suitable breakfast for a child with food allergies can often be challenging. Porridge is an excellent way to boost your infant's intake of Nutramigen. These breakfast options are very nutritious and can be naturally sweetened and flavoured with a variety of fruit purées.

**Makes 1 toddler portion or 2 baby portions  
– do not freeze**

**1 rounded tbsp porridge oats, quinoa flakes, buckwheat flakes or amaranth flakes**

**90 ml water**

**3 scoops Nutramigen powder**

**1 tbsp puréed fruit (or to taste)**

1. In a saucepan add oats to water, bring to the boil and simmer for 5 minutes. Alternatively, make in a microwave by heating for approximately 1 minute 30 seconds
2. Leave to cool then whisk in Nutramigen powder





# PORRIDGE ~6M+



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## Variations

**Semolina or ground rice porridge: makes 2 toddler portions or 4 baby portions**

**2 rounded tbsp semolina or ground rice**

**210 ml water**

**1 drop of vanilla essence (for toddlers)**

**6 scoops Nutramigen powder**

**1 tbsp puréed fruit (or to taste)**

1. Place semolina or ground rice in a saucepan and gradually blend in water
2. Add vanilla essence and simmer gently for 15–20 minutes for semolina and 10 minutes for ground rice, stirring occasionally
3. Leave to cool then whisk in Nutramigen powder and add fruit purée (to taste)

## Tips

- Add made-up Nutramigen to obtain the correct consistency for your child
- If your child is wheat intolerant, replace the semolina with quinoa, millet or amaranth, which are wheat-free and gluten-free
- The semolina and ground rice porridge freeze very well, so double the quantity and freeze in an ice cube tray
- If you prefer, you could use baby porridge instead but check the ingredients carefully. Use 90 ml Nutramigen to 2 tbsp baby porridge

# YOGHURT-STYLE FRUIT DESSERT ~6M+



It is very difficult to find a suitable yoghurt replacement for infants with multiple food allergies. This Nutramigen 'yoghurt-style' dessert provides a similar texture to real yoghurt to give an infant a similar experience, and you can mix a variety of fruit and flavours into it. This recipe also contributes a significant amount of nutritious Nutramigen to the diet, which may help with tricky feeders. In particular, it helps contribute to calcium and vitamin D requirements.

## Makes 1–2 portions

**1 tbsp cornflour**

**180 ml cold water**

**6 scoops Nutramigen powder**

1. Mix cornflour with a little water to form a smooth paste and then gradually add remaining water
2. Cook for 3 minutes, stirring continuously until mixture thickens
3. Once cooled, add Nutramigen powder, whisking well to form a smooth mixture
4. Store in a covered container in the fridge for up to 24 hours

## Variations

- Serve with tinned or fresh fruit, e.g. blueberry purée, mashed banana or crushed pineapple, or any puréed fruit, homemade or bought
- For a change, add a drop of vanilla essence or a pinch of cinnamon or nutmeg
- An alternative yoghurt-style dessert is to purée one semi-frozen sliced banana and 3 strawberries (or 10 blueberries). Then add 6 scoops of Nutramigen powder before serving



# TOMATO AND BACON SOUP ~6M+



Soups are not only easy to make but are also 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 low salt bacon, chopped (or cut with scissors)**

**3 carrots, finely chopped**

**1 x 200 g tin chopped tomatoes**

**360 ml water**

**12 scoops Nutramigen powder**

1. Heat oil in a saucepan and fry onions and bacon until brown
2. Add carrots and continue frying
3. Cover and simmer until carrots are soft
4. Add tomatoes, cover and simmer for 30 minutes
5. Add the water and purée with a blender

6. Leave to cool to serving temperature and stir in the Nutramigen powder just before serving
7. Serve with triangles of toast or a bread roll
8. Divide into individual portions and freeze remaining soup

## Tip

- Don't add the tomatoes until the carrots are soft otherwise the carrots will not soften due to the acidity of the tomatoes
- Please note that if using Nutramigen LGG® in this recipe and serving it warm, the friendly bacteria LGG® will no longer be effective due to being heated. If you wish to keep the LGG® effective, you can allow the soup to cool to room temperature before adding the Nutramigen powder, and serve cool

# POTATO AND BROCCOLI SOUP ~6M+



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

## Makes 3 toddler portions

**2 medium potatoes, finely diced**

**100 g broccoli, chopped**

**100 ml vegetable stock**

**360 ml water**

**12 scoops Nutramigen powder**

1. Fry potatoes until browned and soft
2. Add broccoli, 100 ml stock and 360 ml water
3. Cover pan and simmer until vegetables are soft
4. Purée with a blender
5. Leave to cool to serving temperature and stir in the Nutramigen powder just before serving
6. Serve with triangles of toast or bread roll or gluten-free options if making this a free-from choice
7. Divide into individual portions and freeze remaining soup

## Variations

- Try other vegetables in the same proportions

## Tip

- Check that stock cubes are low in salt, organic and suitable by checking the ingredients carefully
- Please note that if using Nutramigen LGG® in this recipe and serving it warm, the friendly bacteria LGG® will no longer be effective due to being heated. If you wish to keep the LGG® effective, you can allow the soup to cool to room temperature before adding the Nutramigen powder, and serve cool



# SAVOURY OR SWEET COUSCOUS ~6M+



It can be difficult to find versatile recipes that can be either savoury or sweet. Couscous is a very good starch source and combined with vegetables and meat or tuna it becomes a complete meal that includes protein, starch and vitamins. But remember, couscous is a wheat product and should not be given to babies allergic to wheat or intolerant to gluten.

**Makes 1 toddler portion or 2 baby portions**  
**– do not freeze**

**100 g dry couscous**

**90 ml boiling water**

**3 scoops Nutramigen powder**

1. Add the water to the couscous
2. Cover and leave until the couscous has absorbed all the liquid
3. Cool and then add the Nutramigen powder just before serving

## Tips

- For a younger infant add a little more water to make the couscous more moist
- Good for a lunchbox or picnic

## Variations

- For a savoury version, add a vegetable purée or chopped cooked vegetables and meat or tuna
- For a sweet version, mix in some puréed fruit. Alternatively, for infants older than 1 year, add a pinch of nutmeg and a small handful of chopped sultanas or chopped soft fruits such as apricots or strawberries



# HUMMUS ~6M+



Hummus is a great source of protein for your toddler's growth and is a versatile dish that your whole family can enjoy. It is useful to take as a snack away from home with some dairy-free breadsticks.

## Makes 6–8 portions

**1 x 400 g tin chickpeas**

**2-4 cloves garlic**

**75 ml vegetable oil**

**Juice of 1-2 lemons**

**2 tbsp tahini paste**

**30 ml Nutramigen (1 scoop powder to 30 ml water)**

1. Blend all the ingredients together using a hand held whisk or food processor
2. Add 30 ml Nutramigen to 50 g of the hummus mix
3. Thicken with 3 tsps of baby rice (see recipe on page 42)
4. Serve

## Tips

- Tahini paste is crushed sesame seeds – if buying this remember to check the ingredients
- The recipe works just as well without the tahini paste so this can be omitted if required
- If you chose to buy hummus rather than making your own, choose a low salt one and check the ingredients carefully
- All the family can enjoy the hummus together as you can serve it with or without the Nutramigen
- Use as a dip or a filling for sandwiches or jacket potatoes

# GUACAMOLE ~6M+



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**Makes 6-8 portions**

**1 avocado**

**75 g plain dairy-free, sugar-free yoghurt**

**100 g chickpeas**

**8 scoops Nutramigen powder**

1. Blend all the ingredients together with a hand blender (or through a sieve)
2. Serve with jacket potato, potato wedges, toast fingers or breadsticks (choose gluten-free bread and breadsticks if opting for free-form meal)



# CAULIFLOWER AND MACARONI CHEESE BAKE ~6M+



This is a classic and delicious recipe adjusted to be milk-free. The recipe is rich in starch and protein and, together with some vegetables, provides a nutritious meal. The Nutramigen cheese sauce provides plenty of calcium and other nutrients and can be very useful for an infant who needs more energy and protein.

**Makes 1 toddler portion or 2 baby portions**

**50 g dried macaroni**

**1/2 small cauliflower, cut into florets**

**Nutramigen cheese sauce (see pages 57–58)**

1. Boil the macaroni until soft
2. Meanwhile, steam or boil the cauliflower until soft
3. Make the Nutramigen cheese sauce (see pages 57–58). Remember to add the Nutramigen powder at the end once the white sauce has cooled to serving temperature
4. Mix everything together and serve

## Variations

- Try substituting the cauliflower for broccoli
- Use cauliflower or broccoli without the pasta
- Make a classic 'mac'n'cheese' by leaving out the cauliflower

## Tips

- Purée, mash or chop as appropriate
- This is good finger food from 8 months of age
- Make a double quantity of cheese sauce and freeze in individual portions
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.







# FISH IN PARSLEY SAUCE ~6M+

This recipe introduces fish in a nutritious white sauce made from Nutramigen. Fish is a great source of protein and combined with the Nutramigen it also provides a significant amount of calcium and vitamin D. This is a good recipe if you are struggling to get calories and protein into your infant's diet, especially if you add the dairy-free cheese.

**Makes 1 toddler portion or 2 baby portions**

**150 g boneless white fish (fresh or frozen)**

**Fresh parsley**

**Nutramigen white sauce:**

**2 tbsp plain flour**

**1 tbsp dairy-free margarine**

**240 ml cold water**

**8 scoops Nutramigen powder**



1. Steam or microwave the fish, or alternatively poach it in a little Nutramigen, until soft and cooked through (approximately 5 minutes)
2. Make up the sauce:
  - Add the flour, margarine and water to a pan
  - Heat and whisk until smooth and the sauce thickens
  - Cool to serving temperature and then add 8 scoops of Nutramigen powder
3. Add the parsley to the sauce
4. Pour onto the fish or flake the fish into the sauce
5. Serve with mashed potato and vegetables

## Warning

- Check for bones before serving
- Do not use a lactose-free cheese as this will contain cow's milk protein

continues on next page

# FISH IN PARSLEY SAUCE ~6M+



## Variations

- For a cheese sauce, add 50 g grated dairy-free cheese (and soya-free if required) into the pan as you heat it
- 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 soya single cream or oat cream to the white sauce or 1 tbsp oil



## Tips

- Purée, mash or chop as appropriate
- The Nutramigen white sauce can be used in any recipe
- Soya-free, dairy-free cheese is usually based on coconut, rice, almonds or peas so check the ingredients label carefully to ensure it is suitable
- This sauce can be made in a pan or a microwave. Use a whisk rather than a spoon when stirring to prevent it going lumpy
- Double the quantity and freeze in individual portions
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

# BANANA PANCAKES ~6M+



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**

**2 very ripe bananas (mashed)**

**200 ml Nutramigen (6 scoops powder to 180 ml water)**

**Blueberries – optional**

**Vegetable oil for lightly oiling the pan (unless using a pancake maker where no oil is required)**

1. Mix all ingredients together in a jug
2. Lightly brush the pan with oil, and put on a medium heat
3. Pour 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

## Tips

- Serve warm with fruit or cold in a lunch box for a picnic or as a snack
- Adjust the texture to match the weaning stage of your child. If your child is over 12 months you can add a drizzle of honey too
- These nutritious pancakes made with Nutramigen can be served with a variety of fruit. This adds to the vitamin and mineral content and is a fun and easy way to introduce new types of fresh or stewed fruit to your child's diet
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

# RICE PUDDING ~8M+



This rice pudding contributes a significant amount of Nutramigen to the diet, which may help with achieving sufficient consumption of this formula. In particular, it helps achieve calcium and vitamin D requirements.

**Makes 2 toddler portions or 3 baby portions**  
– do not freeze

**25 g pudding rice**

**270 ml water**

**Vanilla pod/vanilla essence**

**9 scoops Nutramigen powder**

**Dairy-free cream**

**Puréed or stewed fruit**

## Tip

- A good choice for breakfast too!
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

1. Place water, rice and vanilla pod in a pan and simmer on a very very low heat for 45 minutes (or use a slow cooker)
2. Remove vanilla pod if used
3. Cool then add 9 scoops of Nutramigen/formula powder
4. Sweeten with puréed fruit or stir in dairy-free custard
5. Do not freeze



# RISOTTO ~ 8M+



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Risotto rice is a good source of starch with plenty of texture for an infant to practise their chewing skills. This recipe is also great with added vegetables (e.g. peas) and protein (e.g. chicken), which makes it a nutritionally complete meal. As it contains Nutramigen, it also contributes significantly towards your infant's nutrient intake, particularly calcium and vitamin D.

**Makes 2 toddler portions or 4 baby portions**

**1–2 tsp vegetable oil**

**1/2 onion, finely chopped**

**1 celery stick, finely chopped**

**100 g risotto rice**

**1 tsp of fresh tarragon, finely chopped**

**1/2 baby vegetable stock cubes (salt-free) mixed with  
2 tsp boiling water to make a paste**

**270 ml water**

**9 scoops Nutramigen powder**

## Variations

- Add chicken, peas or sweetcorn

1. Heat oil and fry the onion and celery
2. Add risotto rice to onion and celery and fry until golden
3. Add the tarragon
4. Add stock paste and water
5. Cover and simmer for 45 minutes
6. Stir in the Nutramigen powder just before serving
7. Serve hot or cold

continues on next page

# RISOTTO ~8M+



## Tips

- Mash or chop as appropriate
- Serve hot as a main meal or cold as a snack in a lunchbox or picnic
- Use organic salt-free stock cubes. Always check the ingredients list carefully
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated. If you wish to keep the LGG® effective, you can allow the risotto to cool to room temperature before adding the Nutramigen powder, and serve cool



# CUSTARD ~8M+



This milk-free custard is very versatile and can be added to fruit or baked desserts. As it is made with Nutramigen, it not only provides calories and protein, but also essential nutrients like calcium and vitamin D.

**Makes 1 toddler portion – do not freeze**

**1 tbsp of milk-free custard powder**

**180 ml water**

**6 scoops Nutramigen powder**

**Sugar or fruit purée to taste**

1. Mix custard powder to a paste with a small amount of the water then add the rest of the water (to prevent lumps forming)
2. Gently heat until it thickens, stirring continuously on a low heat so it stays smooth
3. When cooled to a safe feeding temperature, add the 6 scoops of Nutramigen/formula powder
4. Add banana or fruit purée to sweeten
5. Do not freeze

## Variations

- Add banana or other puréed fruit

## Tips

- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.



# POTATO PANCAKES ~8-10M+



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**

**130 ml Nutramigen (4 scoops powder to 120 ml water)**

**Pinch of salt (optional)**

**1 medium potato, finely grated**

**Vegetable oil for frying**

1. Place flour in a bowl and gradually add the Nutramigen, stirring continuously with a whisk
2. Add 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
- Serve as a savoury snack with cold meats or vegetables
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.





# BANANA 'ICE CREAM' ~8-10M+



This is a very quick way to make a dairy-free 'ice cream'. It is great on its own or to accompany other dessert foods!

## Makes 6 portions

### 2 ripe bananas

(alternative options are vanilla essence or ground cinnamon)

### 6 scoops Nutramigen powder

1. Peel and slice the bananas and place in a bowl in the freezer
2. Once frozen, place in a blender and blend until it looks like ice cream
3. Stir in the Nutramigen powder
4. Serve immediately

## Variations

- Make a delicious fruit split by layering the 'ice cream' with fruit (e.g. banana, strawberries or tinned or fresh pears)

## Tips

- To make a smaller portion for your child you could:
  - Blend a smaller amount of banana, adding 1 scoop of Nutramigen powder per  $\frac{1}{3}$  of a banana
  - Alternatively only add the Nutramigen powder to the portion for your child and serve the rest of the 'ice cream' to the family
- You can get some cones that are dairy-free but remember to check the ingredients carefully every time!



# 'MILK' JELLY ~8-10M+



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 foods to learn to deal with texture, without the fear of choking.

**Makes 2 small jellies – do not freeze**

**4 cubes of sugar-free jelly**

**60 ml boiling water**

**60 ml Nutramigen (4 scoops powder to 60 ml water)**

1. Put the jelly in a saucepan and pour in boiling water. Allow jelly to melt over a gentle heat. Alternatively, melt jelly in a microwave according to pack instructions
2. Allow jelly to cool
3. When cool, stir Nutramigen into mixture
4. Place in jelly moulds and refrigerate until set

## Variations

- Add fruit to the jelly just before refrigerating

## Warning

- Do not give children undiluted jelly cubes as they could cause choking



# FRUIT SMOOTHIE AND ICE LOLLIES ~8-10M+



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.

**Makes 1 glass of smoothie or 2 ice lollies**

## Strawberry and pear

160 ml cold Nutramigen (5 scoops powder to 150 ml of water)

3 big strawberries

1/2 a pear (ripe and fresh or tinned in natural juice)

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



continues on next page

# FRUIT SMOOTHIE AND ICE LOLLIES ~8-10M+



## Variations

- Banana: 1/2 banana and a pinch of cinnamon (optional)
- Peach melba: 1/2 banana and 1/2 peach
- Mango and banana: 1/2 banana and 1/4 mango
- Also try raspberries, kiwis, apricots and blueberries

## Tips

- 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

# PIZZA/DOUGH BALLS ~10M+



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.

## Makes 4 small pizza bases or 16 dough balls

**175 g plain flour**

**1/2 tbsp sugar**

**1/2 tsp salt (optional)**

**1 tsp dried yeast**

**1 tbsp oil**

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

## 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: blend a handful of fresh washed basil leaves with 2 tablespoons of olive oil, spread onto uncooked pizza base and add tomato slices

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 use your hands to knead on a floured work surface, for 3 minutes until springy
5. Divide dough into four equal pieces, shape each into a circle and roll flat with a floured rolling pin
6. Leave dough in a warm place for 30 minutes to rise or use immediately
7. Make up the pizza with various toppings
8. Place on greased baking tray and cook in oven

continues on next page

# PIZZA/DOUGH BALLS ~10M+



## Variation: dough balls

- Make into 16 dough balls and eat with dairy-free margarine and crushed garlic

### Tip

- These pizza bases/dough balls freeze well
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.



# EGG-FREE YORKSHIRE PUDDINGS ~10M+



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

**Makes 6 mini Yorkshire puddings – do not freeze**

**50 g plain flour**

**120 ml Nutramigen (4 scoops powder to 120 ml water)**

**Vegetable oil**

1. Pre-heat oven to 190°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 15–20 minutes or until golden

**Variation: mini toad-in-the-holes – do not freeze**

- For toad-in-the-holes, put 6 cooked milk-free cocktail sausages (or 3 cooked milk-free chipolatas cut in half) 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
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.



# MOUSSAKA ~12M+



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**

**1 onion, finely chopped**

**1/4-1/2 clove of garlic**

**200 g lamb mince**

**(use green or brown lentils to make this vegetarian)**

**1 tsp tomato purée**

**1/2 tsp oregano**

**1/2 aubergine, cut into thin slices**

**Nutramigen white sauce (see recipe on page 58)**

**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 oregano and tomato purée
5. Place meat in a small oven-proof dish
6. Heat a tbsp 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



# MOUSSAKA ~12M+



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## 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 (for those with an egg allergy, be aware that some Quorn® products contain egg so check the labels) or use cooked brown lentils
- Divide into individual portions and freeze
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

# SWEET AND SOUR CHICKEN ~12M+



Sweet and sour chicken is ideal 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**

**1/2 small onion, finely chopped**

**100 g chicken, diced**

**1/2 carrot, diced**

**1/2 green or red pepper, diced**

**1/2 courgette, diced**

**90 ml water**

**1 tsp cornflour**

**1/2 small can pineapple chunks in natural juice**

**1/4 tsp Chinese five-spice powder (optional)**

**3 scoops Nutramigen powder**



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 water 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. Cool to serving temperature and stir in the Nutramigen powder just before serving

## Tip

- Many noodles contain egg but rice noodles are usually egg-free – always check the ingredients
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

# BROCCOLI, CAULIFLOWER, HAM HOCK PASTA BAKE ~12M+



This easy-to-make recipe is perfect for busy week nights. It is rich in starch, protein and vitamin C. The addition of the Nutramigen 3 LGG® cheese sauce provides plenty of calcium and other nutrients and can be very useful for an infant who needs more energy and protein, especially if they are not drinking their full quota of formula.

## Makes 6–8 toddler portions

**Handful of broccoli florets**

**Handful of cauliflower florets**

**1 tbsp olive oil**

**1 red onion, peeled and diced**

**120 ml Nutramigen 3 LGG®  
(4 scoops powder to 120 ml cold water)**

**1/2 pack gluten-free pasta  
(cooked as per packaging instructions)**

**150 g grated dairy-free cheese,  
plus a little extra for garnish**

**Pinch of pepper**

**Handful of pre-cooked ham hock**

1. Pre-heat oven to 180°C (gas mark 4)
2. Boil the broccoli and cauliflower until softened
3. Fry the red onion in olive oil for 2–3 minutes until soft
4. Make cheese sauce by mixing the made up Nutramigen 3 LGG®, dairy-free cheese and pinch of pepper until combined
5. To a large, lightly greased roasting tin, add the broccoli, cauliflower, red onion, cooked pasta, ham hock and stir together
6. Pour over the cheese sauce and stir lightly
7. Sprinkle additional grated cheese on top and bake in oven for around 18–20 minutes until golden brown
8. Serve with fresh salad

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# BROCCOLI, CAULIFLOWER, HAM HOCK PASTA BAKE ~12M+



## Variations

- To make this vegetarian, replace the ham hock with a tin of chickpeas or rinsed mixed beans

## Tips

- To make this recipe really creamy, double the amount of cheese sauce
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

# ROASTED COD AND VEGGIES WITH A CHEESY SAUCE ~12M+



77

Cod is a fantastic source of protein and provides essential B vitamins that contribute to a healthy metabolism and nervous system function. The addition of colourful vegetables, teamed with the Nutramigen white sauce (which adds to its nutritional content – in particular calcium and vitamin D), make this simple dish a firm favourite.

## Makes 4 toddler portions

**1/2 red onion, peeled and sliced**

**1/2 green pepper, deseeded and thinly sliced**

**1 carrot, peeled and cut in to thin batons**

**1 tbsp olive oil**

**4 cod fillets, skinned and deboned**

**25 g dairy-free butter**

**26 g gluten-free flour**

**Pinch of pepper**

**100 g grated dairy-free cheese**

**250 ml Nutramigen 3 LGG®**

**(8 scoops powder to 240 ml cold water)**

## Tips

- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

1. Pre-heat oven to 180°C (gas mark 4)
2. In a roasting tray, drizzle olive oil over the onion, pepper and carrot and roast for 10 minutes
3. Stir the vegetables and place the cod fillets on top, again drizzling with olive oil and add a pinch of pepper
4. Roast for a further 12 minutes
5. Make the Nutramigen cheese sauce:
  - Melt the dairy-free butter over a medium heat
  - Stirring gently, add the flour, continuing to stir and cook for 1 minute
  - Add the made up Nutramigen 3 LGG® bit by bit, stirring (or whisking) continuously to avoid lumps
  - Remove from heat and add a pinch of pepper and the grated dairy-free cheese. Stir until cheese has melted
6. Remove roasting tray from oven, allowing to cool slightly
7. Serve by layering vegetables on a plate, placing a cod fillet on top and covering with the cheese sauce

continues on next page

# ROASTED COD AND VEGGIES WITH A CHEESY SAUCE ~12M+



## Variations

- Substitute or add extra vegetables to customise the recipe for your child
- Try using a mix of fish, either fresh or frozen
- For a vegetarian alternative use tofu or seitan

## Warning

- For very young children, cut up the pepper into tiny pieces to remove any risk of choking on the pepper skin



# STUFFED POTATOES WITH CREAMY VEGGIE FILLING ~12M+



The potato, broccoli and cauliflower in this recipe will not only provide calories and significant levels of vitamin C, but the incorporation of Nutramigen 3 LGG® will add essential nutrients such as calcium and vitamin D.

## Makes 6–8 toddler portions

**4 small baking potatoes**

**Handful of broccoli florets**

**Handful of cauliflower florets**

**120 ml Nutramigen 3 LGG®**

**(4 scoops powder to 120 ml cold water)**

**25 g dairy-free butter**

**Pinch of pepper**

**50 g grated dairy-free cheese, plus a little extra for garnish**

**Handful of chives, finely chopped**

1. Pre-heat oven to 190°C (gas mark 5)
2. In a microwavable bowl, cook the potatoes on full power for around 6 minutes, until tender
3. Steam broccoli and cauliflower until tender and then cut in to small pieces
4. Transfer the potatoes from the microwave to a roasting tray and bake in the oven for 15–20 minutes until golden and then allow to cool slightly
5. Into a large bowl scoop-out the potato flesh and add the made up Nutramigen 3 LGG®, dairy-free butter and pepper. Mash until smooth
6. Stir in the broccoli, cauliflower and dairy-free cheese and then transfer the mixture back to the potato skins
7. On top add extra dairy-free cheese and place back in the oven for 5 minutes to melt the cheese
8. Serve with chives sprinkled on top

# STUFFED POTATOES WITH CREAMY VEGGIE FILLING ~12M+



## Tips

- This recipe is useful as a lunchtime snack or as a side dish to a main meal that all the family can enjoy
- Mash in some avocado to make it even more creamy and nutritious
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.



# OVERNIGHT FRUITY OATS ~12M+



81

Overnight oats can be prepared in a matter of minutes and provide a delicious breakfast alternative. Oats are a healthy wholegrain ingredient that can enrich a child's diet by providing a good source of carbohydrate, protein, fibre, vitamins, antioxidants and other important nutrients. Nutramigen 3 LGG® contributes towards meeting daily calcium and vitamin D requirements.

## Makes 3 large toddler portions

**65 g oats**

**270 ml water mixed with 9 scoops of Nutramigen powder**

**Dairy-free crème fraîche**

**1 ripe banana mashed or 120 g pureed fruit/fruit pouch**

## Tips

- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

1. In a large bowl mix together oats, made up formula (Nutramigen 3 for older children)
2. Pour mixture into three bowls or jars. Cover and place in fridge overnight
3. Remove from fridge and serve cold, or warm by heating in the microwave and cooling to the desired temperature (stir well to prevent hot spots)
4. Serve with a dollop of crème fraîche and sweet pureed fruit
5. Do not freeze

# FRUITY YOGHURTY YUM ~12M+



This fun, silky-smooth, 'yoghurt-style' dessert is sure to be a hit with young children. Strawberries provide a vibrant dash of colour as well as being a rich source of vitamin C, while the Nutramigen 3 LGG® 'yoghurt' contributes to daily calcium and vitamin D requirements.

## Makes 3 toddler portions

**200 g sweet strawberries (fresh/frozen) or other ripe sweet fruit (if using raspberries they will need to go through a sieve once cooked to remove the pips)**

**3 tablespoons water**

**1 level tablespoon cornflour**

**1 avocado**

**75 g dairy free crème fraiche/coconut yogurt**

**8 scoops Nutramigen powder**



1. Mix the cornflour with the water
2. Add the strawberries and cook until soft - keep stirring to prevent lumps
3. Puree with a hand held blender/sieve
4. Mash the avocado and add the coconut yogurt and add the strawberry puree
5. Add 8 scoops of Nutramigen powder - stir well with a whisk for a smooth texture
6. Place in 4 bowls - eat hot or place in the fridge and eat when cold
7. Nice served hot with the banana pancakes (see page 59)

# MILE HIGH (FRUIT TOWER) RAINBOW CAKE ~12M+



Your little one's first birthday may seem a long way off, but it will be here before you know it! Here's a great tasting dairy- and egg-free birthday cake recipe that will go down a storm with family and friends.

**1/2 watermelon**

**1 cantaloupe melon**

**1 honeydew**

**2 kiwi fruits**

**8 strawberries**

**12 raspberries**

**10 blueberries**

1. Peel the fruit
2. Cut in circles
3. Build up the fruit tower in layers
4. Add the candle
5. Sing happy birthday
6. Make a wish
7. Serve



# STRAWBERRY AND BANANA MUFFINS ~12M+



These delicious muffins 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 the nutrient content.

## Makes 12 muffins

**6 bananas mashed**

**50 g dairy free soya free margarine**

**10 scoops Nutramigen powder\***

**180 g self-raising flour**

**(2 tsp vanilla essence – optional)**

**2 tsp baking powder**

**10 strawberries cut into small chunks**

**(if eggs are tolerated an egg can be added to the mixture)**



\* the Nutramigen powder can be omitted if required

1. Set oven to 175°C and put 12 paper cases in a baking tin
2. Mash the bananas
3. Add the margarine and Nutramigen powder\* and mix well
4. Add the flour, baking powder (and vanilla essence if using)
5. Stir in the chopped strawberries
6. Cook in the middle of the oven for 20 minutes
7. Serve warm with custard (see page 63) or eat cold at home, in your lunchbox, at a party, or picnic

## Tips

- Use any berry fruits or a mixture
- Please note that if using Nutramigen LGG® in this recipe, the friendly bacteria LGG® will no longer be effective due to being heated.

# HOT CHOCOLATE FLOAT ~2-3 YEARS+



85

This hot chocolate increases the amount of Nutramigen consumed, which increases energy, protein and calcium intake. The ideal drink for a special occasion!

## Makes 1 drink

**180 ml water**

**6 scoops Nutramigen powder**

**1 tsp sugar (or to taste)**

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

1. Mix together the drinking chocolate and sugar and whisk in the water
2. Once cooled to a safe feeding temperature, add the Nutramigen powder just before serving

## Tips

- Please note that if using Nutramigen LGG® in this recipe and serving it warm, the friendly bacteria LGG® will no longer be effective due to being heated. If you wish to keep the LGG® effective, you can allow the drink to cool to room temperature before adding the Nutramigen powder, and serve cool

# SPICED CHAI TEA ~2-3 YEARS+



## Makes 1 drink

240 ml water

For the spicemix: (or use a decaffeinated Chai tea bag instead of the spices for ease!)

4 black peppercorns

1 stick cinnamon

4 cardamom pods - crushed

1cm fresh ginger

5 cloves

Orange zest - 1/4 teaspoon

2 dates or 5 ml date nectar

Decaffeinated standard tea bag

8 scoops Nutramigen powder

1. Add the spice mix (or spiced teabag) to the water and simmer for 15 minutes
2. If using the standard tea bag dip this in for 15 seconds
3. Strain the bits out
4. Cool until just warm
5. Add the powdered formula - mix well
6. Serve

## Tips

- Please note that if using Nutramigen LGG® in this recipe and serving it warm, the friendly bacteria LGG® will no longer be effective due to being heated. If you wish to keep the LGG® effective, you can allow the drink to cool to room temperature before adding the Nutramigen powder, and serve cool

# MEAL PLANNER FOR A 1-2 YEAR OLD TODDLER

This meal planner for a 1-2 year old toddler provides approximately 460 ml Nutramigen 3 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
<b>Monday</b>	Porridge	Fruit	Tomato soup & bread with carrot sticks	Fruit scone	Sweet & sour chicken	Beaker of Nutramigen
<b>Tuesday</b>	Biscuits*	Rice cakes	Dairy-free cheese on toast with veg sticks	Fruit smoothie	Banana custard	Beaker of Nutramigen
<b>Wednesday</b>	Semolina with apple purée	Nutramigen yogurt-style fruit dessert	Baked potato with beans Fairy cake	Veg sticks, pitta bread & hummus	Sausage stroganoff	Beaker of Nutramigen
<b>Thursday</b>	Wholewheat Biscuits*	Cheese scone	Ham sandwich & veg sticks	Fruit	Fruit	Beaker of Nutramigen
<b>Friday</b>	Ground rice porridge with peach slices	Rice cakes & cubes of dairy-free cheese	Nutramigen yogurt-style fruit dessert	Banana pancakes	Fish in white sauce, mash & peas	Beaker of Nutramigen
<b>Saturday</b>	Wholewheat Biscuits*	Nutramigen yogurt-style fruit dessert	Broccoli & potato soup & toast	Fruit	Fruit salad	Beaker of Nutramigen
<b>Sunday</b>	Porridge	Fruit	Savoury couscous	Fruit smoothie	Moussaka & salad	Beaker of Nutramigen

\*With Nutramigen

- 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

# MEAL PLANNER FOR A 1-2 YEAR OLD TODDLER

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This meal planner can be used to personalise the meal plan to suit you and your child.

	Breakfast	Snack	Lunch	Snack	Supper	Evening
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

- 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









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](http://www.nutramigen.co.uk)



**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.**

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Nutramigen 1, Nutramigen 2 & Nutramigen 3 LGG® are Foods for Special Medical Purposes and must be used under medical supervision. Nutramigen 1, Nutramigen 2 & Nutramigen 3 LGG® are not recommended for premature and immunocompromised infants unless directed and supervised by a healthcare professional. Nutramigen 1, Nutramigen 2 & Nutramigen 3 LGG® are not suitable for vegans, vegetarians or those who follow a halal or kosher diet.

Nutramigen PURAMINO is a Food for Special Medical Purposes indicated for the dietary management of severe cow's milk allergy, multiple food protein allergies, and other conditions where an amino acid-based diet is recommended and must be used under medical supervision. Nutramigen PURAMINO is not recommended for premature and immunocompromised infants unless directed and supervised by a healthcare professional. Nutramigen PURAMINO is suitable for those who follow a halal or kosher diet.

**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 the health of your baby. 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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