

Valley Children's

Feeding Your Baby with a
Milk Allergy

Birth-23 Months



**Valley
Children's**
HEALTHCARE

What do I feed my baby from 0-12 months?

Age	Bottle	Solids
NEWBORN to 3 MONTHS	Breastmilk or iron fortified formula ONLY 2-3 oz every 3 hours	NO SOLIDS DO NOT add infant cereal to bottle **Do not start solids before 4 months
4-6 MONTHS	Breastmilk or iron fortified formula 4-6 oz every 3 hours	Spoon feed 1-2 tablespoons iron fortified infant cereal mix with breastmilk or formula 2x per day. Start 1-2 tablespoons of vegetables then fruit 2x per day
6-8 MONTHS	Breastmilk or iron fortified formula 6 oz every 3-4 hours May introduce water in cup	4-9 tablespoons cereal, fruit, and vegetables daily. 1-6 tablespoons meat and other protein foods (beans, mashed tofu, etc) per day.
9-12 MONTHS	Breastmilk or iron fortified formula 6 oz every 3-4 hours	1/4-1/2 cup grains, fruit, and vegetables 2x per day. 1/4 to 1/2 cup calcium rich foods 1/4 to 1/2 cup meat and protein foods per day.
1 YEAR	Provide soy or ripple milk 4 oz 4x per day until 2 years old. Do not offer more than 4 oz of juice per day. Transition to offering liquids in cup	3 small meals + snacks Offer fruits & vegetables at every meal. Do not offer foods that are known choking hazards.

What do I feed my baby from 0-12 months?

Age	Texture	Grains	Veggies	Fruit	Protein
4-6 MONTHS	Cooked Puree	<ul style="list-style-type: none"> Iron fortified infant formula 	<ul style="list-style-type: none"> Green beans Spinach Kale Broccoli 	<ul style="list-style-type: none"> Apples Pears Raw banana Avocado 	<ul style="list-style-type: none"> Chicken Turkey Beef
6-8 MONTHS	Cooked Puree Cooked Soft Mashed	<ul style="list-style-type: none"> Iron fortified infant formula Mixed grain cereal Dissolvable finger foods 	<ul style="list-style-type: none"> Carrots Cauliflower Winter squash Sweet potatoes Peas 	<ul style="list-style-type: none"> Mangos Honeydew Pears Peaches Nectarines Cantaloupe Papaya 	<ul style="list-style-type: none"> Beef Chicken Turkey Fish Egg yolk Tofu Beans
8-10 MONTHS	Soft Cooked Mashed Chopped Small Pieces Ground	<ul style="list-style-type: none"> Cold cereals without sugar Pasta Soft grains Rice Unsalted crackers Toasted Bread 	<ul style="list-style-type: none"> Carrots Cauliflower Winter squash Sweet potatoes Peas Summer squash 	<ul style="list-style-type: none"> Mangos Honeydew Pears Peaches Nectarines Cantaloupe Papaya 	<ul style="list-style-type: none"> Beef Chicken Turkey Fish Egg yolk Tofu Beans
10-12 MONTHS	Soft Cooked Mashed Chopped Small Pieces Ground	<ul style="list-style-type: none"> All Grains Crackers Bread Cereals Pasta Rice 	<ul style="list-style-type: none"> Carrots Cauliflower Winter squash Sweet potatoes Peas Tomatoes Finely chopped lettuce All veggies 	<ul style="list-style-type: none"> Mangos Honeydew Pears Peaches Nectarines Cantaloupe Papaya Quartered grapes Chopped citrus fruit 	<ul style="list-style-type: none"> Beef Chicken Turkey Fish Whole eggs, cooked Tofu Beans Thinly spread nut butters on toast

✓ Birth to 4 Months

- Always hold your baby if you bottle feed. Never prop the bottle.
- Do not put your baby to bed with a bottle.
- Never start solids before 4 months.
- Never put infant cereal in bottle.

✓ 4-6 Months

- Start purees when baby can sit up without help, hold head steady, and keep food in mouth and swallow.
- Feed cereal with spoon only.
- Offer one new food at a time.
- Wait 3-5 days between offering new foods.
- Your baby will likely be ready for solids closer to 6 months.
- Never force baby to finish bottle or food.
- Offer single ingredient purees

✓ 6-8 Months

- Do not offer honey due to risk of botulism.
- Allow baby to feed self when able.
- Always watch baby during mealtimes to prevent choking.
- Do not add salt, sugar, or spices to food.
- You may introduce a small amount of water around 6 months.

✓ 9-12 Months

- Do not give liquids other than formula or breast milk under 1 year old.
- You may introduce a small amount of water around 6 months.
- Use cup more than bottle.
- Do not add salt, sugar, or spices to food.
- Let baby feed themselves with spoon/hand.
- Let baby sit at table with family.

Infant & Toddler Formulas to Avoid

- 360 Total Care
- 360 Sensitive
- Total Comfort
- Enfamil
- Gentlease
- Pediasure
- NIDO
- Boost Kid Essentials
- Carnation Breakfast Essentials

Milk Free Substitutes

Ask your baby's dietitian for alternative formulas that do not contain cow's milk.

Milk Alternatives

For Children 1-2 Years Old

- Soy Milk
- Ripple Brand Milk

Milk is an important protein, calcium, and vitamin D source for your child's nutrition. Not all milk alternatives provide adequate amounts of these essential nutrients.

Milk Alternatives

For Breast Feeding Moms

- Soy Milk
- Ripple Brand Milk
- Oat Milk
- Almond Milk
- Coconut Milk

If breast feeding a baby with a cow's milk allergy it is important to remove cow's milk from your diet.

Read the Nutrition Label

Avoid foods with the following ingredients.

Casein
Caseinate
Diacetyl
Lactoglobulin
Lactalbumin
Lactoferrin
Lactose
Rennet
Whey

Remember fruits & vegetables are always milk free!

Butter Alternatives

- Canola Oil
- Corn Oil
- Avocado Oil
- Olive Oil
- Vegetable Oil
- Margarine without milk

Yogurt Alternatives

- Soy Milk Yogurt
- Almond Milk Yogurt
- Oat Milk Yogurt

Foods that May Contain Milk

- Cheese
- Custard
- Butter
- Sour Cream
- Yogurt
- Mayonnaise
- Pasta Sauces
- Cake Mixes
- Coffee Creamers
- Breads
- Crackers
- Granola
- Creamy Soups
- Creamy Dressings
- Pudding
- Protein Powder
- Butter Flavoring
- Ghee
- Half & Half
- Chocolate
- Hot Chocolate
- Baked Goods
- Biscuits
- Breakfast Pastries

Foods with the label "dairy-free, milk-free, or vegan" are safe to consume!

Cow's milk containing foods should be avoided by both baby and breast feeding mom.

4-6 MONTHS

Breakfast

4-6 oz breast milk or formula
1-2 TBSP iron-fortified infant cereal
1-2 TBSP puree fruit or vegetables

Feeding

4-6 oz breast milk or formula

Lunch

4-6 oz breast milk or formula

Feeding

4-6 oz breast milk or formula

Dinner

4-6 oz breast milk or formula
1-2 TBSP cereal or protein
1-2 TBSP puree fruit or vegetable

Feeding

4-6 oz breast milk or formula

6-8 MONTHS

Breakfast

4-6 oz breast milk or formula
2-4 TBSP iron-fortified infant cereal
2-3 TBSP puree fruit or vegetable
2-3 TBSP protein

Feeding

4-6 oz breast milk or formula

Lunch

4-6 oz breast milk or formula
2-4 TBSP iron-fortified infant cereal
2-3 TBSP fruit or vegetable
2-3 TBSP protein

Feeding

4-6 oz breast milk or formula

Dinner

4-6 oz breast milk or formula
2-3 TBSP protein
2-4 TBSP infant cereal or other grain
2-3 TBSP fruit or vegetable

Feeding

4-6 oz breast milk or formula

9-12 MONTHS

Breakfast

4-6 oz breast milk or formula
2-4 TBSP Grain
1-2 TBSP protein
2 TBSP fruit or vegetable

Feeding

4-6 oz breast milk or formula

Lunch

4-6 oz breast milk or formula
1-2 TBSP protein
1-2 TBSP grain
2-4 TBSP fruit or vegetable

Snack

1/4 cup non-dairy yogurt with cut-up soft banana

DINNER

2-4 TBSP protein
2-4 TBSP grain
2-4 TBSP fruit or vegetable

Feeding

4-6 oz breast milk or formula

What do I feed my baby from 12-23 months?

Grains

6 servings
per day

1/3 cup
Oatmeal

1/3-1/2 cup
Cereal

1/4-1/3
cup
Rice

1/4-1/2
Slice of
Bread

1/4-1/3
cup
Pasta

1/4-1/2
6 inch
Tortilla

Veggies

2-3 servings
per day

1/4 cup
Carrots

1/4 cup
Broccoli

1/4 cup
Green
Beans

1/4 cup
Cauliflower

1/4 cup
Squash

1/4 cup
Snap Peas

Fruit

2-3 servings
per day

1/3 cup
Melon

1/3 cup
Canned
Peaches

1/3 cup
Berries

1/3 cup
Pineapple

1/3 cup
Mango

1/3 cup
Canned
Pears

Calcium

4-5 servings
per day

1/2 cup
Soy Milk

1/2 cup
Oat Milk
Yogurt

1/2 cup
Almond
Yogurt

1/2 cup
Ripple Milk

1/2 cup
Coconut
Yogurt

1 oz
Dairy-Free
Cheese

Protein

2 servings
per day

1-3 TBSP
Chicken

1-3 TBSP
Fish

1
Egg

2-4 TBSP
Beans

2-4 TBSP
Tofu

1 TBSP
Peanut
Butter

What do I feed my baby from 12-23 months?

Day 1: Meal Plan

Breakfast

1/3 cup Oatmeal
1/2 cup Soy Milk
1/3 cup smashed Blueberries

Snack

1/2 cup Coconut Yogurt
1/3 cup panned pears

Lunch

1-3 TBSP Chicken
1/2 cup Rice
1/2 cup Green Beans

Snack

1/2 cup canned peaches
10 Crackers
1 cup Soy Milk

Dinner

2-4 TBSP Beans
1/2 cup Soy Milk
1 Tortilla
1/2 cup Cooked Carrots

Day 2: Meal Plan

Breakfast

1/2 cup Cereal
1/2 cup Soy Milk
1/3 cup sliced Strawberries

Snack

1/3 cup Banana
1 cup Soy Milk

Lunch

1-3 TBSP Turkey
1/2 cup Potatoes
1/4 cup cooked Broccoli
1/2 cup Yogurt

Snack

10 Crackers
1/4 cup cooked Cauliflower

Dinner

1-3 TBSP Fish
1/2 cup Pasta
1/4 cup Asparagus
1/2 cup Soy Milk

Choose Two:
Fruit • Veggies • Starch • Protein

1/4 cup Black Beans
+
1 Corn Tortilla

Pretzel Sticks
+
1 TBSP Nut Butter

1/4 cup Snack Peas
+
1 TBSP Hummus

1/2 Medium Banana
+
1 TBSP Peanut Butter

Whole Grain Cereal
+
1/2 cup Soy Milk

1/2 cup Canned Fruit
+
1/2 cup Coconut
Milk Yogurt

Berries
+
1/2 cup Oat Milk
Yogurt

2 TBSP Avocado
+
1 slice Whole Wheat
Toast

Celery Sticks
+
1 TBSP Peanut
Butter

Veggie Stick
+
1 TBSP Salad
Dressing

Cucumbers
+
1 TBSP Dairy-Free
Cream Cheese

Fruit Smoothie

Foods to Avoid

- Cheese cubes or blocks
- Chewing gum
- Dried fruit (raisins)
- Gummy fruit snacks
- Hard candy including caramels, cough drops, jelly beans, lollipops, etc.
- Hard pretzels and pretzel chips
- Ice cubes
- Marshmallows
- Corn
- Nuts and seeds, including breads, crackers, and cereals that contain nuts and seeds.
- Popcorn
- Spoonful of peanut butter or other nut butters. Spread nut butters thinly on other foods. Serve only creamy, not chunky, nut butters.
- Whole grapes
- Whole cherry tomatoes
- Whole cherries
- Raw carrots
- Sausages and hot dogs

Avoid serving foods that are as wide around as a nickel which is the size of a young child's throat.



Make Eating Safe

- Cook or steam hard food, like carrots, until it is soft enough to pierce with a fork.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Finely chop foods into thin slices, strips, or small pieces (no larger than 1/2 inch), or grate, mash, or puree foods.
- Grind up tough meats.
- Remove all bones from proteins.
- Discourage eating while playing

Cut Round Foods into Smaller Pieces

Slice these items in half lengthwise



Then slice into smaller pieces (no larger than 1/2 inch).



Cut tube-shaped foods into smaller pieces

Cut tube-shaped into short strips rather than round pieces.

