

A PRACTICAL GUIDE TO SUPPORT BREASTFEEDING IN INFANTS WITH COW'S MILK ALLERGY

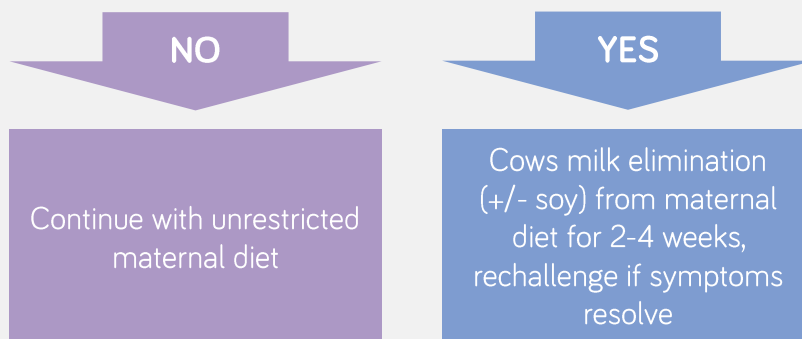
Presented by Dr Vicki McWilliam at the Nutricia Global Virtual Conference 2021



Breastfeeding is recommended by all international allergy guidelines in line with the World Health Organisation (WHO) recommendations

WHEN TO CONSIDER MATERNAL DIET EXCLUSION?

Do symptoms occur when exclusively breastfed? Do symptoms persist even when cow's milk has been removed from complementary foods?



OTHER COMMON ALLERGENS:

Exclusion of other allergens, such as wheat and egg, should only be considered following no improvement with initial milk and soy exclusion.

WHAT FOODS NEED TO BE AVOIDED?



Cow's milk as well as other mammalian milks e.g. goat, sheep



Foods made from cow's milk or included as an ingredient e.g. cheese, butter, baked goods

WHEN AND HOW FOR COW'S MILK RETROINDUCTION?

Rechallenge is often possible from 12 months of age and the process for the reintroduction of cow's milk can vary

"TOP DOWN"	"BOTTOM UP"
<ul style="list-style-type: none">• Quicker process• Use whole cow's milk <p>Day 1 = 1 serve / Day 2 = 2 serves / Day 3 = 3 serves / Continue for remainder of week at 3 serves of cow's milk based products</p>	<ul style="list-style-type: none">• Slower process• Commence with low dose and processed forms of cow's milk• Move up through stages to whole milk

[WATCH THE FULL WEBINAR RECORDING HERE](#)

