

COWS' MILK ALLERGY

PARENT SUPPORT

FOR HEALTHCARE PROFESSIONAL USE WITH PARENTS
OF CHILDREN DIAGNOSED WITH COWS' MILK ALLERGY

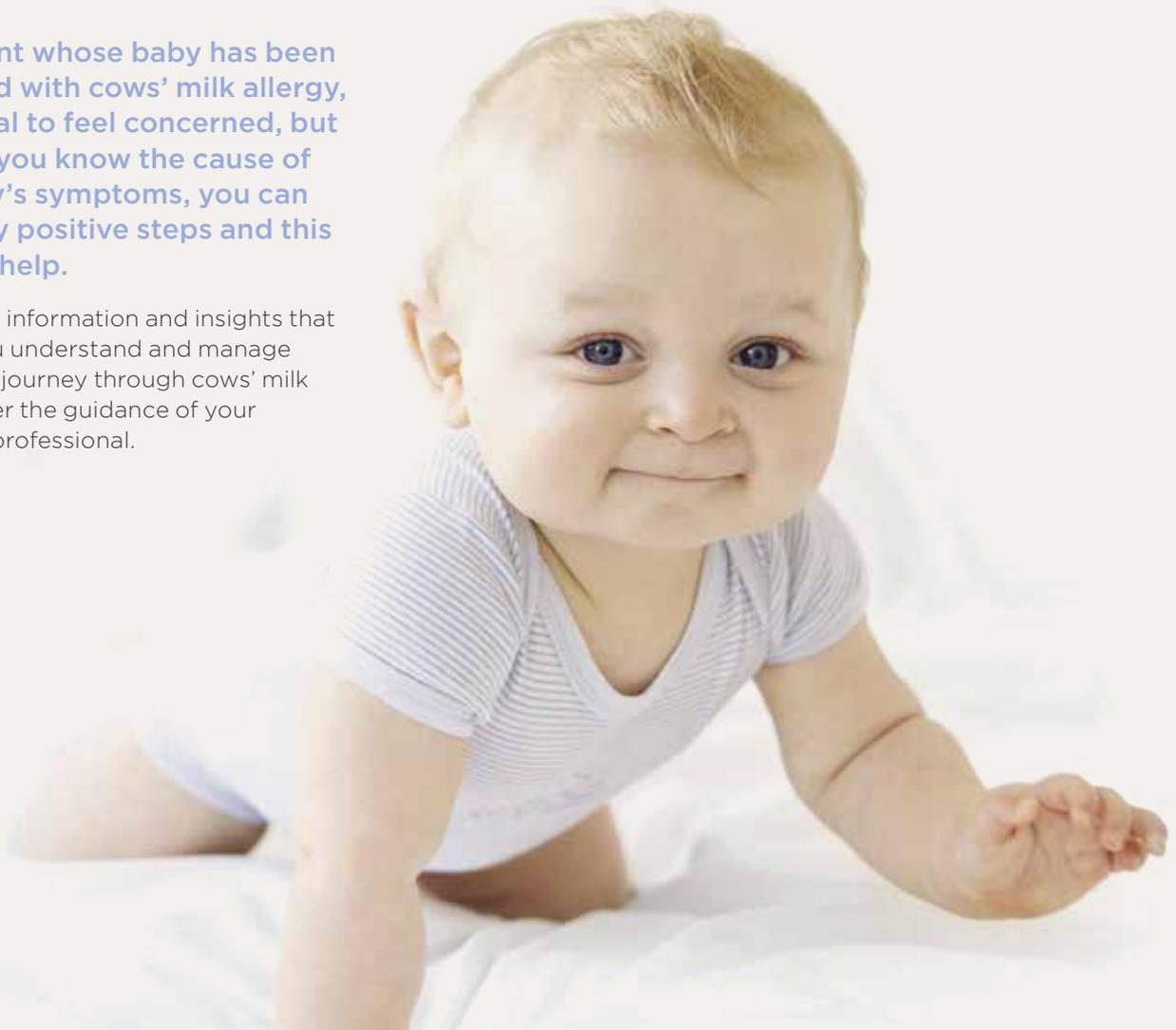


Aptamil
Pepti

The logo for Aptamil Pepti features the brand name 'Aptamil' in a dark blue, sans-serif font, with a graphic of five blue circles of varying sizes above the 'i'. Below 'Aptamil' is the word 'Pepti' in a smaller, lighter blue, sans-serif font.

As a parent whose baby has been diagnosed with cows' milk allergy, it is natural to feel concerned, but now that you know the cause of your baby's symptoms, you can take many positive steps and this book will help.

You will find information and insights that will help you understand and manage your baby's journey through cows' milk allergy under the guidance of your healthcare professional.



YOUR BABY

NAME:

AGE:

FORMULA:



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About the author

Tanya Wright is a specialist Registered Dietitian working within NHS Allergy Services. Tanya specialises in paediatric food allergy and is the author of several food allergy and recipe books.

WHAT IS COWS' MILK ALLERGY?

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WHAT IS COWS' MILK ALLERGY AND HOW COMMON IS IT?

WHAT IS COWS' MILK ALLERGY AND HOW COMMON IS IT?

Cows' milk allergy is a reaction to one or more of the proteins present in cows' milk that results in distressing symptoms for infants and their families.

It is the most common food allergy in children under 3 years of age¹, affecting 2–3% of 1–3-year-olds in the UK². By the age of 3 years, most children will have partially or completely outgrown cows' milk allergy, but for a few it may last longer³.

The symptoms of cows' milk allergy can be worrying for parents. The good news is that with prompt diagnosis and the correct management (with the help of a healthcare professional, who will provide expert dietary advice) it can be effectively managed and its impact reduced.



Use the Symptom Diary (section 7 of this booklet) to record your baby's symptoms and reactions, and to see how much they improve.





Q. *Is lactose intolerance the same as cows' milk allergy?*

A. No. *A baby that is lactose intolerant will usually only experience digestive symptoms. Lactose is a naturally occurring sugar found in all animal milks (cows', sheep's, goat's etc). It is the infant's inability to digest lactose that results in symptoms of bloating, diarrhoea and discomfort associated with LACTOSE INTOLERANCE.*

A MILK ALLERGY is the inability to process one or more of the proteins in cows' milk triggering symptoms in the infants gut, skin and sometimes respiratory system.

Some of the symptoms of milk allergy can be the same as lactose intolerance which can cause confusion when making the correct diagnosis.





SYMPTOMS OF COWS' MILK ALLERGY

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Your baby's doctor will advise whether the symptoms your baby has could be a milk allergy.

There can be an overlap of symptoms with other conditions so milk allergy is not always the reason for these symptoms.

If cows' milk allergy is affecting your baby, they may become very unsettled and start to develop symptoms that are typically associated with their skin, gut or breathing. Some typical signs and symptoms are shown below:

DERMATOLOGICAL (SKIN)	GASTROINTESTINAL (GUT)	RESPIRATORY (BREATHING)
Itching	Irritability	Runny nose/sniffles
Redness	Vomiting	Wheezing
Eczema	Food refusal or aversion	Coughing
Hives (raised, itchy rash)	Reflux	Sneezing
Swelling	Constipation	Itchy/blocked nose
	Perianal redness (red bottom)	Conjunctivitis
	Diarrhoea	
	Abdominal pain or discomfort	
	Blood and/or mucus in stools in an otherwise well infant	

While some babies may display only one of these signs or symptoms, it's not unusual for several to occur together.

In rare cases, the allergic response can be more severe, if your baby suffers with this type of reaction (called anaphylaxis) your health care professional will provide you with advice to help you manage their symptoms.

The time it takes for a baby to react to cows' milk can also vary significantly. Immediate cows' milk allergy, as the name suggests, will occur within the first hour of consuming cows' milk - but often within minutes, while delayed cows' milk allergy can develop after several hours or even the next day.

All babies are different and it is very important that your baby sees a healthcare professional to assess their individual symptoms.





MANAGING COWS' MILK ALLERGY

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Managing cows' milk allergy involves removing all cows' milk from your baby's diet. So, it's a good idea to familiarise yourself with reading food labels and ingredients, as milk can be present in many manufactured foods.

To help you know where and what to look for in the supermarket, section 5 of this book provides some specific guidance on food labelling.

We have also included some appropriate advice about feeding with formula milks, now that your baby has been diagnosed with cows' milk allergy.

If your baby is part or completely breastfed, you can trial excluding cows' milk and food containing cows' milk from your own diet for an initial 2 week period. This may resolve baby's symptoms.

Always involve your healthcare professional to manage your child cows' milk allergy.



FEEDING ADVICE

If your baby is being formula fed and has been diagnosed with cows' milk allergy, your doctor may prescribe an extensively hydrolysed formula, for example Aptamil Pepti.

The proteins in these formulas have been hydrolysed (broken down) into smaller pieces so that your baby's immune system does not recognise them as an allergen (a substance which causes the immune system to react to it). This process does not affect the nutritional value of the formula.

Soya formulas are not usually recommended for babies under 6 months of age as they contain phytoestrogens which are plant-based compounds that have properties similar to the hormone oestrogen². Furthermore, infants who react to cows' milk-based formulas are more likely to react to soya-based formulas.

Although rare, it is possible for your breast fed baby to develop cows' milk allergy by reacting to milk proteins that pass from your diet into your breast milk. If this happens a change in your diet may be recommended, but this should only ever be done after consulting your healthcare professional.

Q. *What does Aptamil Pepti contain that other standard formulas don't?*

A. *Aptamil Pepti is similar in composition to standard milks, except the proteins in it have been broken down (hydrolysed) to make it less likely to cause an allergic reaction.*



BREASTFEEDING

Exclusive breastfeeding for around the first 6 months of your baby's life is recommended. If possible, breastfeeding should continue throughout the first year of life and up to two years of age. From 6 months this should continue alongside a varied and nutritious cows' milk free weaning diet. See section 5 which provides information on weaning your infant.

The composition of breast milk is unique and provides an infant with all their nutritional requirements, delivering both short- and long-term benefits⁴.

If you are exclusively breastfeeding your child (i.e. not using any formula) and your baby is diagnosed with cows' milk allergy, then your healthcare professional may advise that you too remove milk from your own diet to see if your infants symptoms improve. This can happen because sometimes milk protein fragments are transferred via breast milk.

Initially you will be asked to follow this diet for a 2-4 week trial period to confirm if the problem is cows' milk allergy². You will be advised about taking daily supplements of calcium and vitamin D, and you should also be referred to a dietitian.

REINTRODUCING COWS' MILK

Once a diagnosis of cows' milk allergy has been confirmed by your healthcare professional your child will be advised to consume a cows' milk-free diet, ideally with the support of a dietitian².

A planned reintroduction or supervised 'challenge' is sometimes recommended to confirm the diagnosis or to check if your child has become tolerant to cows' milk. This is to ensure that your child is not kept on a cows' milk-free diet for longer than is required. Please speak to your healthcare professional about this process as it may need to be supervised².

HOW A DIETITIAN CAN HELP

All infants with a confirmed diagnosis of cows' milk allergy should ideally be referred to a dietitian, who can help to:

- ensure your baby receives adequate nutrition and thrives through the use of alternative products
- assess your baby's nutritional intake and growth
- support families with weaning progression, food textures, and recommend an order for the introduction of allergenic foods into your baby's diet
- provide practical advice specifically for your baby, to ensure cows' milk is strictly avoided and advise how to adapt family foods to encourage inclusive family meals
- provide strategies if food aversion is an issue
- review that the prescribed hypoallergenic formula is suitable for your baby's age and advise on the transition onto standard milk alternatives
- provide a range of supporting resources, e.g. cows' milk-free diet information, pictorial leaflets on free-from dairy alternatives, recipes, signposting to allergy support networks, social media, and free-from product-finder apps
- advise around an appropriate time to reintroduce cows' milk (re-challenging) and ensure the avoidance of unnecessary long-term exclusion of milk and other allergenic foods



APTAMIL PEPTI

APTAMIL PEPTI

Aptamil Pepti has been developed for the dietary management of cows' milk allergy. It is similar in composition to standard infant milks, apart from the protein, which has been broken down (extensively hydrolysed) to make it more likely to be tolerated.

Aptamil Pepti is available in two stages. **Pepti 1** is suitable from birth and **Pepti 2** is formulated to support a restricted, cows' milk free weaning diet for babies over 6 months. It contains extra calcium, vitamin D and iron.

Pepti 1 & 2 are both made with 100% whey protein and are available in 400g and 800g tins. They contain the long chain polyunsaturated fatty acids (LCPs) Omega 3 and Omega 6, and nucleotides.



Aptamil Pepti is not suitable for a vegetarian diet because it contains fish oils and is not Halal approved.

IMPORTANT NOTICE: Aptamil Pepti is a food for special medical purposes for the dietary management of cows' milk allergy. It should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding.





SWITCHING TO APTAMIL PEPTI

Your baby may need up to 2 weeks to adjust to a new formula. You may notice some differences in their nappies – your baby’s stool habit may change, and the stool itself may appear different.

These changes are **perfectly normal** and are due to the fact that the nutritional content and ingredients of the new milk will be slightly different to their previous milk.

Your baby’s digestive system may need a little while to adjust to the new diet.

Q. What if my baby doesn't seem to like the taste of Aptamil Pepti?

A. Aptamil Pepti does taste different to other Aptamil formulas due to the broken-down proteins, but this is normal.

Aptamil Pepti is more palatable (tastes better) than the other extensively hydrolysed formulas that are available⁵. It's worth sticking with Aptamil Pepti for at least 2 weeks. This will also allow some time for symptoms to settle and your baby get used to the taste.



WHEN CAN I EXPECT MY BABY'S SYMPTOMS TO IMPROVE?

Every baby is different. With dietary management some symptoms may resolve very quickly, others may take longer.

As a guideline you can expect most symptoms to improve significantly within 2 weeks. If symptoms seem to get worse, do not get better, or if you have any concerns, it is important that you consult your healthcare professional.



Why not use the Symptom Diary section of this booklet to track your baby's symptoms over this period - this could also be useful to your healthcare professional should you need to consult them again.



SHOULD MY BABY STAY ON APTAMIL PEPTI AFTER 12 MONTHS OF AGE?

There is no harm in your baby staying on the formula beyond 12 months and for babies who need to boost their nutritional intake it can be a helpful addition to their diet.

Made-up formula can also be used in cooking as soon as your baby starts weaning and may be used for as long as is necessary.

A planned reintroduction of cows' milk or supervised 'challenge' with the help of a healthcare professional will determine how long a cows' milk free diet is required. Usually the formula is the last item to change and the milk ladder is first used to determine your baby's tolerance to cows' milk and dairy².

You shouldn't do this on your own though so please consult your healthcare professional.

HOW TO PREPARE APTAMIL PEPTI FROM POWDER



STEP 1

Wash hands and sterilise all utensils according to manufacturers' instructions.



STEP 2

Boil 1 litre of fresh water. Leave kettle to cool for no longer than 30 minutes. Measure the required amount of water (refer to feeding guide) into a sterilised bottle. Be careful of scalding. Do not use artificially softened or repeatedly boiled water.



STEP 3

Using the scoop provided level off the powder with a clean knife. Do not press or heap the powder.



STEP 4

Add the correct measure of powder to the water. Adding too many or too few scoops can be harmful. Cap the bottle and **shake vigorously for 25 seconds** to dissolve the powder. Remove cap and replace with a sterilised teat.



STEP 5

Cool under a running tap. Check the temperature of the feed. Feed immediately.

All infant formulas are different, so it is important to check the preparation instructions before using the product.

Because powdered milks are not sterile, failure to follow the instructions may make your baby ill.

FEEDING INSTRUCTIONS

Make up each feed as required.

Always use the scoop provided. Please note the colour of the scoop in the pack may change from time to time.

Never add extra scoops or anything else to your baby's feed.

For hygiene reasons, do not store made up feeds – discard unfinished feeds as soon as possible and always within 2 hours.

Do not heat in a microwave as hot spots may occur and can cause scalding.

Never leave your baby alone while feeding.

If necessary offer cooled, boiled water between feeds.

Q. *How much formula should I be giving my baby?*

A. *See the Feeding Guide (right). This is also available on the back of each pack of Aptamil Pepti.*

However, this is a guide only – always use the quantity of Aptamil Pepti your healthcare professional advises.

FEEDING GUIDE 0-12 MONTHS

Approx. age	Approx. weight		No. of feeds per 24 hours	No. of level scoops per feed (1 scoop=4.5g)	Quantity of water per feed	
	kg	lb			ml	fl oz
Birth	3.5	7.5	6	3	90	3
2 weeks	4.0	8.8	6	4	120	4
2 mths	5.0	11.0	5	6	180	6
4 mths	6.5	14.5	5	7	210	7
6 mths*	7.5	16.5	4	8	240	8
7-12 mths	-	-	3	7	210	7

* Assumes weaning at 6 months.

WEANING



WEANING

Usually, by around 6 months of age, infants should be ready to accept a wide range of age-appropriate solid foods that can be introduced to their diet gradually alongside continued breastfeeding (or formula feeding).

Weaning an infant with cows' milk allergy is very similar to weaning a non-allergic infant – the key difference, as you might expect, is that foods making up the weaning diet must not contain cows' milk or dairy products. It is important that weaning is done under the guidance of a dietitian.

For all infants, including infants with cows' milk allergy, weaning should proceed normally and include all foods (except those containing cows' milk/dairy). It is now thought that the early introduction of allergenic foods, may help protect infants from developing food allergies later in life^{6,7}.

In infants with cows' milk allergy, it may be best to introduce age-appropriate allergenic foods that contain cooked egg, and then peanut[†], from age 4–6 months as per the guidance, followed by other foods known to cause food allergies⁷. Once introduced, and where tolerated, these foods should be part of an infant's usual diet⁶.

However, **do not feed your baby foods which they are known to be allergic to⁷.**

It is important that weaning is done under the guidance of a dietitian, and if your baby was born prematurely, check with your dietitian about the best time to do this.

† Never give whole nuts, coarsely-chopped nuts, or chunks of peanut butter to children under 5 years of age, as these are a choking risk.



As your baby grows, you should keep offering foods of different textures and flavours to help your baby learn to enjoy a wide variety of foods.

It is not necessary to exclude any foods apart from:

1. Those containing milk, dairy or milk derivatives
2. Those foods that you know your infant is already allergic to, or has reacted to

You should aim to offer a variety of nutritious foods. Foods like peanut[†], tree nuts, egg, fish and soya should also be offered unless you have been advised otherwise.

If your baby develops symptoms suggestive of allergy, then do not continue to feed them with this food and seek medical advice⁷.



That might sound a little complicated, so here is a summary of the key points⁷.

- *Weaning should generally begin at around 6 months of age, but certainly no earlier than age 4 months, i.e. 17 weeks.*
- *For babies with cows' milk allergy who are developmentally ready to begin the weaning process, introduce age-appropriate foods that contain cooked egg, and then peanut[†], from age 4–6 months, followed by other foods known to cause food allergies – this has been shown to reduce the risk of your baby developing food allergies later in life.*
- *Do not give your baby a food they are already known to be allergic to.*
- *If your baby develops symptoms suggestive of allergy while introducing an allergenic food, stop giving that food and seek medical advice.*
- *Once an allergenic food has been successfully introduced, continue to give it regularly as part of your baby's usual weaning diet, i.e. at least twice a week.*

[†] **Never give whole nuts, coarsely-chopped nuts, or chunks of peanut butter to children under 5 years of age, as these are a choking risk.**

WHERE DO I START?

When you first introduce solid foods, it is best to choose a time when your baby is calm and alert. They will benefit from having plenty of time to explore and experiment. Of course, this process can get a little messy – so don't forget to allow a little extra time afterwards for tidying away any mess.

Try to avoid giving your baby solids when they are particularly hungry, overly tired, or are expecting their usual milk as they could get frustrated. A good place to start is with low allergenic foods such as baby rice (which can be mixed with expressed breastmilk or their formula milk), puréed potatoes, root and green vegetables, and fruit. Use a little of your baby's usual milk (breast or hypoallergenic formula) to mix the food to the desired consistency.

To begin with you may notice that your baby pushes food back out of their mouth – this doesn't mean they don't like the food. Until now your baby has only ever encountered liquids and they must learn to move solid foods around their mouth and to swallow. This takes a bit of practice, but they'll soon get the hang of it.

Start by offering a small amount of puréed food from the tip of a spoon. One to two teaspoons are enough to start with. Your baby will soon learn to form a bolus (a small mass of food) and move it to the back of their mouth to swallow it.

As your baby gets used to eating, you can gradually build up the amount and type of foods you offer until they're enjoying 2–3 varied meals, each day. If your baby seems enthusiastic, it's fine to offer them more.



As per NHS website advice – the baby must be able to support its own head for weaning to start⁸.

FOOD LABELS

To prevent accidental exposure to foods and drinks containing cows' milk, it is important to understand food labelling to help you to find out exactly what is in ready-made or pre-packaged foods. This will help you feel confident that you are making informed choices that are the best for your baby.

Food labelling laws are in place to help and 14 common allergens, including milk, have to be declared on pre-packaged foods. By law, all manufactured foods sold in the UK, and across the EU, must tell you if cows' milk, milk from any other animal (such as goats, sheep, or buffalo), or a derivative of these, is an intended ingredient.

As you can see in the example below, the word 'milk' will be clearly highlighted in the ingredients list. If you check the ingredients list, you will be able to tell if the product contains cows' milk or not. Milk cannot be hidden under another name. Foods sold in catering outlets also have to indicate if they contain cows' milk as an ingredient if requested (these laws are currently under review).

INGREDIENTS
Water, Carrots, Onions, Red Lentils (4.5%), Potatoes, Cauliflower, Leeks, Peas, Wheat flour, Cream (milk), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, Celery Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley
ALLERGY ADVICE
For allergens see ingredients in bold

Example label

CHECK FOR FOODS THAT CONTAIN MILK DERIVATIVES

Here is a handy list of common names that are used to show that a product contains a milk derivative.

As mentioned earlier, in the UK and EU we do not need to look at the ingredients list for any of the following as milk derivatives are always clearly labelled as 'milk'. However, outside the UK and EU food laws differ, so it may be useful to know these names if travelling.

- Butter, butter fat, butter oil
- Buttermilk
- Calcium or sodium caseinate
- Casein or caseinates (in any form)
- Cheese
- Cream or artificial cream
- Curds
- Custard
- Fromage Frais
- Ghee
- Ice cream
- Lactalbumin
- Lactoglobulin
- Lactose
- Margarine
- Milk (in any form, including: whole, skimmed, UHT, evaporated, condensed, powdered, derivative, dry, goat's milk and milk from other animals, low fat, malted, modified, milk fat, milk sugar, non-fat, or milk solids)
- Milk protein or milk protein hydrolysate
- Rennet casein
- Sour cream or sour cream solids
- Sour milk solids
- Whey (in any form)
- Whey protein, hydrolysed whey protein, or whey syrup sweetener
- Yoghurt

THE IMPORTANCE OF CALCIUM IN A COWS' MILK-FREE WEANING DIET

Calcium is an essential nutrient for your baby and it is the most abundant mineral in the human body⁹. Its major role is to help to build strong bones and teeth, but it is also important for your baby's blood vessels, nervous system, and muscles¹⁰.

Aptamil Pepti provides part of your baby's recommended daily intake of calcium – exactly how much depends on their age and the amount of formula they take. As your baby grows and starts a weaning diet they will take progressively less formula as more and more weaning foods are introduced. These other foods that form part of the weaning diet also contribute to your baby's total calcium intake.

For infants without cows' milk allergy, this additional calcium within their weaning diet comes from dairy foods such as yoghurt, cheese, and fortified products such as cereals and breads⁹. However, when an infant has cows' milk allergy they need to avoid dairy products – this limits the potential sources of calcium within their weaning diet unless they are given alternative sources of calcium.



Don't worry - with the right dietary advice on cows' milk free weaning this is usually not a problem. There are many other non-dairy foods which contain calcium or are fortified with calcium that can be used instead. We have pulled together some good examples for you on the following page.



DAIRY FREE SOURCES OF CALCIUM

Dairy free sources of calcium come from:

1. Calcium-enriched foods

- Fortified dairy free milks, fortified dairy free cheeses, fortified dairy free yoghurts, fortified dairy free creme fraiche.

Note: some dairy free products are not fortified with calcium - especially not most organic dairy alternatives.

- Some breads and many cereals are calcium fortified - check the nutrition information on the packet.

2. Foods naturally containing calcium

- Broccoli, kale, brussel sprouts, spring greens, pak choi, beans, almonds (as ground almonds/almond nut butter), chia seeds, figs etc.

If your infant is unable to get enough calcium for any reason there are calcium supplements available - but these are a last-resort as it is easy to achieve your daily requirement from breastmilk*/formula/food.



Lactose free cows' milk should not be mistaken as dairy free - it is only lactose free and therefore contains whole cows' milk proteins. It is often sold alongside dairy free products so is easily mistaken.

*Mum needs to ensure that a daily 1250mg requirement from diet and/or breastfeeding supplements is being met.

TIPS FOR TRICKY EATERS

- Establish a mealtime routine
- Eat alongside family/peers
- Offer foods in a variety of colours and textures
- Offer finger foods if self feeding is preferred
- Ensure food is always offered in a positive way
- Never force feed
- Offer foods in separate bowls/with a plate divider
- Keep calm
- Don't fill up on breastmilk or formula before food
- Keep a diary of foods actually eaten
- Give praise
- Remove uneaten food without comment
- Take food away after maximum time of 30 minutes if uneaten
- Don't use food as a reward
- Offer toddler portion sizes
- Keep the menu simple
- Include at least one food the infant likes at every mealtime

QUICK SNACK IDEAS*

- Breadsticks with humus
- Crackers/toast with mashed avocado
- Flatbread with dahl
- Scone
- Teacake
- Boiled egg and toast fingers
- Dairy free yoghurt
- Dairy free cheese on toast
- Smoothie
- Thick soup
- Falafel
- Date and nut bar/oat bar
- Banana omelette
- Mini sandwiches - e.g. tuna/peanut butter
- Dairy free cheese and pineapple chunks
- Polenta fingers

*Some of these recipes are in this cookbook but if you buy them please check ingredients very carefully. For infants with multiple food allergies please keep checking labels to prevent accidents.





RECIPES

RECIPES

Introducing your baby to a variety of new foods when they start weaning will help them get all the vitamins, minerals and nutrients they need as part of a varied, balanced diet. It will also mean they are more likely to eat a similarly varied and balanced diet later in life.

The recipes in this book have been developed with a combination of flavours and textures. By introducing your baby to as many new flavours and textures as possible when they start weaning, you will be giving them the opportunity to acquire more new tastes and enjoy a balanced diet as they grow up. Very few of these recipes have added salt.

Aptamil Pepti has been used as a milk substitute in all of these recipes. You can also use it when adapting your own recipes. If you also wish to use the recipes for the rest of the family you can substitute the Aptamil Pepti for cows' milk or an alternative dairy free milk. But be careful not to get this mixed up with your baby's food.

Most of the recipes can be frozen in portions but please see the advice on each individual recipe regarding preparation and freezing, making sure you label all frozen foods carefully and date them too.



WHAT IF A RECIPE CONTAINS AN INGREDIENT MY BABY IS ALLERGIC TO?

Each recipe is clearly coded with other allergens (such as egg and peanut) and a full ingredients list has been included to help identify any unsuitable recipes.

Because Aptamil Pepti is made from extensively hydrolysed cows' milk the recipes cannot be coded as milk free. None of the recipes contain any whole cows' milk protein. We have coded them WCMPF if they contain Aptamil Pepti (Whole cows' milk protein free).

Remember to check the full ingredients listing of any/all manufactured foods used.



Important: Aptamil Pepti contains FISH oil. Aptamil Pepti is not suitable for a Halal or Kosher diet.



Serving sizes are a guideline only.

THE RIGHT TEXTURE

Starting solids is a major stage in your baby's development, and there is a lot for them to learn. It is important to let your baby lead the way and wait until they show signs that they are ready. These signs include:

- Sitting up independently
- Holding head upright
- Coordinating hands, eyes and mouth

To find out more about the signs you should look for, visit www.aptaclub.co.uk

Once your baby is displaying all of the signs they are ready for weaning, it's time to get started. It is important that you blend your baby's food to appropriate stage.

For further information on weaning your baby, visit www.nhs.uk/conditions/pregnancy-and-baby/solid-foods-weaning/



STAGE 1:

Start by offering your baby very smooth, runny purées. These are ideal to help your baby learn how to swallow solid foods.



STAGE 2:

This second stage of weaning involves learning how to chew. This is done by progressing from smooth purées to mashed food textures that encourage your baby to start moving their jaw up and down.



9-12 MONTHS:

Once your baby has got the hang of mashed food, they'll be ready for bigger lumps and pieces. In this stage foods should be chopped into relatively small pieces. Your baby's coordination may also be improving, so try introducing them to finger foods and the fun of feeding themselves.



TODDLERS:

By the time your baby has reached 12 months, they should be able to handle most textures so allow them to have meals as you would have them, just in a smaller portion and without added salt/sugar.



RECIPES

Supergrain porridge
Mini blueberry pancakes
Strawberry smoothie
Omelette with tomato and mushroom filling
Sweet potato and butternut squash soup
Leek, broccoli and cauliflower cheese
Lentil squash curry
Fish pie with sweet potato mash
Tuna pasta bake
Chicken pie with a herb pastry crust
Hot chicken in creamy sauce

Carbonara
Moussaka
Pasta bolognaise
Cheese and spinach scones
Layered dauphinoise potatoes
Mint pea and broccoli mash
Rice pudding with fruit topping
Bread and butter pudding
Banana cake
Mini iced party cakes
Birthday cake

ALLERGEN CODING FOR RECIPES

EF = egg free
NF = nut free (i.e. free from tree nuts and peanuts)
SF = soya free
WF = wheat free
GF = gluten free
WCMPF = whole cows' milk protein free

Remember to check the full ingredients listing of any/all manufactured foods used.

Serving sizes are a guideline only.

Please note: We cannot call recipes milk free if they contain formula as the formula is made from hydrolysed cows' milk.

FREEZING INSTRUCTIONS

The following symbol will appear on any recipes suitable for freezing along with the number of months it can be frozen.



SUPERGRAIN PORRIDGE

SERVES 2

ALLERGY INFORMATION: EF, NF, SF, WF, GF*, WCMPPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

50g porridge oats, amaranth flakes, buckwheat flakes or quinoa flakes

350ml Aptamil Pepti

1/2 teaspoon chia seeds

1/2 teaspoon flax seeds

METHOD:

1. Prepare formula as per instructions on pack.
2. Tip the flakes, seeds and formula into a small saucepan and heat gently, stirring, until it comes to the boil.
3. Reduce the heat and simmer uncovered for 5-10 minutes, stirring occasionally until all the formula has been absorbed into the porridge and the flakes are tender.

TIPS

- Can be served with a dollop of fruit purée such as apple or pear, or soft fruits such as raspberries or strawberries.
- For older children add a little fresh chopped apple, a tablespoon of sultanas or a couple of finely chopped ready to eat dried apricots or dates at step 1.
- When reheating the porridge you may need to add a little extra formula to loosen it.
- If you would prefer this recipe to be gluten free, make sure your porridge oats are gluten free or use the alternative grains.*

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
225kcal	7g	31g	8g	4mg	161mg	45mg





MINI BLUEBERRY PANCAKES

SERVES 6-8

ALLERGY INFORMATION: NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

125g plain flour

1/2 teaspoon caster sugar

1 egg

300ml Aptamil Pepti

Fresh blueberries or other soft fruit

Vegetable oil (may contain soya - please check ingredients)

METHOD:

1. Sift the flour and sugar into a bowl.
2. Whisk the egg and the formula milk together and gradually add this mixture to the flour, beating continuously until you have a smooth batter.
3. Fold in the blueberries.
4. Heat the oil in a frying pan over a medium heat until you see a faint haze.
5. Ladle the batter into the pan to make several thin discs approx 5cm across.
6. When the mixture has set into shape ensure that the underside is golden. Turn the pancakes over with a palette knife and cook for a few seconds to brown.
7. Serve with dairy free yoghurt.

TIPS

- To make the recipe egg-free, omit the egg and use self raising flour in the recipe.
- These are delicious when made with berry fruits.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
164kcal	4.8g	24.6g	5.9g	1mg	70mg	29mg



STRAWBERRY SMOOTHIE

SERVES 2

ALLERGY INFORMATION: EF, NF, SF, WF, GF, WCMPPF
Offer at the texture your infant can manage (page 46)

INGREDIENTS:

250ml Aptamil Pepti
300g ripe strawberries
1 ripe banana, peeled and chopped

METHOD:

1. Prepare formula as per instructions on pack.
2. Place all ingredients into a blender or liquidiser and blend until smooth.

TIPS

- When strawberries are out of season try using frozen; bags of mixed soft fruits are readily available.
- The smoothie mixture can also be poured into lolly moulds and frozen to make lollies for older children.



Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
171kcal	4g	31g	4g	3mg	113mg	37mg



OMELETTE WITH TOMATO AND MUSHROOM FILLING

SERVES 1-2



ALLERGY INFORMATION: NF, SF, WF, GF, WCMPPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

1 egg

2 scoops Aptamil Pepti

15ml (1 tablespoon) cooled, boiled water

Dairy free soya free cheese, finely chopped

FILLING

2-3 button mushrooms

1 tomato

1 tablespoon dairy free soya free margarine

METHOD:

1. Whisk together the egg, water and formula milk powder then add the cheese. Set aside.
2. Skin the tomato by scoring with a cross then placing in boiling water for 1 minute. The skin should then come off easily. Cut the tomato in half and carefully remove all the seeds.
3. Chop the tomato and finely slice the mushrooms.
4. Make the filling by frying together the tomato and mushrooms in half the dairy free margarine until soft. Set aside.
5. To make the omelette melt the remaining margarine in a non-stick frying pan. Pour in the egg mixture and cook over a gentle heat until completely set throughout.
6. Place the tomato and mushroom filling onto half the omelette then flip over the other half to make a lid. Serve immediately once it has cooled down.

TIPS

- Ensure you do not cook on too hot a heat and that your frying pan or wok is non-stick to prevent sticking or burning of the omelette.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
151kcal	6g	2.5g	13g	0.9mg	24mg	50mg

SWEET POTATO AND BUTTERNUT SQUASH SOUP

SERVES 2

ALLERGY INFORMATION: EF, NF, SF, WF, GF, WCMFPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

200g sweet potato
200g butternut squash
400ml Aptamil Pepti
1 teaspoon coconut milk
or cream

METHOD:

1. Peel and dice the vegetables and place in a large pan with the formula prepared as per instructions on pack.
2. Bring to a simmer, then partially cover and cook gently until the vegetables are softened. Stir in the coconut.
3. Purée the soup with a hand held blender or in a liquidiser until smooth.
4. Serve.

TIPS

- Grate nutmeg on top just before serving for extra flavour.
- Drizzle a little extra coconut cream over the soup to serve.



Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
211kcal	4g	41g	5g	2mg	133mg	48mg

LEEK, BROCCOLI AND CAULIFLOWER CHEESE

SERVES 3



ALLERGY INFORMATION: EF, NF, SF, WCMPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

50g leeks
(white part only)

75g broccoli
(trimmed weight)

75g cauliflower
(trimmed weight)

300ml Aptamil Pepti
(made up using cooled
vegetable water)

40g dairy free soya
free margarine

40g plain flour

50g dairy free soya free
cheese, finely grated

METHOD:

1. Slice the leeks finely. Divide the cauliflower and broccoli into small florets. Place into boiling water then simmer until soft. Drain and reserve the vegetable water.
2. When the vegetable water has cooled use it to make up the formula milk according to the manufacturer's instructions.
3. Make the sauce by melting the margarine in a pan. Remove from the heat and stir in the flour to make a paste. Add the formula milk a little at a time, stirring well between each addition. Return to the heat whisking continuously until the sauce thickens, then reduce the heat and simmer for 1 min. Add the grated cheese and stir until melted.
4. Pour the sauce over the vegetables and serve immediately.

TIPS

- Ensure you grate the soya cheese on the fine side of the grater or it will not melt properly. Alternatively buy a soya melting cheese. For a really creamy sauce a teaspoon of soya cream cheese may also be added. Aim to use a calcium enriched variety.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium*	Sodium
130kcal	3.5g	10.2g	8.6g	0.8mg	42mg	12mg

*Calcium content will vary depending on the type of cheese alternative used



LENTIL SQUASH CURRY

SERVES 4

ALLERGY INFORMATION: EF, NF, SF, WF*, GF*, WCMPPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

1 tablespoon vegetable oil

1 clove garlic finely chopped

1 small onion, finely chopped

Fingernail size piece of ginger,
peeled and finely grated

1/3 of a butternut squash,
peeled and chopped
into chunks

1 thin slice
(approx. 2 teaspoons)
of creamed coconut

85g dried red lentils

1 teaspoon mild
curry powder

1 low salt stock cube

500ml Aptamil Pepti

Handful of baby
spinach chopped

2 teaspoons finely chopped
coriander, optional

METHOD:

1. Heat oil in a large pan, add the garlic, onion, and ginger and fry gently for about 5 minutes until softened and lightly golden.
2. Add the butternut squash chunks, coconut, lentils, and curry powder. Cook for a further 2 minutes.
3. Prepare the formula as per instruction on pack. Dissolve the stock cube in the hot formula and add to the pan. Bring to the boil, then reduce the heat and simmer, stirring occasionally, for 25–30 minutes until the lentils are tender.
4. Add chopped spinach and coriander, if using and cook briefly to wilt the spinach.
5. Serve with rice, quinoa or wraps.



TIPS

- To make this wheat free/gluten free check your stock cube and curry powder are labelled gluten free*.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
248kcal	9g	34g	9g	4mg	142mg	109mg

FISH PIE WITH SWEET POTATO MASH

SERVES 4

ALLERGY INFORMATION: EF, NF, SF, WCMFPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

TOPPING

500g sweet potatoes, peeled and cubed

3 tablespoons Aptamil Pepti

1/4 tsp allspice

Grating of nutmeg or 1/4 teaspoon ground nutmeg

Juice of 1/2 fresh lime

FISH FILLING

2 tablespoons olive oil

150g mixed fish cut into bite sized chunks

50g small cooked prawns or larger prawns, chopped (for older children)

10 baby asparagus spears, steamed until soft (or a handful of chopped spinach)

FOR THE WHITE SAUCE

1 tablespoon plain flour

1 large teaspoon dairy free soya free spread or olive oil

300ml Aptamil Pepti

2 tablespoons coconut cream or tinned coconut milk that has been in the fridge (use the top thick layer of cream from this)

TIPS

- This dish can be made wheat and gluten free by replacing the plain flour with WF/ GF plain flour, cornflour or rice flour.
- For added texture grill the sweet potato topping until golden brown.



Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
321kcal	14g	27g	17g	4mg	107mg	281mg

METHOD:

1. Boil or steam the sweet potato cubes until soft, about 10-15 minutes.
2. Whilst cooking, prepare the formula as per instructions on pack.
3. When the sweet potato is cooked, mash with the formula over heat to drive off any excess liquid.
4. Stir in the allspice and nutmeg.
5. In the meantime put the fish in a dish and cover with cling film. Pierce the film and cook the fish in the microwave for 3-5 minutes until tender. Remove and discard any skin.
6. Prepare formula and pour into a jug. Whisk the flour and spread into the hot formula until it is thickened and smooth, then whisk in the coconut and lime juice to make a white sauce.
7. Add the asparagus or spinach and stir well, the heat of the white sauce will wilt the spinach.
8. Put the fish and prawns into an ovenproof dish and pour over the sauce.
9. Top the fish mixture with the sweet potato mash and serve.





TUNA PASTA BAKE

SERVES 4

ALLERGY INFORMATION: EF, NF, SF, WCMPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

50g egg free pasta spirals
100g tuna (drained)
1 tomato
50g courgette
1 red onion
75g dairy free soya free margarine
50g plain flour
360ml Aptamil Pepti
50g dairy free soya free cheese, finely grated

METHOD:

1. Cover the pasta in boiling water and simmer gently until soft. Drain and set aside.
2. Drain the tuna, flake and set aside.
3. Peel and finely chop the onion. Melt 25g margarine in a frying pan and fry the onion gently until soft without colouring.
4. Peel the tomato by cutting a large cross in the skin and standing in boiling water for 1 minute. The skin should then come away easily. Cut the tomato in half and carefully remove all the seeds.
5. Dice the courgette and tomato and add them to the onion. Carefully stir in the tuna, put on the lid and cook gently for 5 minutes.
6. To make the sauce, melt the remaining margarine (50g) in a pan. Remove from the heat, stir in the flour and whisk in the formula milk. Return to the heat, stirring constantly until boiling and simmer gently for 1 minute. Add the cheese and continue to stir until melted.
7. Combine the pasta with the sauce, then top with the tuna topping.
8. Serve with baby triangles of herb toast.

TIPS

- Wheat and gluten-free pastas based on rice, millet, corn and other suitable grains can be used in this recipe. Take care not to overcook them – follow the instructions carefully.
- Nutritional analysis is based on tuna in oil, if you prefer you can use tuna in springwater.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
164kcal	5.9g	13.4g	10.1g	0.7mg	34mg	43mg

CHICKEN PIE WITH A HERB PASTRY CRUST

SERVES 4



ALLERGY INFORMATION: EF, NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

1 skinless chicken breast fillet
(approx 200g)

1-2 tablespoons vegetable oil
(may contain soya – please
check ingredients)

1 small onion, finely
chopped (60g)

1 small carrot, finely
chopped (50g)

1 green pepper, finely
chopped (50g)

40g cornflour

300ml Aptamil Pepti

PASTRY

50g white vegetable cooking
fat (check ingredients)

100g self-raising flour

1 teaspoon fresh parsley or
dried mixed herbs

Cold water to mix

METHOD:

1. Preheat the oven to 190°C, 375°F or gas mark 5.
2. Dice the chicken breast into small pieces. Heat the oil and fry the chicken until lightly browned.
3. Add the onion, peppers and carrots. Lower the heat and cover the pan. Cook until the vegetables are soft and the chicken is cooked through.
4. Add the cornflour and stir until a paste is made.
5. Gradually stir in the formula milk and heat until the sauce thickens. Simmer gently for 1 minute.
6. Place in a heatproof dish and set aside.
7. To make the pastry rub the fat into the flour. Mix in the herbs then add the water, a teaspoonful at a time. The dough should be soft but not wet or sticky.
8. Roll out the pastry. Brush the edge of the dish with water, place the pastry on top of the chicken filling and seal by pressing the pastry against the rim of the dish with a finger pattern. Make two small air vents in the centre of the pastry or use a pie funnel. Brush with formula milk.
9. Bake in the oven for 20 minutes or until the pastry is golden brown.



TIPS

- A wheat or gluten-free pastry can be made and placed on the pie filling in the usual way.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
168kcal	8.8g	17.4g	8.1g	0.7mg	63mg	68mg



HOT CHICKEN IN CREAMY SAUCE

SERVES 4



ALLERGY INFORMATION: EF, NF, SF, WCMPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

1 tablespoon olive oil

1 small onion, finely chopped

1 clove garlic, peeled and crushed

1 small red pepper finely chopped

1/2 teaspoon dried tarragon

200g skinless boneless chicken breast, cut into small cubes

1 tablespoon plain flour

1 large teaspoon dairy free soya free margarine/spread or olive oil

300ml Aptamil Pepti

A handful of chopped baby spinach

Rice, couscous or quinoa to serve

METHOD:

1. Heat oil in a pan, add onion, garlic and pepper and cook gently until softened and lightly coloured, about 5 minutes.
2. Stir in the tarragon, then add the cubed chicken and stir until it changes colour. Cook gently for 5 minutes while you prepare the white sauce.
3. To make the sauce: Prepare formula as per instructions on pack.
4. Put flour, margarine and hot formula into a bowl and whisk until it thickens.
5. Add white sauce to the chicken mixture and simmer gently for a further 5 minutes, then stir in the spinach and cook for a minute or two until wilted.
6. Serve with rice, couscous or quinoa.

TIPS

- To make this dish vegetarian omit the chicken and use tofu cubes (be aware that tofu is soya based) or any cooked beans instead.
- For a gluten free option replace the flour with GF/WF plain flour or use cornflour or rice flour instead.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
183kcal	13g	12g	9g	2mg	86mg	81mg

CARBONARA

SERVES 2

ALLERGY INFORMATION: EF, NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

50g pasta

1 teaspoon oil (for example olive/sunflower/rapeseed)

1/4 onion finely chopped

50g lean smoked bacon finely chopped

1/4 red pepper finely chopped

Handful of chopped spinach

FOR THE WHITE SAUCE:

300ml Aptamil Pepti

1 teaspoon dairy free soya free margarine/spread

1 1/2 tablespoons plain flour

METHOD:

1. Heat a small pan of water until boiling then add the pasta.
2. Simmer until soft and then drain. In the meantime heat the oil in a non-stick frying pan.
3. Add the onion and bacon and cook until brown.
4. Add the pepper and cook until soft.
5. Finally add the spinach – set aside.
6. Make the white sauce by placing all the ingredients in a pan together and mixing with a whisk until it becomes a thickened sauce.
7. Mix the pasta, bacon mix and sauce.
8. Cool and serve.

TIPS

- Omit the bacon and add chick peas or other beans for a vegetarian option.
- To make this recipe wheat free and gluten free use pasta and flour (in the white sauce) that is wheat free and gluten free.
- Use unsmoked bacon if you want to reduce salt content.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
198kcal	12.5g	21.5g	7.5g	3mg	113mg	37mg





MOUSSAKA

SERVES 3

ALLERGY INFORMATION: EF, NF, SF, WCMPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

200g minced lamb (lean)

1 small onion, finely sliced

1 small clove garlic,
crushed (optional)

1-2 tablespoons vegetable oil
(may contain soya - please
check ingredients)

100g aubergine, peeled
and diced

1/2 teaspoon dried oregano

1 teaspoon tomato purée

1 level teaspoon flour

SAUCE

150ml Aptamil Pepti

25g dairy free soya free
margarine/spread

25g plain flour

20g dairy free soya free cheese,
finely grated

METHOD:

1. Pre-heat the oven to 190°C, 375°F or gas mark 5.
2. Heat the oil in a frying pan and fry the onions and garlic without colouring.
3. Add the mince and fry until browned, stirring from time to time to prevent it sticking together.
4. Mix in the aubergine, oregano, tomato purée and flour. Cook on a high heat for 5 minutes, then turn down the heat and simmer uncovered for 20 minutes, stirring occasionally. (You should not need to add any liquid to this recipe as water seeps from the aubergine. If necessary add liquid sparingly).
5. Place the mince in an ovenproof dish and set aside.
6. To make the sauce, combine the margarine, flour and formula milk in a pan and whisk continuously over a medium heat until the sauce thickens and is smooth.
7. Pour the sauce over the mince, top with the cheese and bake in the oven on the centre shelf for 20 minutes until golden brown. Stand for 10 minutes before serving.

TIPS

- Grate dairy free soya free melting cheese on the top to add more nutrition and taste.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
159kcal	8g	7.7g	11g	0.9mg	30mg	31mg



PASTA BOLOGNAISE

SERVES 4

ALLERGY INFORMATION: EF, NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

BOLOGNAISE

1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, peeled and crushed
250g beef, lamb, pork or soya mince, or cooked brown lentils
1 red pepper, finely chopped
2-3 button mushrooms (optional), finely chopped
400g tin chopped tomatoes
1 teaspoon tomato purée
Good pinch of oregano or mixed herbs

PASTA

50g pasta, such as fusilli or any other small shapes, or spaghetti broken into short lengths

METHOD:

1. Heat the oil in a pan, add the onion, garlic and mince (or soya mince) and cook until brown, stirring all the time to break up the mince.
2. Add the red pepper, mushrooms, if using, chopped tomatoes, tomato purée and herbs and stir well. Add the lentils now if using.
3. Bring to the boil, then reduce the heat and simmer gently for 45 minutes until the mince is tender. If using cooked lentils reduce the 1 hour cooking time to 20 minutes.
4. Whilst bolognaise is cooking prepare formula as per instructions on pack.
5. Cook pasta according to the instructions on the packaging.
6. When ready spoon the pasta and bolognaise into a small bowl and serve.

TIPS

- This dish can be made wheat and gluten free by replacing the pasta and flour with a WF/GF alternative.
- Make double quantity of the bolognaise and freeze in portions to save time later.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
328kcal	17g	21g	20g	4mg	90mg	108mg

CHEESE AND SPINACH SCONES

SERVES 12

ALLERGY INFORMATION: EF, NF, SF, WCMPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

225g self-raising flour

50g dairy free soya free margarine/spread

150ml Aptamil Pepti

50g dairy free soya free cheese, finely grated

50g spinach

Pinch of ground nutmeg

METHOD:

1. Preheat the oven to 220°C, 425°F or gas mark 7.
2. Wash the spinach leaves and shake off the excess water. Remove any long stalks then place in a pan over a medium heat with a pinch of nutmeg, stirring occasionally. Do not add any liquid as water will sweat out of the spinach. After a couple of minutes when the spinach is evenly cooked, drain it and place into a cloth. Squeeze to remove excess water, then chop finely and set aside.
3. In a separate bowl rub the margarine into the flour, grate in 1/3 of the cheese, then add the chopped spinach. Mix well.
4. Add the formula milk one tablespoon at a time, taking care not to make the mixture too wet. The dough should be soft but not sticky.
5. Roll out the dough on a lightly floured surface to a thickness of 2cm, then cut out with a fluted pastry cutter.
6. Place on a prepared baking tray, brush with formula milk and sprinkle with the remainder of the cheese.
7. Bake in the oven on the centre shelf for 10-15 minutes until golden brown. Cool on a wire rack.





TIPS

- Do not overcook or they will become hard and more difficult to chew and swallow.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
267kcal	5.8g	35.6g	12.3g	1.2mg	180mg	229mg

LAYERED DAUPHINOISE POTATOES

SERVES 2

ALLERGY INFORMATION: EF, NF, SF*, WF, GF, WCMPPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

150g peeled sliced potatoes
1 peeled crushed clove of garlic
125ml dairy free single cream
25g grated dairy free soya free cheese
4 scoops of dry Aptamil Pepti

METHOD:

1. Preset the oven to 180°C, 350°F, gas mark 4.
2. Place all the ingredients in a saucepan and simmer for 10 minutes.
3. Transfer to an ovenproof dish and bake for 20 minutes.
4. Cool and serve.

TIPS

- For the rest of the family make the same recipe but without the formula.
- Stir in some spinach before it goes into the oven to add colour and nutrition.
- Dairy free cream options are: oat cream, soya cream, coconut cream or nut cream (if using soya cream the recipe will not be soya free)*.
- Dairy free cheese may contain soya so if you wish this recipe to be soya free choose a dairy free cheese that does not contain soya*.



Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
227kcal	4g	27g	11.5g	1.1mg	52.5mg	23mg

MINT PEA AND BROCCOLI MASH

SERVES 2



ALLERGY INFORMATION: EF, NF, SF, WF, GF, WCMPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

1 large potato, peeled and cubed

50g frozen peas

6 fresh mint leaves

25g broccoli, cut into small pieces

100ml Aptamil Pepti

METHOD:

1. Put the potato into a small pan, cover with water and bring to the boil. Simmer for 12-15 minutes until tender, then drain well and mash until smooth.
2. Meanwhile put the peas and broccoli in a separate pan, cover with boiling water and cook for 5 minutes until tender. Drain well then blend until smooth.
3. Prepare the formula as per instructions on pack. Mash the green veg purée into the potato, then mash in the formula.
4. Return the pan to the heat to drive off any excess moisture.

TIPS

- Replace the potato with sweet potato if you prefer.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
122kcal	4g	23g	2g	2mg	66mg	43mg



RICE PUDDING WITH FRUIT TOPPING

SERVES 3



ALLERGY INFORMATION: EF, NF, SF, WF, GF, WCMPPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

50g shortgrain pudding rice

568ml Aptamil Pepti

25g caster sugar
(if you prefer not to add
sugar sweeten with a sweet
fruit instead)

Grated nutmeg

Dairy free soya free margarine

METHOD:

1. Preheat the oven to 150°C, 300°F or gas mark 2.
2. Wash the rice and drain well. Generously grease an ovenproof dish with half the margarine. Place the rice in the dish and stir in the formula milk. Leave to soak and soften for 30 minutes.
3. Add the sugar and stir well. Sprinkle with grated nutmeg and dot with the remaining margarine.
4. Bake in the centre of the oven for approximately 2 hrs until soft and creamy, stirring after the first 30 minutes.
5. Serve with a fruit topping.

TIPS

- Please note that nutmeg is NOT a nut, despite having the word 'nut' in it.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
125kcal	1.9g	16.7g	6.3g	0.5mg	44mg	17mg





BREAD AND BUTTER PUDDING

SERVES 6

ALLERGY INFORMATION: NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

150g (5-6 slices) white bread
(check ingredients)

Dairy free margarine

100g sultanas
(or dried apricots, chopped)

2 eggs

40g caster sugar

500ml Aptamil Pepti

1 teaspoon vanilla extract

1/2 teaspoon ground mixed
spice (optional)

2 tablespoons demerara sugar

METHOD:

1. Preheat the oven to 150°C, 300°F or gas mark 2.
2. Cut the crusts off the bread and spread generously with dairy-free margarine. Cut into small triangles.
3. Grease an oven-proof dish with margarine and arrange half the triangles overlapping in one layer in the bottom of the dish, buttered side down. Sprinkle with half the sultanas.
4. Repeat to make a second layer.
5. Make the custard by whisking the eggs, sugar and formula milk together. Add the vanilla extract and mixed spice.
6. Pour the custard over the bread and leave to stand for 30 minutes.
7. Sprinkle with Demerara sugar and bake for 1 hour until set and the top is crisp and golden.

TIPS

- Use a dairy free fruit loaf instead of bread for that extra flavour.
- Instead of cutting this into triangles, try other shapes such as stars, hearts or diamonds.
- Be aware that bread often contains soya flour so if you are avoiding soya choose a soya free loaf.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
182kcal	3.6g	25.6g	8g	1mg	64mg	96mg

BANANA CAKE

SERVES 12

ALLERGY INFORMATION: NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

50g dairy free soya
free margarine

150g caster sugar

2 eggs

225g self-raising flour

1 level teaspoon baking powder

2 bananas, large and very ripe

60ml Aptamil Pepti

METHOD:

1. Preheat the oven to 190°C, 375°F or gas mark 5.
2. Grease and flour a loaf tin.
3. Cream the margarine and sugar together until pale and fluffy.
4. Beat in the eggs together with a spoonful of the sifted flour.
5. Fold in the remaining flour and baking powder.
6. Mash the bananas and stir into the cake mixture together with the formula milk a tablespoon at a time. Do not make the mixture too wet.
7. Transfer to the tin and bake on the centre shelf for 45 minutes until the loaf is golden and springy to the touch, and has shrunk a little from the sides of the tin.
8. Turn out onto a wire rack to cool.

TIPS

- For an egg-free version, omit the eggs and use an egg substitute instead.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
254kcal	4.7g	47.3g	6.4g	1mg	119mg	182mg



MINI ICED PARTY CAKES

MAKES 58 PETIT FOUR SIZED OR
32 REGULAR SIZED CAKES



ALLERGY INFORMATION: EF, NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)

INGREDIENTS:

- 300g self-raising flour
- 50g cocoa powder
- 3 level teaspoons of baking powder
- 250g caster sugar
- 1 1/2 teaspoons vanilla extract
- 9 tablespoons vegetable oil (may contain soya – please check ingredients)
- 350ml Aptamil Pepti

FOR THE ICING

- 150g icing sugar
- 25g cocoa
- 75g dairy free soya free margarine
- 1 teaspoon vanilla extract
- 2 tablespoons Aptamil Pepti

METHOD:

1. Preheat the oven to 170°C, 325°F or gas mark 3.
2. Sift flour, cocoa and baking powder into a bowl and stir in the sugar.
3. Add the vanilla, oil, and formula milk and mix to a batter consistency.
4. Spoon the mixture into petits fours paper cases.
5. Bake on the centre shelf for approximately 10 minutes until the cakes spring back to a light touch. Cool on a wire rack.
6. To make the icing: cream the margarine and icing sugar together until pale then combine with the remaining ingredients.
7. When the cakes are cold, decorate with icing on the top and add a cherry.

TIPS

- Never use olive oil or other strongly flavoured oil to make this cake, as the finished cake will taste of it!

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
328kcal	3.5g	51.1g	13.5g	1.3mg	110mg	246mg



BIRTHDAY CAKE

MAKES ONE 25CM/10" ROUND OR SQUARE CAKE

ALLERGY INFORMATION: EF, NF, SF, WCMPPF

Offer at the texture your infant can manage (page 46)



INGREDIENTS:

285g self-raising flour
55g cocoa powder
3 level teaspoons baking powder
250g caster sugar
3 teaspoons vanilla extract
9 tablespoons vegetable oil (not olive oil) (check ingredients of 'vegetable oils' for soya)
350ml Aptamil Pepti

FOR THE ICING

175g icing sugar
50g cocoa powder
75g dairy free soya free margarine
2 teaspoons vanilla extract
2 tablespoons Aptamil Pepti

METHOD:

1. Preheat the oven to 170°C, 325°F, gas mark 3.
2. Sift flour, cocoa and baking powder into a bowl and stir in the sugar.
3. Add the vanilla, oil, and formula milk and mix to a batter consistency. Spoon the mixture into a greased and lined square or round tin.
4. Bake on the centre shelf for approximately 30–35 minutes until the cake springs back to a light touch.
5. Cool on a wire rack.
6. To make the icing: cream the margarine, cocoa powder and icing sugar together until pale then combine with the remaining ingredients.
7. When the cake is cold, decorate with icing on the top and add a topping of your choice; cherries, sweets, sprinkles or a suitable type of grated chocolate.

TIPS

- Bake as one whole cake rather than 2 halves as otherwise the top half may crack when placed on top of the other.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
329kcal	3.7g	50.8g	13.5g	1.4mg	106mg	254mg





SYMPTOM DIARY



SYMPTOM DIARY

How do I fill in this diary?

The symptoms listed in this diary are commonly caused by cows' milk allergy. We have suggested using numbers to record any symptoms. Simply mark the number 1 against any symptoms your child has at the start of management, then use the numbering system below to keep a record of any improvement by recording numbers when you start to notice changes in individual symptoms.

1	<i>SYMPTOM AT START OF MANAGEMENT</i>	3	<i>SLIGHTLY IMPROVED</i>	5	<i>IMPROVED</i>
2	<i>MUCH IMPROVED</i>	4	<i>SYMPTOM GONE</i>		

Please record any additional symptoms that do not appear in the table in the notes section.

If you would rather be more specific and make notes in each box, do so. This is your diary and should be used in the way you find most helpful.

It may be useful to take photographs as a record of eczema or rashes/skin swellings.

Please note: if you see no improvement or you have any concerns it is important you consult your Healthcare Professional.

WEEK ONE

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SKIN

ITCHING

REDNESS

ECZEMA

HIVES (RAISED, ITCHY RASH)

SWELLING

NOTES:

RESPIRATORY

RUNNY NOSE/SNIFFLES

WHEEZING

COUGHING

SNEEZING

ITCHY/BLOCKED/RUNNY NOSE

CONJUNCTIVITIS

NOTES:

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

GASTROINTESTINAL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EXCESSIVE CRYING							
VOMITING							
FOOD REFUSAL OR AVERSION							
REFLUX							
CONSTIPATION							
PERIANAL REDNESS (RED BOTTOM/NAPPY RASH)							
DIARRHOEA							
ABDOMINAL PAIN OR DISCOMFORT							
BLOOD AND/OR MUCUS IN STOOLS IN OTHERWISE WELL INFANT							

NOTES:

PLEASE NOTE: When you introduce this kind of formula, it may take your baby up to 2 weeks to get used to the new milk. Their feeding patterns may change and their stools may be different, becoming looser and greener in colour.

WEEK TWO

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SKIN

ITCHING

REDNESS

ECZEMA

HIVES (RAISED, ITCHY RASH)

SWELLING

NOTES:

RESPIRATORY

RUNNY NOSE/SNIFFLES

WHEEZING

COUGHING

SNEEZING

ITCHY/BLOCKED/RUNNY NOSE

CONJUNCTIVITIS

NOTES:

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

GASTROINTESTINAL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EXCESSIVE CRYING							
VOMITING							
FOOD REFUSAL OR AVERSION							
REFLUX							
CONSTIPATION							
PERIANAL REDNESS (RED BOTTOM/NAPPY RASH)							
DIARRHOEA							
ABDOMINAL PAIN OR DISCOMFORT							
BLOOD AND/OR MUCUS IN STOOLS IN OTHERWISE WELL INFANT							

NOTES:

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WEEK THREE

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SKIN

ITCHING

REDNESS

ECZEMA

HIVES (RAISED, ITCHY RASH)

SWELLING

NOTES:

RESPIRATORY

RUNNY NOSE/SNIFFLES

WHEEZING

COUGHING

SNEEZING

ITCHY/BLOCKED/RUNNY NOSE

CONJUNCTIVITIS

NOTES:

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

GASTROINTESTINAL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EXCESSIVE CRYING							
VOMITING							
FOOD REFUSAL OR AVERSION							
REFLUX							
CONSTIPATION							
PERIANAL REDNESS (RED BOTTOM/NAPPY RASH)							
DIARRHOEA							
ABDOMINAL PAIN OR DISCOMFORT							
BLOOD AND/OR MUCUS IN STOOLS IN OTHERWISE WELL INFANT							

NOTES:

PLEASE NOTE: When you introduce this kind of formula, it may take your baby up to 2 weeks to get used to the new milk. Their feeding patterns may change and their stools may be different, becoming looser and greener in colour.

WEEK FOUR

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SKIN

ITCHING

REDNESS

ECZEMA

HIVES (RAISED, ITCHY RASH)

SWELLING

NOTES:

RESPIRATORY

RUNNY NOSE/SNIFFLES

WHEEZING

COUGHING

SNEEZING

ITCHY/BLOCKED/RUNNY NOSE

CONJUNCTIVITIS

NOTES:

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

GASTROINTESTINAL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EXCESSIVE CRYING							
VOMITING							
FOOD REFUSAL OR AVERSION							
REFLUX							
CONSTIPATION							
PERIANAL REDNESS (RED BOTTOM/NAPPY RASH)							
DIARRHOEA							
ABDOMINAL PAIN OR DISCOMFORT							
BLOOD AND/OR MUCUS IN STOOLS IN OTHERWISE WELL INFANT							

NOTES:

PLEASE NOTE: When you introduce this kind of formula, it may take your baby up to 2 weeks to get used to the new milk. Their feeding patterns may change and their stools may be different, becoming looser and greener in colour.

WEEK FIVE

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SKIN

ITCHING

REDNESS

ECZEMA

HIVES (RAISED, ITCHY RASH)

SWELLING

NOTES:

RESPIRATORY

RUNNY NOSE/SNIFFLES

WHEEZING

COUGHING

SNEEZING

ITCHY/BLOCKED/RUNNY NOSE

CONJUNCTIVITIS

NOTES:

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

GASTROINTESTINAL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EXCESSIVE CRYING							
VOMITING							
FOOD REFUSAL OR AVERSION							
REFLUX							
CONSTIPATION							
PERIANAL REDNESS (RED BOTTOM/NAPPY RASH)							
DIARRHOEA							
ABDOMINAL PAIN OR DISCOMFORT							
BLOOD AND/OR MUCUS IN STOOLS IN OTHERWISE WELL INFANT							

NOTES:

PLEASE NOTE: When you introduce this kind of formula, it may take your baby up to 2 weeks to get used to the new milk. Their feeding patterns may change and their stools may be different, becoming looser and greener in colour.

WEEK SIX

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

SKIN

ITCHING

REDNESS

ECZEMA

HIVES (RAISED, ITCHY RASH)

SWELLING

NOTES:

RESPIRATORY

RUNNY NOSE/SNIFFLES

WHEEZING

COUGHING

SNEEZING

ITCHY/BLOCKED/RUNNY NOSE

CONJUNCTIVITIS

NOTES:

SYMPTOM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

GASTROINTESTINAL

EXCESSIVE CRYING							
VOMITING							
FOOD REFUSAL OR AVERSION							
REFLUX							
CONSTIPATION							
PERIANAL REDNESS (RED BOTTOM/NAPPY RASH)							
DIARRHOEA							
ABDOMINAL PAIN OR DISCOMFORT							
BLOOD AND/OR MUCUS IN STOOLS IN OTHERWISE WELL INFANT							

NOTES:

PLEASE NOTE: When you introduce this kind of formula, it may take your baby up to 2 weeks to get used to the new milk. Their feeding patterns may change and their stools may be different, becoming looser and greener in colour.

