



## A guide to...

# Suitable dairy alternatives

*Patient information*

Nutrition and Dietetics  
Watford General Hospital

## Introduction

As you are aware your baby/child has been diagnosed with a dairy allergy. Therefore it is not appropriate for them to consume, milk products or other products containing milk.

Lactose-free cow's milk and lactose-free dairy products are not suitable because they contain whole cow's milk proteins.

Animal milks, such as sheep's and goat's milk, are not suitable as they contain similar proteins to cow's milk and are likely to trigger an allergic reaction.

This diet sheets aims to highlight what alternative products are available and appropriate to use in dairy-free weaning, as well as in older children with dairy allergy.

## Suitable Alternative Products

During milk-free weaning, your baby will still be having either breast milk or specialised infant formula as their main drink. However, the following products are suitable for use in cooking, baking and as snacks.

Fortified plant-based milk/dairy alternatives:

- Soya
- Oat
- Nuts (almond, coconut and hazelnut) - **NB** These are suitable if your child does not have a nut allergy.

Rice milk is NOT suitable for children under the age of 4.5 years.

**Always check the label and prioritise products that are fortified with calcium: look out for 120mg (minimum) calcium per 100ml.**

**Please note:** Most organic products do not contain added calcium.

## Key Brands

Below is a list of common brands that offer a variety of dairy-free products.

- Alpro
- Oatly
- Koko
- Violife
- Supermarket 'free from' ranges (Tesco, Sainsbury, Waitrose, Asda, Aldi, etc)
- Pure
- Provamel
- Ben and Jerry's Dairy free ice cream

## Vitamins and Minerals

If your child is **exclusively breast fed** or is taking **less than 500mls** of infant formula per day; it is recommended a multivitamin containing vitamin A (for growth, vision and skin health), vitamin D (for bone and teeth health) and vitamin C (to maintain body tissue) is given to your child on a daily basis.

You maybe eligible for Healthy Start Vitamins, if however you are not and you are concerned, speak with your GP, paediatrician or dietitian who can advise you on a suitable product to use.

## Examples of Suitable Products Calcium fortified milk Alternatives



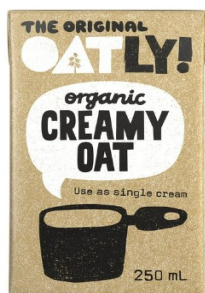
## Butter Alternatives (often do not contain calcium)



## Calcium fortified yoghurt alternatives



## Cream Alternatives (often not fortified with calcium)



## Calcium fortified Dessert Alternatives

## Calcium fortified cheese Alternatives



Please always check labels before purchasing, as some products from the same brand may not be fortified in calcium!

### From 1 year of age

From a year of age, milk alternatives can be used as a main milk drink if your baby consumes a balanced diet and is growing well. Please discuss with your dietitian before swapping from formula or breast feeding to an alternative milk. They will be able to advise on the most suitable one for your child and ensure that all nutritional requirements are met.

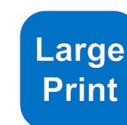
“Barista” or “growing up” options are the best alternatives for a full-fat equivalent and are more suitable for children until two years of age.

### How to contact us

Nutrition and Dietetics  
 Watford General Hospital  
 West Hertfordshire Hospitals NHS Trust  
 Vicarage Road  
 Watford  
 Hertfordshire  
 WD18 0HB

**Tel:** 01923 436 236 **Ext:** 8137

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email [westherts.pals@nhs.uk](mailto:westherts.pals@nhs.uk)



Author	Corinne Banaszak
Department	Nutrition and Dietetics
Ratified Date / Review Date	October 2023/ October 2025
ID Number	34/2178/V1