

## Dairy Free Products – Information leaflet for Parents and Guardians

This information leaflet provides guidance about suitable products to use if your child needs to have a dairy-free diet, for example due to Cow's Milk Protein Allergy.

### Why is it important to use fortified dairy alternatives?

- Dairy is a key food group for children: it is a naturally rich source of calcium, iodine, calories and protein.
- Calcium is essential for bones, teeth, and our cells. Deficiency can cause fits or bone deformity.
- Iodine is required to form thyroxine, which helps convert food into energy and helps with mental and physical development. Deficiency can affect brain development.
- Fortified dairy-substitutes are required if your child cannot consume usual dairy products. Not all dairy substitutes are created equal: some are not fortified; some are low in protein or energy. This guide will help you identify suitable options.
- Including a variety of dairy substitute products can help your child with texture development.
- These foods also provide diversity and fun: food is there to be enjoyed!

### What to look out for:

- Always check the label for calcium fortification and prioritise products that contain calcium: look out for at least 120mg calcium per 100ml.
- Most organic or “clean” products are NOT fortified!
- From 1 year of age, semi-skimmed or full-fat milk can be given as a main drink. ‘Barista’ or ‘growing up’ editions are the best option for a full-fat dairy alternative – aim to look for at least 50kcal per 100ml.
- Oat and pea milk are the most environmentally friendly, sustainable options.
- Rice milk should not be used until over 5 years of age.

### Other (non-dairy) allergies:

- If your child has multiple food allergies, e.g. tree nuts (such as almond or cashew), or coconut, soya or pea allergies, always ensure that you select an option that does not contain those allergens.
- By law, all ingredients contained in a product must be listed on the ingredient list selection of the food label. Allergens such as tree nuts and soya should be clearly listed in **bold** or *italic*.

### Are calcium-fortified dairy alternatives suitable as a main ‘milk’ for my baby?

- Only breast milk or formula can be used as main “milk” until 1 year of age.
- However, you can introduce calcium-fortified dairy substitutes in food preparation before your baby is one year: e.g. to make a white sauce or poach some fish, to add to porridge, to make a pancake. Try to choose the products with a higher energy and protein content (e.g. “barista” style products).

- After 1 year of age, calcium-fortified dairy products can be used as main “milk” if your child is eating a varied diet and growing well. (Tip: 300ml of a calcium-fortified milk will meet full daily calcium needs for children aged between 1-3 years).

## Dairy Free Products

Please be aware it is impossible to list or monitor every single product available on the market. Ingredients and or formulations can also change regularly therefore always read the label!

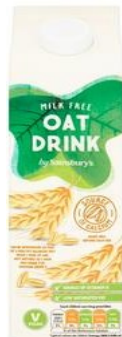
## Calcium Fortified Milk Alternatives

Soya, oat and pea provide higher energy (calorie) and protein contents. ‘Barista’ or ‘growing up’ versions are also higher in calories.

### Oat



Oatly®  
Oat  
Barista



Sainsbury's®  
Oat



Moma®  
Oat  
Barista



Alpro®  
Growing Up  
Oat



ASDA®  
Oat

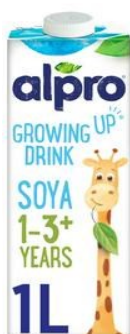


Provitamil®  
Oat



Minor  
Figures®  
Barista Oat

### Soya



Alpro®  
Growing Up  
Soya



M&S®  
Soya



Provamel®  
Soya  
Calcium



Waitrose®  
Soya



Tesco® Soya



Aldi®  
Actileaf  
Soya



Lidl® Soya

## Pea



Sproud®  
Barista



Qwrkee®  
Pea

## Potato



Dug® Barista



Dug®  
Unsweetened

## Coconut



Koko® Super



Koko®  
Barista



Rude  
Health®  
Coconut with  
Calcium



M&S®  
Coconut



Alpro®  
Coconut

## Almond



Alpro® Almond Barista



Aldi® Actileaf Almond



Almond Breeze®



Califia Farms® Almond



Morrisons® Almond

## Other Nut & Rice Milks

- Avoid rice milk under the age of 5 years



Alpro® Hazelnut



Alpro® Cashew



Valsoia® Walnut



Rice Dream® +Calcium

## Calcium Fortified Yogurt Alternatives

### Soya



Alpro® Soya Greek Style (Plain)



Alpro® Soya Greek Style (Flavoured)



ASDA® Plain Soya



Tesco® Plant Chef Soya



Alpro® Soya 125g pots

## Coconut



The Coconut Collab®  
strawberry



Koko® plain



Koko® Greek  
style



Little Bandits®  
flavoured pots

## Oat



Oatly® Oatgurt  
Greek Style



Light and Free®  
flavoured yogurt

## Almond



Almond based Petit Filous®

## Calcium Fortified Cheese Alternatives 'Cheddar' Style



Cathedral City® Plant Based



Sheese® cheese alternative



Applewood® Vegan



ASDA® Free From

**‘Mozzarella’ Style**



Violife® Mozzarella flavour slices



M&S® Plant Kitchen Not'zarella



Tesco® Plant Chef grated mozzarella

**Soft Cheese**



ASDA® Free From



Sheese® garlic & herb spread



Sainsbury's® Free From

**Dairy Free Spreads**

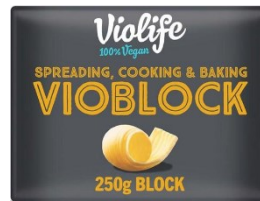
Often do not contain calcium



Flora® plant butter



Pure® olive spread



Violife® Vioblock



Vitalite®

### Dairy free creams

Often do not contain calcium



The Coconut Collab® double cream



Oatly® Single Creamy Oat

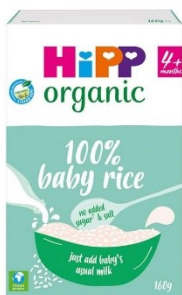


Elmlea® 100% Plant cream



Alpro® single soya cream

### Dairy free baby rice / porridge



HiPP® Organic 100% baby rice



Organix® porridge



Holle® Organic Oat



Ella's Kitchen® dairy free porridge

**Dairy free desserts & ice cream**

**Custard: Contains calcium:**

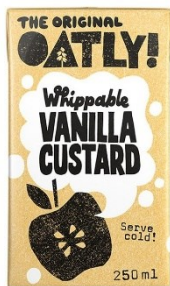


Alpro® Soya custard



The Coconut Collab® custard

**Custard: Does not contain calcium:**



Oatly® whippable custard

**Dessert / Pudding Pots**

**Contains calcium:**



The Coconut Collab® smoothie



Alpro® soya chocolate dessert



Does not contain calcium:



Ella's Kitchen® dairy free rice pudding



The Coconut Collab® rice pudding



Over The Spoon® chocolate pots

### Ice Cream

Often do not contain calcium



Valsoia® vegan gelato



Valsoia® plant based cones



The Coconut Collab® ice cream



Swedish Glace® soy ice cream

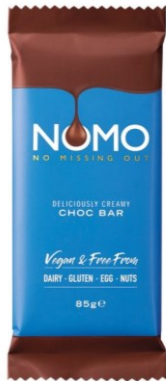


Booja-Booja®



Alpro® soya ice cream

**Chocolate items**  
**Often do not contain calcium**



NOMO® choc bar



Sweet Freedom®  
Choc Shot



Valsoia® hazelnut &  
cocoa spread



M&S® Made  
Without chocolate  
buttons

**Further information:**

- [Allergy UK](#)
- [NHS: Cow's Milk Allergy](#)

**Document History:**

**Version: V1.1**

Adapted with thanks from Kingston Hospital Nutrition & Dietetics Team's 'Dairy Free Products – a guide for parents'.