

## 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 50 kcals 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 to 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® oat drink
- Moma® oat barista
- Alpro® growing up drink
- ASDA® oat
- Provitamil® oat
- Minor Figures® barista oat

### Soya

- Alpro® growing up soya
- M&S® soya
- Provamel® soya
- 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
- Morrison® almond (unsweetened)

## Other nut and rice milks

Avoid rice milks under the age of 5

- Alpro® hazelnut
- Alpro® cashew
- Valsoia® walnut
- Rice Dream® + calcium

## Calcium fortified yoghurt alternative

### Soya

- Alpro® soya Greek style (plain or flavoured)
- ASDA® plain soya
- Tesco® plant chef soya
- Alpro® soya 125g pots

### Coconut

- Coconut collaborative® strawberry
- Koko® plain
- Koko® greek style
- Little Bandits® flavoured pots

### Oat

- Oatly Oatgurt® Greek style
- Light and Free® flavoured yoghurt
- Petit Filous® almond based

## Calcium fortified cheese alternatives

### Cheddar style

- Cathedral City® plant based
- Sheese® cheese alternative
- Applewood® vegan
- ASDA Free From®

### Mozzarella style

- Violoife® Mozzarella flavour slices

- M&S Plant Kitchen® not'zarella
- Tesco Plant Chef® mozzarella grated

### Soft cheese

- ASDA Free From® soft cheese
- Sheese® garlic and herb spread
- Sainsburys Free from®

### Dairy free spreads

*Note: often do not contain calcium*

- Flora® plant butter
- Pure® olive spread
- Violife® vioblock
- Vitalife®

### Dairy free creams

*Note: 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 baby rice
- Organix® porridge
- Holle® organic oat
- Ella's Kitchen® dairy free porridge

### Dairy free desserts and ice cream

#### Contains calcium

- Alpro® soya custard
- The Coconut Collab® custard
- The Coconut Collab® smoothie
- Alpro® soya chocolate dessert

#### Does not contain calcium

- Oatly® whippable custard
- Ella's Kitchen® dairy free rice pudding
- The Coconut Collab® rice pudding
- Over the Spoon® chocolate pots

### Ice cream

*Note: often do not contain calcium*

- Valsoia® vegn gelato
- Valsoia® plant based cones
- The Coconut Collab® ice cream
- Swedish Glace® soy ice cream

- Booja-Booja®
- Alpro® soya ice cream

### **Chocolate items**

Note: often do not contain calcium

- Nomo® choc bar
- Sweet Freedom® choc shot
- Valsoia® hazelnut and cocoa spread
- M&S made without dairy® chocolate buttons

### **Further Information:**

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

### **Document History**

#### **Version: V 1.1**

Adapted with thanks from Kingston Hospital Nutrition and Dietetics team's 'Dairy free products – a guide for parents'