

Dietary advice for children who need to follow a milk and soya free diet

Dietetics & Nutrition

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Information for Patients

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This booklet is for children who are advised to avoid food products containing milk and/or soya.

Many manufactured food products contain milk and soya. You must check all food labels for milk and soya. Foods containing milk and soya must say so on the label. **This will be in bold type in the ingredients box.** Take special care with foods sold loose or without labelling like at market stalls.

Avoid foods which contain:

- milk
- milk solids
- non-fat milk solids
- cheese
- butter
- skimmed or semi-skimmed milk
- skimmed milk powder
- lactose
- whey
- hydrolysed whey protein
- casein
- caseinate
- hydrolysed casein
- soya milk
- soya flour
- soya protein isolate
- soya protein products
- textured vegetable protein
- hydrolysed vegetable protein
- soya shortening
- (soya oil)*
- lecithin* (soya) E322
- tofu
- miso
- soya bean sprouts

*Soya oil is unlikely to cause a reaction and does not usually need to be avoided.

*Soya lecithin may be tolerated as it only has traces of soya.

Goat's/ewe's milk and products (like goat's cheese) have similar proteins to cow's milk and may not be tolerated. This should not be used as a cow's milk substitute.

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You do not need to avoid foods labelling 'may contain traces or made in a factory using milk / soya' unless your dietitian has told you to do so. This could be because you have severe life threatening allergy.

Foods you can eat:

Dairy products

- Milk substitutes: Nutramigen 1 and 2, Aptamil Pepti 1 and 2, Althera, Alfamino , Neocate LCP
- Cartoned rice milk, oat milk, nut milk (almond / hazel / coconut)
- Eggs
- Milk free margarines: Tomor, Granose, Pure, Vitalite
- Vegetable oils and some baking/frying fats: Crisp N'Dry, Baking Flora
- Yoghurt substitutes: The Coconut Collab, Koko, Nush Almond, Actimel Dairy Free

Bread and cereals

- Milk and soya free bread: Jacksons, Crosta & Mollica, Jason's, The Polish Bakery, Bertinet
- Homemade bread, bread baked at local baker (they may be able to bake soya free bread).
- Some breads at health food stores.
- Some pitta bread, rye bread, soda bread.
- Some crumpets, pikelets, some muffins, potato cakes
- Breakfast cereals: Weetabix, Shredded Wheat, Cornflakes, Coco Pops, porridge (made with water or milk substitute).
- Flour: wholemeal, wheat meal or white, potato flour, rice flour, maize flour, cornflour, custard powder, arrowroot, gelatine, gram flour like chick pea, pea, buckwheat,
- Chapatti flour: brown or white
- Rice: brown or white
- Tapioca, sago, semolina
- Pasta: spaghetti, macaroni, pasta shapes: white or wholemeal or pasta known to be milk free

Biscuits, crackers and cakes

- All biscuits, crackers and cakes known to be milk and soya free
- Homemade cakes and biscuits, some buns and crumpets

Meat and fish

- Fresh or frozen meat: beef, lamb, pork, veal, poultry: chicken and turkey, offal: liver, kidney, heart, tripe
- Fish: fresh, frozen, smoked or tinned

Vegetables/ vegetarian products/ fruit

- All fresh, frozen, dried or tinned
- Most baked beans
- Mashed potato with milk substitute and milk free margarine
- Fruit juices

Desserts and puddings

- Tapioca, sago, rice or semolina made with milk substitute, custard made with milk substitute, jelly, fresh fruit, tinned fruit, fruit ice lollies
- Blancmange powder, sorbet
- All puddings or desserts known to be milk and soya free
- Homemade pies and crumbles
- See page 4 for milk and soya free dessert ideas

Soups, sauces and gravies

- Soups, sauces and gravies known to be milk and soya free
- Sauces made with milk substitute or meat and vegetable stocks or extracts
- Vinegar based salad dressings (see ingredients list of the product)

Sweets, spreads and preserves

- Marmalade, jam, honey, treacle, syrup
- Boiled sweets, fruit pastilles or fruit gums
- Some plain chocolate, some plain cooking chocolate
- Milk and soya free chocolate- Moo Free, No Mo
- Nut butters, tahini, hummus, Marmite and Bovril (not stock cubes)
- Vegetable paté

Condiments

- Salt, pepper, herbs, spices, vinegar, pickled onion or cabbage
- Any sauce or chutney known to be milk and soya free
- Mustard is known to be milk and soya free

**Other**

- Nuts: fresh, roasted or salted (do not give whole nuts to children under 5 years of age).
- Some crisps and savoury snacks (check label).
- Baby foods known to be milk and soya free (see ingredients list of the product).
- Rice milk / oat milk is not nutritionally complete and specific vitamin/mineral supplements may be required. Rice milk is unsuitable for under 4½ years due to its natural high arsenic content.

Milk free custard recipe

- 1 tablespoon custard powder
- 275ml (½ pint) milk substitute
- Sugar or sweetener to taste

Put custard powder and sugar in a bowl or cup. Mix this to a smooth paste by adding a small amount of milk substitute. Put rest of milk substitute in saucepan and heat until nearly boiling. Add the custard mix to the milk and stir. Bring this to a boil. Stir until thickened. Add sweetener if sugar has not been used.

Milk free mousse recipe (makes 2 mousses)

- Half a packet of jelly cubes or half a sachet of jelly granules
- 275ml (½ pint) milk substitute
- Small amount of boiling water

Dissolve jelly in a jug with a small amount (50ml/2oz) boiling water. Make up to 275ml (½ pint) with milk substitute and place in a bowl in fridge for 15 to 20 minutes. Whisk with an electric hand whisk or whisk by hand until frothy. Put into 2 empty yogurt pots or dishes and leave in fridge until set.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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