

Dietary Guidance – Baked/Heated Milk

After your child has passed a baked/heated milk challenge, here are guidelines on how and what foods to introduce into his or her diet. Start with 1 serving of the food type per day, and increase by 1 serving a day every 2 days, until you reach 3 servings per day. You may go more slowly if you choose.

Starting the day after the challenge:

1. Commercially-prepared (store-bought) foods with milk listed as an ingredient in the last half of the list. ANY “may contain” product is also fine.

Examples: Rolls, biscuits, breads, Crackers, original (not cheese-flavored) goldfish crackers

2. Also, any recipe for cookies, cakes, muffins, cupcakes, or brownies that uses ¼ C milk for 12-16 servings. He or she can start with 1 serving.

After reaching 3 servings per day of above foods for 2 weeks (and no reactions):

1. Start using recipes for baked goods with up to 1 C of milk.
2. Store bought foods with small amounts of cheese or milk higher in ingredient list (3rd or lower)

Examples: Cheese-flavored goldfish crackers, cheez-it crackers, Doritos
Possibly also: cheetos, cheddar-flavored popcorn

NOT allowed (unless in a baked good as above):

Pudding, custard, cheeses, cream cheese, sour cream, butter, cheesecake, milk chocolate, pizza, macaroni and cheese, lasagna, cheese ravioli, grilled cheese, etc

If tolerating up to 3 servings per day of above foods for 3 months: contact us to discuss adding other foods in to the diet, such as pizza and macaroni and cheese.

If you have additional questions about the above information, or about a specific food not listed above, call our office at (717)531-1846, option #1.