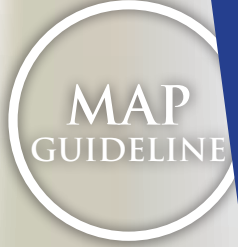


THE MILK LADDER



THE MAP GUIDELINE
MILK ALLERGY IN PRIMARY CARE



STEP 12

**Pasteurised milk/
infant formula (powder)**

AMOUNT
100 mls
200 mls

STEP 11

**Sterilised milk/infant
formula (tetra packs)**

AMOUNT
100 mls
200 mls

STEP 10

Cheese

AMOUNT
25g cheese

Use hard cheese
such as Cheddar

STEP 9

Yoghurt

AMOUNT
1 pot yoghurt
(125ml)

STEP 8

**Milk chocolate
(milk chocolate buttons)**

AMOUNT
10g chocolate
Milk chocolate buttons
(½ bag or 35g)

Choose a pizza
that does not
contain milk
in the base

STEP 7

Pizza

PURCHASED	HOME-MADE
½ mini pizza 1 mini pizza	½ pizza 1 pizza

STEP 6

Lasagne

PURCHASED	HOME-MADE
Lasagne (200g)	1 child's portion

STEP 5

**Shepherds
Pie**

PURCHASED	HOME-MADE
Shepherds Pie (200g)	1 child's portion

Use Scotch
pancakes containing
milk protein rather
than whey powder

STEP 4

**Scotch
pancakes**

PURCHASED	HOME-MADE
1 scotch pancake 3 scotch pancakes	½ scotch pancake 2 scotch pancakes

NOTE THAT SCOTCH PANCAKES CONTAIN LESS MILK THAN MUFFINS BUT THEY ARE BAKED FOR A MUCH SHORTER TIME

STEP 3

**Mini muffins/
cup cakes**

PURCHASED	HOME-MADE
½ muffin/cake (15g) 1 muffin (30g)	½ muffin 1 muffin

Choose biscuits that
contain milk

STEP 2

**Garibaldi
biscuits/
Digestives**

PURCHASED	HOME-MADE
½ biscuit 1 biscuit	1 biscuit 2 biscuits

Use malted milk
biscuits that contain
milk powder rather
than whey powder

STEP 1

**Malted
milk
biscuits**

PURCHASED	HOME-MADE
1 biscuit 2 biscuits	¼ biscuit ½ biscuit

Practical Pointers on using the MAP 'MILK LADDER' for Parents

The following 'Pointers' should make it easier for you to understand how best to use this Ladder. We advise that you are supported by a Health Care Professional (HCP) until the Ladder has been successfully climbed. This may be your doctor, nurse or ideally your dietitian.

- Before starting the Ladder and progressing to each further Step, please ensure that your child is well at the time and also that any gastrointestinal symptoms or eczema are settled.
- Most children will start on Step 1. Some may already eat one or more of the foods on the Ladder. If that is the case, you need to be advised which Step of the Ladder you should start on.
- The Ladder has 12 Steps, but your HCP may adjust the number of Steps to suit your child best.
- The time spent on each Step will vary from one child to another (e.g. one day or 1 week) and this should also be discussed and agreed with you.
- The amounts in the Ladder are given as a guide - occasionally smaller or larger amounts may be recommended.
- The Ladder includes commercially available and home-made options.
Recipe ideas are available at:
<http://www.ctajournal.com/imedia/1795283721029345/supp3.docx>
Each of the recipes has an egg and wheat free option (they are all soya free) to make the Ladder suitable for those children who may have other co-existing allergies.
- If the food on any Step of the Ladder is tolerated, your child should continue to consume this (as well as all the foods in the previous Steps) and then try the food suggested on the next agreed Step.
- If your child does not tolerate the food in a particular Step, simply go back to the previous one. You should then be advised when that next Step can be tried again.

In a few of the more severe cases of CMA a more cautious start to the Milk Ladder may be recommended, beginning with smaller amounts in Step 1, e.g. a $\frac{1}{4}$ or $\frac{1}{2}$ of a malted milk biscuit.

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