

Similac Alimentum Recipe Book



A guide to weaning a baby
with Cow's Milk Allergy







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Introduction

About this booklet

You have been given this recipe book as your baby has cow's milk allergy (CMA). This booklet is designed to help you with weaning your baby onto a cow's milk free diet and includes tips on how to wean, as well as recipes you can make with Similac Alimentum.



Cow's milk allergy

More and more young children have food allergies and CMA is one of the most common.^{3,4} Despite this, having a baby diagnosed with a food allergy like CMA can be very daunting.

CMA is the result of the body's immune system mistakenly reacting to normally harmless proteins in cow's milk.³ As part of this reaction, the chemical histamine is released, causing allergic symptoms such as itchy skin, tummy upsets and reflux.³

For children with CMA it is important that cow's milk is avoided. Unfortunately, as well as the obvious sources of cow's milk protein such as yoghurt and cheese, there are also 'hidden' sources such as in pre-packaged foods which need to be avoided.

The protein found in cow's milk is very similar to milks from other mammals such as sheep and goats, and these milks should also be avoided.⁵

1 in 30 children under 1 year of age have an allergy to milk. 4 out of 5 will grow out of their milk allergy by the time they go to school³

Important notice: Breastfeeding is best for babies, and is recommended for as long as possible during infancy. Similac Alimentum is a food for special medical purposes and should be used under the supervision of a healthcare professional.

Please contact your healthcare professional if you have any questions regarding suitability of alternative milk.

Similac Alimentum

Similac Alimentum is a hypoallergenic infant formula which means the proteins have been broken down into tiny pieces (extensively hydrolysed) and are therefore less likely to be recognised by a baby's immune system, reducing the likelihood of allergic symptoms in babies sensitive to cow's milk protein.

Similac Alimentum is nutritionally complete and can be used from birth onwards. Your healthcare professional will have advised you how much Similac Alimentum to give your baby as this will vary on age and weight and how much solid food your baby is managing.



Weaning a baby with cow's milk allergy

Why and when to start weaning?

Research shows that babies do not need anything other than breast milk or an infant formula, such as Similac Alimentum, until after 6 months of age.⁶ Similac Alimentum will continue to provide most of the nutrition your baby needs whilst you are weaning them onto solid foods.

Weaning is an important step in your baby's development.⁶

The Food Safety Authority of Ireland recommends you start weaning from 6 months of age⁶ but some babies may be ready earlier. You should not start weaning until at least 4 months of age as your baby's digestive system may not be developed enough.⁶

If you feel your baby is ready to wean earlier than 6 months you should check with your healthcare professional on what foods to offer.

All babies will be ready to start weaning at different stages but some common signs your baby might be ready include:⁶

- ★ Sitting upright: being able to sit upright and hold their head steady
- ★ Hand-to-mouth co-ordination: being able to look at the food, pick it up and put it in their mouth, all by themselves
- ★ Swallowing foods: babies who are not ready will push their food back out, so they get more around their face than they do in their mouths.

Some normal behaviours may not be signs that your baby is ready to wean. Signs commonly mistaken for a baby being ready to wean include:

- ★ wanting extra milk
- ★ chewing their fists
- ★ waking in the night

If your baby turns their face away or loses interest then it is time to stop, don't force your baby. It should be a fun (and messy) experience for you both.



Which foods contain cow's milk?

Cow's milk protein can be present in food under a number of names so it is always best to check food ingredient labels as well as the allergen box to ensure the food is safe to eat.

In the European Union (EU), all pre-packed foods which contain cow's milk protein must list milk as an allergen if milk is an ingredient or if any ingredients contain milk.⁷ Since December 2014, information about allergens such as milk must also be available for all food which is sold non-packed (for example non pre-packed meat from a delicatessen counter).⁷

It can be surprising how many foods contain cow's milk protein, so it is always best to check the label. On the plus side this also means that you do not have to exclude foods unnecessarily.

The list below contains all of the ingredients which need to be avoided:⁸

- ★ Milk powder/skimmed milk powder
- ★ Milk drinks/malted milk drinks
- ★ Cheese/cheese powder that contains milk protein
- ★ Butter
- ★ Margarine/low fat spread that contains milk protein
- ★ Yoghurt/quark/fromage frais
- ★ Cream/sour cream
- ★ Casein/caseinates/sodium caseinates/hydrolysed casein
- ★ Milk solids
- ★ Non-fat milk
- ★ Whey
- ★ Whey syrup sweetener
- ★ Milk sugar solids
- ★ Lactose



Tips for trying new foods

Introducing new foods can be a difficult time especially if you are trying a new product or concerned that your baby may be allergic to other foods.

- ★ Try new foods in the morning or at the start of the day.
- ★ Try new foods one at a time and for 3-5 days continuously for each new food.
- ★ Keep a food and symptom diary, including new foods tried so you can discuss any concerns with your healthcare professional.
- ★ Make new foods in small batches to avoid wastage.
- ★ Keep a bottle of children's allergy relief medicine (antihistamine) in the cupboard.

Types of food to give

The table opposite gives general weaning advice on what foods to offer at different stages in the weaning process. The age categories are given as a rough guide but it is important that you follow your baby's lead in weaning and do not rush through the weaning stages.

If your baby has other food allergies, please follow the advice of your healthcare professional.

If you have any questions or are concerned with the suitability of any food, seek advice from your healthcare professional.





	FIRST FOODS 4-6 months ⁶	BUILDING ON WEANING 6-9 months ⁶	CONTINUING WEANING 9-12 months ⁶	WEANING ESTABLISHED +12 months ⁶
FOODS TO OFFER	<ul style="list-style-type: none"> ✓ Mashed fruit or vegetables (apple, pear, potato, parsnip, carrot, butternut squash, sweet potato) ✓ Milk-free baby rice with Similac Alimentum 	<ul style="list-style-type: none"> ✓ Soft fruits as finger foods or mashed (melon, soft banana, avocado) ✓ Soft cooked meats, fish (remove bones), lentils, beans, mashed hard boiled eggs ✓ Pasta, bread, rice, potatoes ✓ Baby cereal with Similac Alimentum ✓ Soya yoghurts⁹ or custards and puddings ✓ Nuts* crushed or ground into peanut butter 	<ul style="list-style-type: none"> ✓ Continue with food already introduced ✓ Hard finger foods (milk free biscuits, breadsticks) 	<ul style="list-style-type: none"> ✓ Continue with foods introduced and increase variety
TEXTURE	Smooth purée	Soft lumps Mashable	Mashable Chopped family meals	Chopped (if required) family meals
HOW MUCH?	Start with small amounts (1-2 teaspoons) twice a day and gradually increase	2-3 small meals and gradually increase	3 meals plus snacks	3 meals plus snacks

* Note: Whole or chopped nuts should not be given to children under 5 years of age due to the risk of choking.⁶



Recipes



All of the recipes in this booklet are prepared using Similac Alimentum and are prepared using ingredients that are milk and dairy-free. If your child has other food allergies, check the ingredients carefully in each recipe. If unsure, consult your healthcare professional. Recipes suitable for each stage of weaning are included, together with some handy tips to help you along the way.

These recipes serve as a guide only and can be puréed, mashed or chopped depending on the stage of your baby's development.

- ★ **Stage 1 (from six months):**
purées
- ★ **Stage 2 (six to nine months):**
thicker purées, mashed foods and soft finger foods
- ★ **Stage 3 (nine months and over):**
lumpy foods, chopped foods and harder finger foods

Your Dietitian or other healthcare professional will be able to provide further guidance regarding the suitability of these recipes for your baby.



The Similac Alimentum recipes in this recipe book are also available online at abbottnutrition.ie/recipes

Breakfast Ideas



Tips

Try adding mashed berries to make a fruity breakfast

Wheat Biscuits

- ★ 1 standard wheat biscuit (e.g. Weetabix), blended with enough warm reconstituted* **Similac Alimentum** to make a runny, smooth texture.

Porridge

- ★ Use fine oatlets mixed with warm reconstituted* **Similac Alimentum** to make a runny smooth texture. As your baby progresses to more textured foods, you can use standard porridge oats (take care to avoid any brands that contain salt or sugar).



Always check labels on baby cereals as they may contain milk.

First Purées



Tips

First purées should be a runny and smooth texture, similar to standard yoghurt.

First Purées

- ★ First foods should be bland and easily digestible, so baby rice, potato, pear or apple purées are ideal for the first week or two.
- ★ Use reconstituted* **Similac Alimentum** instead of water or milk to achieve the desired consistency.
- ★ Begin using just one vegetable or fruit, progressing to two and more interesting combinations as your baby develops. Melon, banana, pear, avocado, courgette, sweet potato and butternut squash are all ideal.
- ★ All fruits for first purées should be cooked until tender before blending, with the exception of ripe banana, melon or avocado.

*"Reconstituted" listed in the recipes refers to Similac Alimentum powder made up with water as directed on the tin.

First Vegetable Purée: Sweet Potato



Makes 3 to 4 portions



Tips

Babies have a natural desire for sweet tastes. However, it's a good idea to introduce them to savoury purées first as they may be more reluctant to accept these later on if they have become used to sweet foods.

Ingredients

- ★ 1 small sweet potato
- ★ **25ml reconstituted Similac Alimentum**

Method

1. Peel and chop sweet potato into bite size pieces.
2. Boil or steam until soft.
3. Blend in a liquidiser or using a hand-held blender with 25ml **Similac Alimentum**.
4. Adjust the purée to the desired consistency, using more or less **Similac Alimentum** as needed.

Alternative vegetables that can be used include carrots, butternut squash, parsnip, broccoli or cauliflower.

First Fruit Purée: Peach



Makes 3 to 4 portions



Tips

First foods should be bland and easily digestible, so baby rice, potato, pear or apple purées are ideal for the first week or two.

Begin using just one vegetable or fruit, progressing to two and more interesting combinations as your baby develops.

Ingredients

- ★ 2 ripe peaches
- ★ 2 tbsp milk-free baby rice
- ★ **25-30ml reconstituted Similac Alimentum**

Alternative fruits that can be used include eating apples, pears, nectarines, apricots, avocado or ripe bananas.

Method

1. Wash, peel and chop the peaches.
2. Place the peaches in a saucepan with a small amount of boiled water. Cook over a low heat until the fruit is tender.
3. Drain any remaining water, then add 25-30ml **Similac Alimentum**. Blend using a hand-held blender to a smooth purée before adding the baby rice. For a thinner purée, add more **Similac Alimentum** as needed.

All fruits for first purées should be cooked until tender before blending, with the exception of ripe banana, melon or avocado.

First Fish & Pea Purée



Makes 3 to 4 portions



Tips

Meat, fish and poultry are suitable foods and can be tolerated by infants, once puréed to desired consistency.

Ingredients

- ★ 50g white fish (e.g. cod, haddock, plaice), skin removed
- ★ 50g frozen peas
- ★ **25-30ml reconstituted Similac Alimentum**

Method

1. Wash the fish and dry, taking care to remove any bones.
2. In a saucepan, cover the fish with cold water and heat gradually.
3. Before the water comes to the boil, reduce the heat to simmering point and poach for 7-10 minutes (the fish will be opaque and flake easily once cooked).
4. A few minutes before the fish is ready, add the peas and simmer until they are cooked through.
5. Using a slotted spoon or sieve, remove the fish and peas from the boiling water, removing any remaining bones.
6. Flake the fish and place it in a bowl with the peas and 25-30ml of **Similac Alimentum**.
7. Using a hand-held blender, blend to the desired consistency, adding more **Similac Alimentum** if necessary.

Banana & Raspberry Custard



Makes 3 to 4 portions



Tips

Once thicker purées are tolerated, move on to a lumpier texture by mashing food with a fork.

Mashed banana and avocado with some Similac Alimentum makes a delicious snack!

Ingredients

- ★ 1 ripe banana
- ★ 5-6 raspberries
- ★ 1 tbsp dairy-free custard powder
- ★ 4 drops of vanilla extract
- ★ **100ml reconstituted Similac Alimentum**

Method

1. Mash the banana and raspberries together.
2. Place the custard powder in a saucepan and mix in a little of the **Similac Alimentum** to form a paste.
3. Pour over the remaining **Similac Alimentum**, add the vanilla extract, and stir over a medium heat until smooth and creamy (do not boil).
4. Serve as shown, or mix the custard into the fruit purée (using a hand blender if necessary) to reach a suitable consistency.

Cheesy Vegetable Pasta



Makes 3 to 4 portions



Tips

This dish is also suitable for the later stages of weaning. As your baby progresses to lumpier food, try chopping up the pasta and vegetables into small pieces.

Ingredients

- ★ 60g dried pasta
- ★ 4 broccoli florets (approx. 100g)
- ★ 2 carrots, sliced or finely diced
- ★ 40g frozen peas
- ★ 25g dairy-free margarine
- ★ 25g plain flour
- ★ 45g dairy-free grated cheese
- ★ **180ml reconstituted Similac Alimentum**

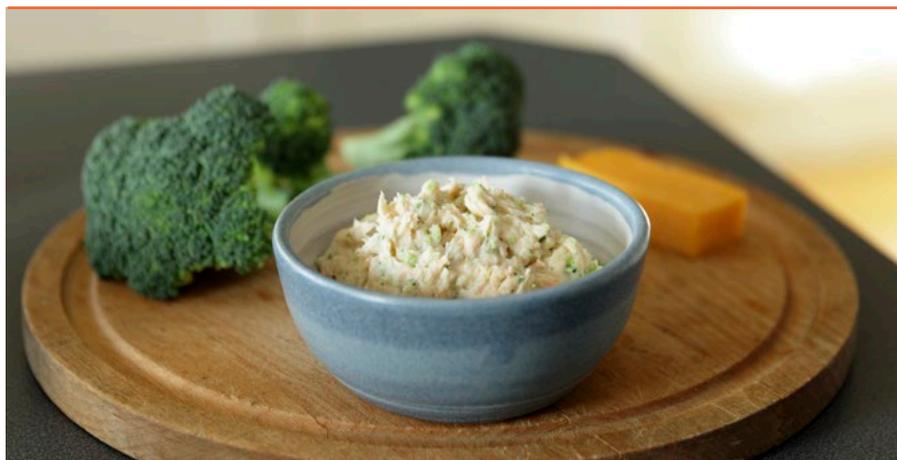
Method

1. Cook the pasta according to packet instructions (or a little longer, to soften sufficiently) and drain.
2. In a second saucepan, bring a small amount of water to the boil, cook the carrots for 5 minutes, then add the broccoli and finally the peas. Cook until tender and drain.
3. Melt the margarine in a saucepan.
4. Add the flour and stir to make a paste.
5. Gradually whisk in the **Similac Alimentum** and stir over a low heat for about 2-3 minutes until the sauce begins to thicken (do not boil).
6. Stir in the grated cheese.
7. Pour the cheese sauce over the pasta and mix in the vegetables.
8. Blend to the desired consistency using a hand blender, adding more **Similac Alimentum** if required.

Salmon & Broccoli in a Cheese Sauce



Makes 6 portions



Tips

This recipe can be prepared with white fish if you feel salmon is too strong a flavour for your baby at this stage.

Why not try adding potato, sweet potato or butternut squash for some variety?

Ingredients

- ★ 100-120g salmon fillet
- ★ 60g broccoli
- ★ 25g dairy-free margarine
- ★ 25g plain flour
- ★ 30g dairy-free grated cheese
- ★ **180ml reconstituted Similac Alimentum**

Method

1. Wash and dry the fish, taking care to remove any bones.
2. In a saucepan, cover the fish with cold water and heat gradually.
3. Before the water comes to the boil, reduce the heat to simmering point and poach for 7-10 minutes (the fish will be opaque and flake easily once cooked).
4. A few minutes before the fish is cooked, add the broccoli and simmer until cooked. Drain the water and keep the fish and the broccoli to one side.
5. Melt the margarine in a saucepan. Add the flour and stir to make a paste.
6. Gradually whisk in the **Similac Alimentum** and continue to stir over a low heat for 2-3 minutes. Stir in the grated cheese.
7. Flake the fish, place in a bowl with the broccoli and add most of the cheese sauce. Purée using a blender, adding extra sauce as required to reach the desired consistency.

Eggy Bread Fingers



Makes 2 portions



Tips

Once your baby is 8 or 9 months of age, he or she will probably be showing more of an interest in food and letting you know that they are ready to start feeding themselves. This is a good time to experiment with first finger foods.

Ingredients

- ★ 1 knob dairy-free margarine
- ★ 1 tsp vegetable oil
- ★ 1 egg
- ★ ½ tsp vanilla extract
- ★ 2 slices wholemeal bread with crusts removed
- ★ **50ml reconstituted Similac Alimentum**

Method

1. Beat the egg with the **Similac Alimentum**.
2. Add the vanilla extract.
3. Heat the margarine and oil in a pan.
4. Dip the bread into the egg mixture, turning to coat both sides well and allowing the bread to soak up the liquid.
5. Place in the heated oil and fry until golden brown on both sides.
6. Remove from the heat and pat with kitchen paper to remove any excess oil.
7. Cut into thin fingers to serve.

American-Style Banana Pancakes



Makes 4 to 5 thick pancakes



Tips

Delicious hot or cold as a weekend breakfast for all the family! Serve with some fresh fruit or mixed berries.

You can use this recipe from late stage 2 through to stage 3.

Ingredients

- ★ 1 ripe banana
- ★ 1 egg, beaten
- ★ **100ml Similac Alimentum**
- ★ 100g self-raising flour
- ★ 1 tsp baking powder
- ★ 2 tsp oil
- ★ 1-2 tsp of smooth peanut butter

Method

1. Mash the banana and place in a mixing bowl.
2. Stir in the beaten egg and the **Similac Alimentum**.
3. Sieve in the flour and baking powder, and mix well using a hand-held whisk or electric mixer.
4. Heat the oil in a frying pan and add a ladle of batter to the frying pan.
5. Fry until golden brown on both sides. The pancakes will be quite thick and fluffy due to the self-raising flour and baking powder.
6. Repeat with the remaining batter.
7. Spread with smooth peanut butter while pancakes are still warm.

Banana & Blueberry Oat Muffins



Makes 12 to 14 muffins



Tips

These can be a great snack for any time of the day.

Ingredients

- ★ 125g plain flour
- ★ 75g wholemeal flour
- ★ 2 tsp baking powder
- ★ 200g rolled oats
- ★ 75g brown sugar
- ★ 3 tsp cinnamon
- ★ 2 bananas, mashed
- ★ 2 large eggs, separated
- ★ 3 tbsp sunflower oil
- ★ 125g blueberries
- ★ **250ml reconstituted Similac Alimentum**

Method

1. Preheat oven to 180°C and line a muffin tray with paper cases.
2. In a large mixing bowl, combine the plain flour, wholemeal flour, oats, brown sugar, baking powder and cinnamon.
3. Create a well in the centre of the dry ingredients and add the mashed bananas, egg yolks, **Similac Alimentum** and sunflower oil. Mix together gently with a wooden spoon until a wet batter forms.
4. In a separate bowl whisk the egg whites until soft peaks form.
5. Gently fold the egg whites into the muffin batter along with the blueberries until everything is mixed through evenly.
6. Divide the muffin mixture between 12-14 individual muffin cases and place in a preheated oven at 180°C for 25 minutes until well risen and golden brown.

Carrot & Banana Muffins



Makes 12 to 14 muffins



Tips

This recipe is a great way to incorporate fibre, fruit and vegetables into your child's diet.

Why not try using spinach instead of carrots for another delicious and healthy option?

Ingredients

- ★ 250g wholemeal flour
- ★ 1½ tsp cinnamon
- ★ 3 tsp baking powder
- ★ 100g golden caster sugar
- ★ 1 ripe banana
- ★ 125g grated carrot
- ★ 100g dairy-free margarine
- ★ 1 large egg
- ★ 1 tsp vanilla extract
- ★ **150ml reconstituted Similac Alimentum**

Method

1. Preheat oven to 180°C and line a muffin tray with paper cases.
2. Combine all dry ingredients in a large mixing bowl.
3. Melt margarine. Combine with **Similac Alimentum**, mashed banana, carrot, egg and vanilla extract and blend in a blender or food processor until completely puréed.
4. Pour the purée into the dry ingredient bowl, and fold together gently until just combined
5. Spoon the batter into the muffin tray, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite brown.
6. These muffins are best served warm.

Ham, Potato & Pea Frittata



Makes 3 to 4 portions



Tips

Ideal served cold for picnics or family days out, or as finger food for active toddlers!

This versatile frittata can be made with many delicious combinations; why not try bacon and courgette or red pepper and dairy-free cheese? A perfect way to use up leftovers!

Ingredients

- ★ 4 tsp vegetable oil
- ★ ½ onion, diced
- ★ 2 medium potatoes
- ★ 4 eggs
- ★ 4 slices/125g ham, chopped
- ★ 100g peas
- ★ 50g grated dairy-free grated cheese
- ★ **200ml reconstituted Similac Alimentum**

Method

1. Peel and parboil the potatoes. Cut into small cubes.
2. Heat 2 teaspoons of oil in a small frying pan and fry the onion until soft.
3. Add the potatoes to the frying pan and heat through, then add the ham and peas.
4. In a bowl, combine the eggs with the **Similac Alimentum**, beat gently then add the contents of the pan to the liquid and stir to coat. Stir in the cheese.
5. Heat 2 teaspoons of oil and pour the frittata mixture back into the frying pan. Cook over a medium heat for about 5 minutes, until the eggs are set underneath.
6. Pre-heat a grill, place the frying pan underneath and cook until the top of the frittata is golden and set.
7. Turn out onto a plate, cut into wedges and serve hot or cold.

Cauliflower & Broccoli Cheese



Makes 2 portions



Tips

Try adding chopped ham, tuna, tomatoes or sweetcorn to the vegetables for a change.

The white sauce used in this recipe can also be used if making lasagne.

Ingredients

- ★ ¼ head cauliflower
- ★ ¼ head broccoli
- ★ 1 slice bread
- ★ 1 tbsp vegetable oil
- ★ 25g dairy-free margarine
- ★ 25g plain flour
- ★ 45g dairy-free grated cheese
- ★ **180ml reconstituted Similac Alimentum**

Method

1. Wash and cut the broccoli and cauliflower into bite-size pieces and boil until just tender (approximately 6-8 minutes).
2. Melt the margarine in a saucepan.
3. Add the flour and stir to make a paste.
4. Gradually whisk in the **Similac Alimentum** and stir over a low heat for about 2-3 minutes or until the sauce begins to thicken (do not boil).
5. Stir in the grated cheese.
6. Put the bread in a food processor and pulse until you have breadcrumbs.
7. Drain the vegetables and pour over the cheese sauce. Place in an oven proof dish (approximately 9 inch x 7 inch), top with breadcrumbs and remaining grated cheese. Grill until golden brown.
8. Serve warm.

Raspberry & Coconut Porridge Fingers



Makes 4 to 6 portions



Tips

Why not try these delicious variations to this recipe? Replace the raspberries with either:

- ★ 2 heaped teaspoons of smooth peanut butter, or
- ★ grated apple, cinnamon and raisins.

Ingredients

- ★ 3 tbsp porridge oats
- ★ 1½ tbsp of crushed raspberries
- ★ 1 tsp unsweetened desiccated coconut
- ★ **2 tbsp reconstituted Similac Alimentum**

Method

1. In a bowl, soak the oats in the **Similac Alimentum** and raspberries until soft.
2. Stir in the coconut.
3. Press the mixture into a small, flat-bottomed dish using the back of a spoon.
4. Cook in the microwave for 2 minutes on a high setting.
5. Cut into fingers while still hot and serve when cooled.

Chicken & Butternut Squash Risotto



Makes 3 to 4 portions



Ingredients

- ★ 1 tsp dairy-free margarine
- ★ 3 tsp vegetable oil
- ★ 1 small onion, finely chopped
- ★ 2 medium chicken breasts, cut into small pieces
- ★ ½ butternut squash, cut into small cubes
- ★ 100g frozen peas
- ★ 100g risotto rice (arborio or carnaroli)
- ★ Low salt vegetable stock cube made up to 500ml stock with boiling water
- ★ 25g dairy-free grated cheese
- ★ **100ml reconstituted Similac Alimentum**

Method

1. Fry the onion in 2 tsp oil until soft.
2. Add the risotto rice, stir until coated and cook for 1-2 minutes.
3. Gradually pour over the stock in small amounts and stir after each addition. Cook for about 20 minutes.
4. Place butternut squash in either steamer or boiling water and cook till soft.
5. Meanwhile, in a separate pan heat 1 tsp oil and brown the chicken, then add the butternut squash and peas.
6. Continue to cook until the chicken is cooked through and the vegetables are soft.
7. Remove the risotto from the heat and stir in the **Similac Alimentum** and cheese.
8. Add the chicken and vegetables and combine.

Fish Pie



Makes 6 to 8 portions



Ingredients

- ★ 50g white fish (cod/haddock/plaice), skin removed
- ★ 50g salmon, skin removed
- ★ 1 large potato (150g-200g)
- ★ 10g dairy-free margarine
- ★ ½ spring onion, finely chopped
- ★ 10g plain flour
- ★ 50g frozen peas
- ★ **100ml reconstituted Similac Alimentum**

Method

1. Preheat oven to 180°C.
2. Wash, peel and chop the potatoes, place in a saucepan of boiling water and simmer until well cooked.
3. Drain, mash and mix with 25ml of **Similac Alimentum**.
4. In a saucepan, cover the fish with cold water and heat gradually.
5. Before the water comes to the boil, reduce the heat to simmering point and poach for 7-10 minutes (the fish will be opaque and flake easily once cooked).
6. A few minutes before the fish is ready, add the peas and simmer until they are cooked through.
7. Using a slotted spoon or sieve, remove the fish and peas from the boiling water, removing any remaining bones.
8. To make the sauce, melt the margarine in a separate saucepan, fry the spring onions until soft, add the flour and stir to make a paste.
9. Gradually whisk in the **Similac Alimentum** and stir continuously for 2-3 minutes or until the sauce has thickened.
10. Flake the fish, taking care to remove any bones, and add the fish and peas to the white sauce.
11. Pour the mixture into an oven-proof dish, top with the mashed potato and bake in a pre-heated oven at 180°C (or 160°C for a fan-assisted oven) for 25 minutes or until heated through.

Lasagne



Makes 6 to 8 portions



Ingredients

Bolognaise

- ★ 1 medium onion
- ★ 1 carrot or courgette or 100g sliced mushrooms
- ★ 2-4 cloves garlic
- ★ 1 tbsp vegetable oil
- ★ 500g lean mince beef
- ★ 1 red pepper
- ★ 2 tsp Italian herbs
- ★ 400g tinned tomatoes
- ★ 140g tomato purée
- ★ 8 lasagne sheets

White sauce

- ★ 50g dairy free margarine
- ★ 50g plain flour
- ★ **360ml reconstituted Similac Alimentum**
- ★ 150g dairy-free grated cheese

Method

1. Heat the oil in a large pan and brown the mince.
2. Chop the onion, garlic, red pepper and carrot/courgette/mushrooms into small pieces.
3. Remove the mince and drain any excess fat. Put the onion and garlic in the pan and cook for 5 minutes.
4. Add all vegetables and cook for a further minute.
5. Return the mince to the pan and add the canned tomatoes, herbs, tomato purée and black pepper and stir.
6. Bring to the boil. Cover and simmer on a medium heat for 40 minutes.
7. Melt the margarine in a saucepan. Add the flour and stir to make a paste.
8. Gradually whisk in the **Similac Alimentum** and continue to stir over a low heat for 2-3 minutes.
9. Preheat the oven to 180°C.
10. Pour half the bolognaise sauce into an oven proof dish, add a layer of lasagne sheets and top with half of the white sauce. Add the remainder of the bolognaise sauce, top with the final layer of lasagne sheets and the rest of the white sauce. Sprinkle with grated cheese.
11. Bake in the oven for 30-40 minutes until golden brown.

Useful Information

Tips for travelling abroad

Preparation is essential when travelling with a child with CMA, so here are some ideas to get you started when organising the family holiday:

- ★ Stocking up on suitable foods and snacks before you leave can be helpful – try and take as much with you as possible.
- ★ Staying in self-catering accommodation can make things easier as you can monitor what your child eats.
- ★ Consider translating key words explaining that your child has a milk allergy. This is not only useful when ordering food but it can be important if trying to explain to a doctor that your child has had an allergic reaction.





- ★ EU and Irish law states that milk and ingredients containing milk must be listed on food made in the EU. This law may not apply when purchasing food outside of the EU, therefore always check the label.⁷
- ★ Check with your airline before you fly to ensure you're aware of their specific guidelines on carrying formula in your hand luggage or ordering a special meal.
- ★ Carry a letter from your GP stating your child's milk allergy and prescription so that there are no issues at the airport if you need to carry Similac Alimentum with you on a plane.
- ★ All medication should be accompanied by documentary proof of authenticity, such as a prescription or letter from a healthcare professional.

Cosmetic products, medicines and washing powders may also contain milk. Please check the label or discuss with your pharmacist for clarification^{10,11}

Is my baby getting enough calcium?^{12,13}

When your child is avoiding milk and dairy foods it is natural for you to be concerned that your child is not getting enough calcium.

Calcium is important for bone health and so it is important that your child is getting enough.

Calcium is available in many non-dairy foods and also in the Similac Alimentum which your baby is taking.

Choose foods from the following groups to help you ensure your baby is getting all the calcium they need!

Calcium requirements*:^{12,13}

- ★ **Infants under 1 year old:** 525mg per day
- ★ **Children 1 to 3 years old:** 800mg per day

30 – 40mg calcium

- ★ 50g kidney beans
- ★ 1 slice wholemeal bread
- ★ 1 large egg
- ★ 80g of broccoli
- ★ 35g dried apricots

60 – 80mg calcium

- ★ 1 large orange
- ★ 1 large slice white bread
- ★ 2 large slices wholemeal bread
- ★ ½ tin of tinned salmon

140 – 180mg calcium

- ★ Pot of soya yoghurt (125g)⁹
- ★ 120g boiled spinach

240 – 300mg calcium

- ★ ½ tin sardines (approximately 2 sardines with bones)
- ★ 250ml calcium enriched fruit juice

* Recommended Dietary Allowances - Food Safety Authority of Ireland 1999



For more information about Similac Alimentum or other Abbott Nutrition products, please call the Abbott Nutrition Dietetic Helpline on 1800 411 411 or visit our website www.abbottnutrition.ie

References available on request