

## Suitable plant-based milk alternatives for age 1+ with Cow's Milk Protein Allergy (CMPA)

### Plant-based milks

- Global and UK dietary guidelines recommend that children who are not being breastfed after the age of 1 year drink animal milk as the main milk drink; normally cows' milk
- Animal milks contain high quality protein, all essential amino acids, and are a good source of vitamins and minerals including calcium, vitamin A, B vitamins, zinc, and iodine
- Plant-based milk alternatives are variable, and many have limited nutritional equivalence to animal milks - some are low in energy and nutrients
- It is important to try to reintroduce animal/ cow's milk products (if following an omnivorous diet) when clinically appropriate to ensure 'tolerance' of cow's milk in foods and drinks (discuss this process with your healthcare professional)
- In the UK, public health guidance suggests that unsweetened, fortified milk alternatives can be included as the main milk drinks from the age of 1 (with the exception of rice-based milks which are high in arsenic)

### Types of plant-based milk alternatives that are suitable

- **Unsweetened** and **fortified soya-based** and **pea-based** products should be first choice as they contain suitable amounts of micronutrients, energy, and protein
- **Oat based** milk alternatives are second choice as they have a lower protein content and contain free sugars from the processing of oats
- Choose full fat/whole versions to improve the energy content
- Choose milks which are fortified with **calcium** and **iodine**, as well as **Vitamin D** and **B vitamins**
- Nut-based and coconut-based products are very low in energy and protein
- Please note: Unsweetened, full-fat plant-based alternative milks can be used in cooking and in weaning foods from 6 months

### Examples of some widely available suitable milks to be used as a drink for infants 1+ (this list is not exhaustive): Correct at the time of writing August 2023

Soya-based	<ul style="list-style-type: none"> <li>• Tesco Soya Drink Unsweetened</li> <li>• Alpro Soya No Sugars Chilled Drink</li> <li>• Alpro Junior Growing Up Soya Drink 1-3 years</li> <li>• M&amp;S Plant Kitchen Unsweetened Soya Drink</li> </ul>	£1.25/L £2.10/L £2.10/L £1.60/L
Pea-based	<ul style="list-style-type: none"> <li>• Mighty Pea M.Lk Unsweetened</li> <li>• Qwrkee Plant-based Pea M.Lk Unsweetened</li> </ul>	£1.90/L £3.49/L
Oat-based (ensure protein content is approx. 1g/100ml or more)	<ul style="list-style-type: none"> <li>• Oatly Oat Drink Barista/whole</li> <li>• Asda Oat Barista</li> <li>• MOMA Oat Drink Whole</li> <li>• Mighty Milkology Whole Dairy Free Oat Milk</li> </ul>	£2.10/L £1.45/L £2.00/L £1.90/L

#### Sources:

[Plant-based milk alternatives in the diets of 1–4-year-olds](#). First Steps Nutrition Trust [accessed August 2023]  
[Cow's Milk Free Diet Information For Babies and Children](#). Allergy UK [accessed August 2023]