

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**, drink animal milk as the main milk drink. This is normally cows' milk.
- Cow's milk contains high quality protein, all essential amino acids, and is a good source of vitamins and minerals including calcium, vitamins A and B, zinc, and iodine.
- Plant-based milk alternatives vary, and are often lower in energy, protein and micronutrients when compared to animal milks.
- It is important to try to reintroduce animal/ cow's milk products (if following an omnivorous diet) as soon as it's 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 instead of animal milks as the main milk drinks from the **age of 1** (except for 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.
- **Unsweetened, fortified 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, iodine, Vitamin D** and **Vitamin B**.
- 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 Sept 2024

Soya-based	<ul style="list-style-type: none"> • Tesco Soya Drink Unsweetened • Alpro Growing Up Drink Soya 1-3+ Years • M&S Plant Kitchen Unsweetened Soya Drink • Morrison's Long Life Unsweetened Soya Drink 	£1.35 per L £2.00 per L £1.70 per L £1.25 per L
Pea-based	<ul style="list-style-type: none"> • Mighty Pea M.Lk Unsweetened 	£1.90 per L
Oat-based (ensure protein content is approx. 1g/100ml or more)	<ul style="list-style-type: none"> • Oatly Oat Drink Barista/whole • Oddlygood Barista Oat Drink • Asda Oat Barista • MOMA Oat Drink Whole • Mighty Milkology Whole Dairy Free Oat Milk • Alpro Growing Up Oat Drink 1-3+ Years 	£2.10/£2.20 per L £1.99 per L £1.45 per L £2.00 per L £1.90 per L £2.00 per L

Sources:

[Plant-based milk alternatives in the diets of 1–4-year-olds](#). First Steps Nutrition Trust [accessed September 2024]
[Cow's Milk Free Diet Information For Babies and Children](#). Allergy UK [accessed September 2024]