

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 usually cows' milk.
- Cow's milk contains high quality protein, all essential amino acids, and is a good source of energy, and 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 reintroduce animal/ cow's milk products (if following an omnivorous diet) as soon as it is 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 used instead of animal milks as the main milk drinks from the **age of 1** (except for rice-based milks which are high in arsenic & should be avoided).

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. However, soya milk may not be suitable for some children due to cross reactivity with cow's milk.
- **Unsweetened, fortified oat-based** milk alternatives are **second choice** as they often have a lower protein content and contain free sugars from the processing of oats.
- Choose **full fat, whole** or barista versions to improve the energy content.
- Choose milks which are fortified with **calcium, iodine, Vitamin D** and **Vitamin B12**.
- Nut-based and some coconut-based products are very low in energy and protein (the example listed below contains suitable levels of protein and micronutrients).
- 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 aged 1+

Correct at the time of writing February 2026. Other milks are available. Please check ingredients on purchase as they can change at any time.

Soya-based	Tesco Soya Drink Unsweetened M&S Plant Kitchen Unsweetened Soya Drink The Grower's Harvest Soya Drink Unsweetened (Tesco) Sainsburys Unsweetened Soya Drink (chilled) Waitrose Essential Soya Unsweetened milk alternative	£1.25 per L £2.00 per L £0.79 per L £1.30 per L £1.40 per L
Pea-based	Mighty Unsweetened Pea M.Lk	£1.76 per L
Oat-based (ensure protein content is 1g/100ml or more)	Alpro Growing Up Oat Drink 1-3+ Years MIGHTY Oat-based Barista M.LK Oatly Oat Drink Barista Edition	£1.70 per L £1.80 per L £2.20 per L
Coconut	Koko Dairy Free Super Vitamin Long Life Calcium Drink	£2.30 per L

Sources:

[Plant-based milk alternatives in the diets of 1–4-year-olds](#). First Steps Nutrition Trust [accessed February 2026]
[Cow's Milk Free Diet Information for Babies and Children](#). Allergy UK [accessed February 2026]