

### **Cow's milk re-challenge using skimmed milk powder added to homemade bread**

Choose a recipe for bread that is milk free and free from other allergens as required.

This information replaces steps 1 to 3 in the FANS cow's milk challenge leaflet:

#### **Step 1**

Add ½ tsp (2.5g) skimmed milk powder to the full loaf recipe.

Ensure cut loaf makes approx. 8-10 slices

Offer 1/8<sup>th</sup>-1/10<sup>th</sup> slice (should provide approx. 0.01g milk protein) every day for 1 week

#### **Step 2**

Week 2-4

Continue to have bread every day if tolerated and double the dose of bread each week until eating 1 slice (should provide approx. 0.1g milk protein)

#### **Step 3**

Week 5

Increase the amount of milk powder to 1tsp (5g) to the full loaf recipe

Ensure cut loaf makes approximately 8-10 slices

Offer 1 slice (should provide approx. 0.2g milk protein) every day for 1 week

Week 6

Increase the amount of milk powder to 2tsp (10g) to the full loaf recipe

Ensure cut loaf makes approximately 8-10 slices

Offer 1 slice (should provide approx. 0.4g milk protein) every day for 1 week

Week 7

Increase the amount of milk powder to 4tsp (20g) to the full loaf recipe

Ensure cut loaf makes approximately 8-10 slices

Offer 1 slice (should provide approx. 0.8g milk protein) every day for 1 week

Week 8 onwards

Increase the amount of milk powder to 2tbsp (30g) to the full loaf recipe

Ensure cut loaf makes approximately 8-10 slices

Offer 1 slice (should provide approx. 1.2g milk protein)

If tolerated, continue to increase the quantity and regularly eat this as your main source of bread, to ensure constant exposure to cow's milk to maintain tolerance.

#### **Step 4**

Refer back to FANS cow's milk challenge leaflet, starting with step 4 on introducing baked cheese.

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