

Box 2

Recommendations for dietary introduction of baked milk after passing the oral food challenge

Baked Milk Instructions

Your child has passed a physician-supervised OFC to baked milk and is now approved to eat baked/extensively heated milk products at home and should do so on a regular basis.

Please continue to carry your epinephrine autoinjector at all times. If your child has an allergic reaction to baked milk, administer appropriate care and document what your child ate (ingredients, food preparation) and his or her symptoms. Please call the physician's office once your child is stable to evaluate your child's reaction. Avoid eating baked milk until you speak with your allergist.

We recommend that your child eat at least 1 serving of baked milk per day in the following forms:

- Eat homemade baked goods containing *no more* than 1.0 c of milk per 1.0 c of flour; all homemade baked products should be cooked at 350°F or greater for at least 30 minutes.
- All baked products should be cooked throughout, without soft or soggy areas.
- If your child is not allergic to wheat, wheat flour should be used (do not use gluten-free flours).
- Eat store-bought baked products with milk listed as a minor ingredient. Milk should be listed as the fourth ingredient (not in the top 3) or lower when viewing the list of ingredients.
- If milk-containing baked goods include waffles or pancakes, these should be prepared as instructed by the food product and need to be thoroughly heated.

Continue to STRICTLY AVOID any unbaked milk or milk-based products including the following:

- Any store-bought baked product with milk listed as the first, second, or third ingredient
- All milk/milk products that are unheated: regular milk, cream, cheese, yogurt, cottage cheese, butter, sour cream, evaporated milk, condensed milk, buttermilk, instant breakfast, or nutritional supplements with milk
- Milk chocolate chips
- Pizza
- Lasagna or raviolis
- Casseroles containing milk or cheese
- Creamed meats or vegetables
- Milk-containing gravy
- Unbaked desserts, such as ice cream, pudding, sherbet, milk chocolates, custard, caramel, and nougat