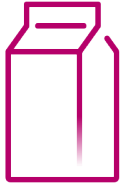# A GUIDE TO YOUR CHILD'S COW'S MILK ALLERGY (CMA)

WHAT IS CMA?

- CMA is a result of a child's immune system overreacting to cow's milk protein
- Reactions may occur when breast milk, formula, or solid foods are consumed

GLOBALLY, APPROXIMATELY **2.5% OF BABIES DEVELOP CMA** IN THE FIRST YEAR OF LIFE

COMMON SIGNS OF CMA

| Hives (red, itchy bumps), eczema | Swelling of the lips, tongue, eyes, or face | Vomiting, diarrhea, or blood in stools | Constipation and colicky symptoms |

It's important to be able to recognize signs and symptoms, especially when caring for an infant who can't speak. If you suspect a food allergy, talk to your child's healthcare provider.

HOW IS CMA MANAGED?

If your child has CMA, it's important to establish a feeding strategy with your child's healthcare provider so you can continue to breastfeed, supplement with specialized infant formula, or formula-feed alone. Here are some possible feeding strategies:

BREASTFEEDING ONLY

Your child's healthcare provider may suggest that you adopt a milk-free diet to eliminate the chance of cow's milk protein being consumed through your breast milk. If you choose a milk-free diet, talk to your healthcare provider to ensure you're getting enough calcium and other nutrients in your diet.

FORMULA FEEDING

Your healthcare provider may recommend a specialized formula (hypoallergenic).

Your healthcare provider may also recommend continuing a hypoallergenic formula beyond one year of age, if symptoms persist.

THESE COMMON FOODS MAY CONTAIN MILK

Cheese, soy-based cheeses, curds	Sour cream, cream, yogurt	Cake, biscuit mixes
Packaged foods	Milk chocolates, spreads	Breads, crackers, granola, snack bars
Ice cream, ice milk, sherbet	Mayonnaise, salad dressings	Processed meats, canned tuna
Custard	Baby cereals, breakfast cereals	Instant mashed potatoes
Butter, butter fat, margarine, ghee	Pasta sauces	Flavorings, nondairy creamers

It can sometimes be tricky to identify milk ingredients. Foods containing these ingredients may contain milk protein:

Casein or caseinate, diacetyl, lactoglobulin, lactalbumin, lactoferrin, lactose, rennet, whey

WILL MY CHILD GROW OUT OF THIS ALLERGY?

It's difficult to predict if your child will outgrow a milk allergy. However, most outgrow a milk allergy early in life.

WILL THIS ALLERGY AFFECT MY CHILD'S GROWTH AND DEVELOPMENT?

It's possible for your child to achieve optimal growth and development. Work closely with your healthcare provider to develop a nutrition plan tailored to your child's needs.

IF YOU HAVE ANY CONCERNS, PLEASE TALK TO YOUR CHILD'S HEALTHCARE PROVIDER.

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COW'S MILK ALLERGY REFERENCE GUIDE FOR CAREGIVERS

What's ok for me to eat, what's not, and what to watch for when I'm under your care

My name is:

MILK-FREE OPTIONS THAT ARE OK FOR ME TO EAT

Special instructions for me about what I love to eat.

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Constipation and colicky symptoms

IT'S MORE IMPORTANT THAN EVER TO READ FOOD LABELS

Food labels are updated frequently so you should check the list of ingredients every time you purchase that item. Talk to your child's doctor to see if you should avoid foods with labels that state, "Contains Milk" or "May Contain Milk."

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Visit anhi.org or scan the QR code for a digital copy of this resource.

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