

Cow's milk protein (CMP) allergy and formula decision tree

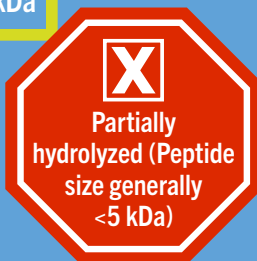
Formula Fed and/or Combination Fed

Hypoallergenic formula

- Food Protein-Induced Allergic Proctocolitis (FPIAP)
- Food Protein-Induced Enterocolitis Syndrome (FPIES)
- IgE-mediated without anaphylaxis

- Anaphylaxis
- Eosinophilic Esophagitis (EoE)
- Persistent symptoms, growth faltering, poor growth and/or diarrhea on EHF

Extensively hydrolyzed formula (EHF)
This is defined as peptide size <3 kDa



Amino Acid-based (free amino acids)

EHF Casein-based

EHF Whey-based

Feed EHF (either casein-based or whey-based) for 2-4 weeks. If still persistent symptoms, growth faltering and feeding difficulties, consider Amino Acid-based formula.

Soy formula may be considered an option if the infant has no known soy allergy, was born full term, and ideally 6 months of age or older for the following reasons: cost, caregiver preference for vegan option, palatability (infant refuses hypoallergenic formula).

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Human Milk Fed

Supplement
Vitamin D (10 mcg)
for all infants daily.
Infants over
6 months ensure a
source of iron, zinc,
iodine.

FPIAP

- Consider watchful waiting for one month
- Consider 2–4-week trial of a maternal milk/dairy-free diet
- If supplementing use EHF (see page 1)
- If symptoms resolve, consider reintroduction of CMP in 2 to 4 weeks using the methods in box below to confirm diagnosis

FPIES & IgE-mediated: Do not restrict maternal diet unless anaphylaxis with human milk or symptoms with human milk.

Reintroduction of CMP

No IgE-mediated allergy and no moderate to severe atopic dermatitis (AD)

IgE-mediated allergy and/or moderate to severe AD

If milk restricted due to IgE-mediated food allergy or FPIES, defer to allergist regarding when, if and how (under medical supervision) to reintroduce.

Shared decision making to determine timing and method of reintroduction.

- May trial early as 6 months of age
- May consider 9-12 months of age
- If available, previously frozen breast milk when the mother was consuming cow's milk.
- If this is not available, shared decision-making regarding milk ladder versus yogurt or cow's milk if age appropriate.

If medically supervised baked milk challenge passed, consider the AAAAI Muffins and More: A Baked Milk and Baked Egg Recipe and Guidebook.

If reintroduction not tolerated, try again in 3 months.

If yogurt tolerated, continue and may try cheese. Trial cow's milk as a beverage at 1 year of age (or older).

If still milk-free at one year of age, ideally human milk or hypoallergenic formula until age 2 years.

May consider plant-based beverage, if dependent on 16 fl. oz. (or less) of human milk or formula and eating a variety of complementary foods without significant growth or feeding concerns.

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