

CANADIAN MILK LADDER

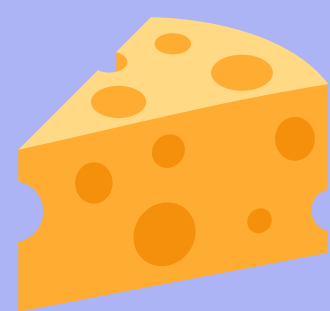


for cow's milk allergy

INSTRUCTIONS

- Start at Step 1 and work your way up to Step 4
- The food should be given daily. May be taken with a meal
- Start with a grain or pea sized amount, and over several days or weeks gradually increase to an age appropriate amount (the amount you think your child would eat in a sitting) Once
- at an age appropriate amount, spend a minimum of 1-3 months in each category, before advancing on to the next Step
- If after advancing to the next amount or step there are allergic symptoms, then go back to the lower amount or Step for a month before re-trying the higher category

Step
4.



Cheese



Yogurt



Ice Cream



Milk

Step
3.

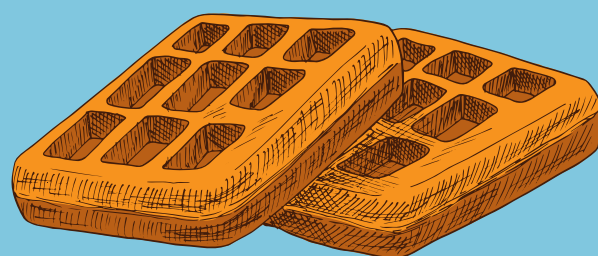


Pizza



Boiled Milk
(bubbling on low for at least 3 minutes)

Step
2.



Waffle



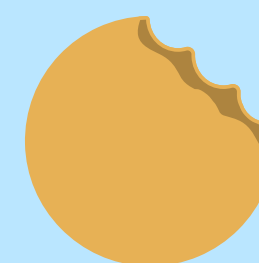
Pancake or Crêpe

Step
1.

Baked Goods with Milk Ingredients



**muffin or
cupcake**



**well-baked
cookie**