



Confronting the Allergic March

Clinical Resources

Cow's Milk Allergy Informational Resources

iMAP Milk Allergy Initial Fact Sheet for Parents:

https://gpifn.files.wordpress.com/2019/10/imap_patient_factsheet_original.pdf

Food Allergy Research & Education Milk Allergy 101 video and FAQs:

<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/milk>

Asthma and Allergy Foundation of America milk allergy FAQs:

<https://kidswithfoodallergies.org/living-with-food-allergies/top-food-allergens/milk-allergy/>

Food Ladder Resources

iMAP Milk Ladder for mild-to-moderate non-IgE-mediated cow's milk allergy handout:

https://gpifn.files.wordpress.com/2019/10/imap_final_ladder-may_2017_original.pdf

iMAP Milk Ladder recipes:

https://gpifn.files.wordpress.com/2019/10/imap-recipes_final_original.pdf

Canadian egg and milk ladder handouts:

<https://aacjournal.biomedcentral.com/articles/10.1186/s13223-021-00583-w>

Cow's Milk and Specialty Formula Resources

Cincinnati Children's Guide to Formula Equivalents:

<https://www.cincinnatichildrens.org/-/media/Cincinnati-Childrens/Home/news/2022/guide-to-formula-equivalents.pdf>

Cincinnati Children's Navigating the Formula Shortage handout:

<https://www.cincinnatichildrens.org/-/media/Cincinnati-Childrens/Home/news/2022/navigating-the-formula-shortage.pdf>

Cow's Milk Allergy Management Resources

Asthma and Allergy Foundation of America guide to management handout:

<https://secure.aafa.org/np/clients/aafa/product.jsp?product=58&>

Asthma and Allergy Foundation of America Milk Allergy Chef Cards:

<https://secure.aafa.org/np/clients/aafa/product.jsp?product=291&>

List of sources of cow's milk protein:

https://content.isitcowsmilkallergy.co.uk/media/1031/iicma_sources_of_cows_milk_protein.pdf

Centers for Disease Control and Prevention recommendations for cow's milk and milk alternatives in children older than 1 year:

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/cows-milk-and-milk-alternatives.html>

American Academy of Pediatrics FAQs for cow's milk alternatives:

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/cows-milk-and-milk-alternatives.html>

