



Watch out for foods from delicatessen counters or in-store bakeries. These are not pre-packaged, and therefore don't need to be labelled with ingredients. They also have a high risk of contamination with other products, even if they do not deliberately contain milk as an ingredient.

## Don't forget calcium!

AGE	DAILY CALCIUM NEEDS
18-50 years (women)	700mg
Breastfeeding mums	1250mg (extra 550mg daily)

Milk products provide most of the calcium in our diet. Breastfeeding mums need significantly more calcium in their diet. While you are on a cow's milk free diet, you will need to eat lots of other sources of calcium, or take a calcium supplement.

COMMON MILK ALTERNATIVES	CALCIUM CONTENT
100mls calcium fortified soya / rice / oat / coconut milk	120mg
125g pot calcium fortified soya yoghurt/dessert	150mg
100mls calcium fortified soya custard	120mg

It is a quite a challenge to eat enough calcium containing milk free foods to meet your needs during breastfeeding, and you may well need an additional supplement.

Your GP can prescribe one e.g.:

**to chew:** 2 Adcal chewable fruit flavour tablets (contain 600mg Calcium each)

**to drink:** one Sandocal 1000 orange flavour effervescent tablet (contain 1000mg calcium each)

**to swallow:** 4 Calcium Lactate tablets (contain 300mg calcium each)

All breastfeeding women should be on a vitamin D supplement of 10mcg a day, which can be found in regular breast feeding vitamins.

## Frequently asked questions

### Can I eat foods labelled with 'may contain traces of milk' or 'made in a factory that handles milk'?

Some manufacturers use these terms to tell the consumer that the product may contain milk or be made in a factory that handles milk.