

CANADIAN MILK LADDER



for cow's milk allergy

To participate in our study on food ladders go to <https://bit.ly/2J4Tp7C> or access our survey by scanning the QR code with your mobile phone camera:



INSTRUCTIONS

- Start at Step 1 and work your way up to Step 4
- Give the food 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
- Once at an age appropriate amount, spend a minimum of 1-3 months in each category, before advancing on to the next category
- If after advancing to the next category there are allergic symptoms, then go back to the lower category for a month before re-trying the higher category

Step
4.



Cheese



Yogurt



Ice Cream



Milk

Step
3.

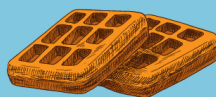


Pizza



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