Supplementary document to the New Zealand (NZ) accompanying recipe information for the iMAP Ladder - for Health care professionals

This is to provide details of the workings and additional information to Health Professionals regarding the development of the New Zealand (NZ) accompanying recipe information (January 2026), used injunction with the iMAP Milk Ladder (October 2016).

Additional documents:

- The iMAP Milk Allergy Guideline- Initial Fact Sheet for parents (October 2016) [(1)]
- The iMAP Milk Ladder (October 2016) [(2)]

Guidelines:

- Always read the label on commercial products.
- Recommendations for the use of the Ladder must be individualised to the child i.e. their allergies and exclusions
- Intended to be used as part of the management of a non- IgE mediated cow's milk allergy
- The Ladder must only be used under the guidance of a health care professional who has expertise in allergy.
- The time spent on each Ladder step will vary with each child
- The serving size to start is a guide and sometimes a smaller sample size may be needed, depending on the child's tolerance
- If food on one step of the Ladder is tolerated, the child needs to continue to include this food regularly along with foods they have tolerated on previous steps.
- Stay on each step a minimum of 3 days and up to 7 days (or longer if recommended) before going to the next step
- If the child can tolerate only a certain amount of milk containing foods in one day, you may need to temporarily stop the other foods they tolerate while trying a new one. Re- introduce the other milk containing foods again, as tolerated.
- If the child does not tolerate a food on a particular step, go back to the previous tolerated step and stay on tolerated step for 1 month, then retrial the next step.
- Suggested advice for parents: when introducing a food on a new step of the Ladder, do this in a small amount, one at a time when child is well, their skin is clear, preferably early in the morning so there is time for observation and when all prescribed allergy medications are available and there is access to a phone and car in case medical support is needed.
- Gluten free recommendations for recipes have been indicated
- Milk protein allergenicity is affected by the wheat matrix, type of milk protein, cooking time and baking temperature.

References:

1. imap_patient_factsheet_original.pdf
2. imap_final_Ladder-may_2017_original.pdf

Disclaimer: This information sheet is intended to be provided and discussed by a Health Professional with expertise in allergies. The group who have written and reviewed this resource disclaim any liabilities in connection with the use of this information.

Amount of milk protein at each step of the Milk Ladder

Step	Food source	Milk protein
1	Cookie/biscuit	Recipe provided- 40mg per biscuit Griffin's GF Krispie- 22mg per 9.5g biscuit Griffin's Milk Arrowroot biscuit- 39mg per 8.75g biscuit Arnott's GF Shortbread Cream- 61mg per 18g biscuit Only Organic Banana biscotti- 94mg per 7.5g biscotti Arnott's Country Cheese Crackers- 177mg per 5g cracker Arnott's Ched crackers- 319mg per 7.8g cracker
2	Muffin	Recipe provided with ½ cup of milk- 410mg per muffin Recipe provided with 1 cup of milk- 825mg per muffin
3	Pancake	Recipe provided- 1375mg per pancake
4	Cheese*	Chesdale cheese slices- 4g per 20g slice or 20g per 100g Edam cheese- 28g per 100g Mild Cheddar- 24g per 100g
5	Yoghurt*	Dairy food- 3.6g per 100g Assorted fruit yoghurt- 3.9g per 100g Pouches- 4.3g per 100g Greek Yoghurt- 9.5g per 100g
6	Pasteurised milk/suitable infant formula	Whole dark blue cow's milk: 3.3g/100ml

*these figures are based on best available data available at the time

Milk protein calculations used:

- Cow's milk: 3.3g/100ml of homogenised cow's milk using Pam's brand
- Condensed milk = 9.2g/100g using Foodworks®
- Butter = 0.5g/100g using Foodworks®
- Cheddar cheese = 23.7g/100g protein from company Mainland cheese
- Milk solids = 30g/100g using Griffins unless otherwise specified by company
- Skim milk powder 38.2g/100g using Foodworks®
- Whole milk powder: 30.2g/100g using Foodworks®

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