

Recipes for a cow's milk protein-free diet

Althéra.



Information for you as the caregiver of a child for whom healthcare professionals have recommended Althéra®.

 **Nestlé**
HealthScience

In this booklet, we hope to be able to provide you with answers to the most frequently asked questions regarding the use of Althéra®.

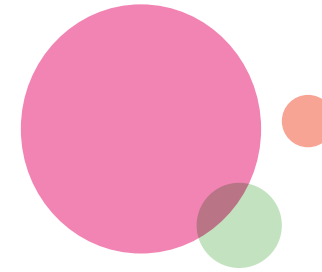
We would also like to offer recipes for more inspiration and variety. Among these, you will find suggestions for Althéra® as a substitute for milk when preparing taster portions, gruel, porridge and other foods.

If you have any questions about Althéra®, you are very welcome to contact our Consumer Advice Department.

The Paediatric Team
Nestlé Health Science

Nestlé Health Science supports breastfeeding and that breast milk is the best food for infants.

Althéra® is a food for special medical purposes which is used on the advice of a doctor or a dietician.



What is **ALTHÉRA®?**

Althéra® is special nutrition for infants with cow's milk protein allergy.

The proteins found in Althéra® originate from milk, but have been broken down into smaller parts, so-called peptides, to which the body's immune system does not react. Althéra® also contains lactose (milk sugar) produced in pure form, which is guaranteed to be free of cow's milk protein. Althéra® has been tested in several clinical trials which demonstrate it is safe to give to children who have been diagnosed with a cow's milk protein allergy.

Introducing ALTHÉRA®

Special formula for milk allergy, tastes and smells different. This is due to the protein being broken apart. Althéra® contains lactose, which creates a sweetness – something that signals security to the child. It is often fine to switch directly to Althéra® from breastfeeding/substitute. Here are some tips along the way:

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TIPS!

- Remember that several attempts may be required before the child becomes accustomed to a new taste.
- Try to create a calm and secure mealtime, with physical closeness and eye contact.
- An increase may be an alternative in some cases. For example, start with 1/4 Althéra® and 3/4 breast milk/substitute. Increase the quantity of Althéra® by 1/4 each day so that, by Day 4, the child has switched completely to Althéra®, if possible.
- A pinch of sugar/vanilla sugar (approx. 0.5 teaspoon/100 ml mixture) may be added on the first days, then phased out. A little fruit purée on the top of the teat may help your baby to get used to it.
- Children have different taste preferences from us, but remember that the child is affected by how the parent reacts.

Check with your doctor/dietician for more advice and tips on bottle-feeding.

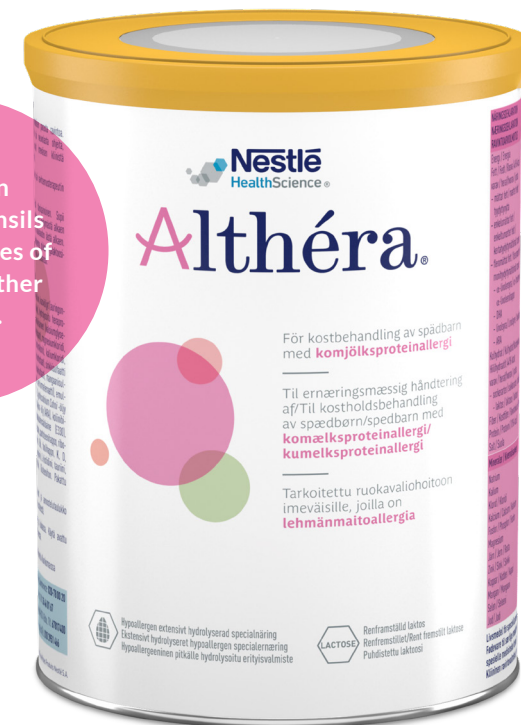
When using special nutrition, the stool may have a slightly looser consistency and a somewhat greenish colour at the beginning. This is completely normal and due to the broken-down protein.

How to use ALTHÉRA®

Althéra® is nutritionally complete. This means that Althéra® may be used as a sole nutritional source for children, from birth until 1 year old. Althéra® may also be combined with breast milk (through breastfeeding or a bottle).

As an important part of the child's development, and for a varied diet, Althéra® should be supplemented with other dairy-free foods from 6 months old. For taster portions, preparing food and baking, milk may simply be replaced with the same quantity of premixed Althéra®. Remember to avoid all milk and dairy products.

Use clean kitchen utensils to avoid traces of milk from other cooking.



Preparing ALTHÉRA®

Althéra® is a very easily dissolved powder which mixes quickly in water without forming clumps.



Wash your hands before preparing.



Wash the bottle, teat and cap.



Boil each part for 5 minutes. Store covered up until use.



Boil cold tap water for 5 minutes. Allow this to cool to below 37°C.



Pour the exact quantity of lukewarm water into the bottle.



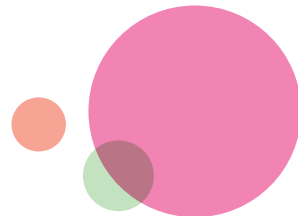
Add the exact number of levelled scoops, according to the child's age.



Shake the jar until the powder has loosened completely.



Close the jar carefully after each use and store in a cool, dry place.



Water	Powder	Premixed quantity
90 ml	3 scoops	100 ml
120 ml	4 scoops	130 ml
150 ml	5 scoops	170 ml
180 ml	6 scoops	200 ml

**Only make one bottle at a time.
Serve immediately.
Do not save remnants.**

**Only use the
scoop provided
in the packaging.**

Shelf life

An opened bottle of Althéra® has a shelf life of three weeks, and must be stored resealed at room temperature. Unopened jars may be stored in a cool, dry place (not above normal room temperature), and kept until the best before date stamped on the bottom of the jar.

Recipe

Althéra[®] FOR COOKING

Althéra[®] works very well in cooking and baking. You simply replace the milk ingredient with the premixed *Althéra*[®].



Buckwheat gruel 1 SERVING

200 ml water

1 tbsp. buckwheat flour

6 scoops *Althéra* powder

Mix the water with the buckwheat flour. Allow to boil for a few minutes. Remove the saucepan from the heat and mix in the *Althéra* powder. Allow to cool before serving.

Corn gruel 1 SERVING

2 tsp. corn starch, e.g. Maizena

200 ml water

5 scoops *Althéra* powder

Mix the water and the Maizena and allow to boil for a few minutes. Allow to cool and whisk in the *Althéra* powder.

Althéra gruel

1 SERVING

200 ml water

2 tbsp. dairy-free oatmeal

5 scoops *Althéra* powder

Boil the water and oatmeal while stirring. Allow to boil for 2 minutes, then whisk in the *Althéra* powder.

Rice porridge 1

SERVING

150 ml water

6 tbsp. minute rice

4 scoops *Althéra* powder

Mix the water and the minute rice and allow to simmer for 2 to 3 minutes. Mix in the *Althéra* powder and allow to cool to a suitable temperature. If desired, the porridge may be flavoured with 50 ml mashed banana or fruit purée (blueberry, mango etc.).

GRUEL AND PORRIDGE

Suggestions for recipes with *Althéra*[®]

GRUEL AND PORRIDGE

Suggestions for recipes with *Althéra*[®]



Fruit porridge 1 LARGE SERVING

200 ml water
5 scoops Althéra powder
100 ml oats or spelt flakes
50 ml fruit or berry purée

or
50 ml fresh berries

Boil the water and the oats/flakes into a porridge, for approx. 3 minutes. Stir in the Althéra powder, then the choice of fruit or berries.

Corn porridge 1 SERVING

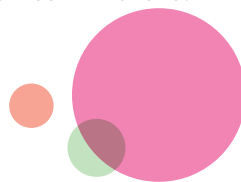
150 ml water
2 tbsp. polenta
4 scoops Althéra powder

Mix the water and the polenta and allow to simmer for approx. 5 minutes. Mix in the Althéra powder and allow to cool to a suitable temperature. The porridge may be flavoured with 50 ml fruit purée or ½ a mashed banana.

Semolina porridge 1 SERVING

100 ml water
1 tbsp. semolina
3 scoops Althéra powder

Boil the water and the semolina and allow to simmer for approx. 3 - 4 minutes. Remove the saucepan from the heat and whisk in the Althéra powder. Mix with e.g. berry or fruit purée and serve as a cold porridge.



Berry drink 1 SERVING

100 ml cold pre-mixed Althéra®
2 tbsp. blueberries &
2 tbsp. raspberries

Fruit smoothie 1 SERVING

100 ml cold pre-mixed Althéra®
½ banana and 2 tbsp. fruit juice

Mix all ingredients to a smooth consistency. To thicken the smoothie drink, you can increase the quantity of fruit or berries and reduce the quantity of Althéra®.

Oat smoothie 1 SERVING

150 ml pre-mixed Althéra®
2 tbsp. oats
1 small banana (optional) 100 ml fruit purée

Mix all ingredients to a smooth consistency. Serve!



Fruit purée 1 SERVING

1 apple or pear
100 ml water
2 scoops Althéra®

Finely chop the fruit and boil with water until soft. Pour away the excess water and mix the fruit to a smooth purée. Mix in the Althéra powder.

Banana purée 1 SERVING

1 banana
50 ml pre-mixed Althéra®

Mash the banana finely. Add the Althéra mixture to the desired consistency.



Apple rice 4 SERVINGS

- 400 ml water
- 150 ml porridge rice
- 3 - 4 apples, peeled and cut into pieces
- 1 - 2 tbsp. sugar (as required)

Boil the water. Add the rice and allow to boil for 20 minutes on a low heat. Flavour with sugar, if desired, and boil for a couple more minutes. Serve with the premixed Althéra®.

Root vegetable purée 1 SERVING

- 50 - 100 ml premixed Althéra®
- 100 g potato
- 50 g carrot/parsnip
- 1 tsp. dairy-free margarine (optional)

Boil the potato and root vegetables until soft, then mash them. Add the Althéra mixture, and margarine if desired. The quantity of Althéra may be increased at the beginning to make the purée more liquid.



TIPS!

Replace the root vegetables with other vegetables as desired, e.g. peas, sweetcorn, cauliflower or broccoli.

Avoid boiling for a long period, as heating above 70°C for a protracted period may reduce the content of some of the nutrients, above all water-soluble vitamins.

Mashed potato 1 SERVING

- 50 - 100 ml premixed Althéra®
- Approx. 150 g peeled, boiled and mashed potato
- 1 tsp. dairy-free margarine

Add premixed Althéra® and margarine to the freshly boiled, mashed potato and stir. The quantity of Althéra® may be increased at the beginning, to make the mash more liquid.

MORE FILLING DISHES

Suggestions for recipes with Althéra®

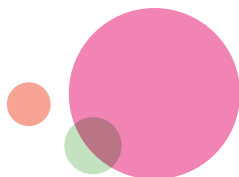
MORE FILLING DISHES

Suggestions for recipes with Althéra®

Béchamel sauce

200 ml water
2 tbsp. wheat flour
1 tbsp. margarine
50 ml premixed Althéra®

Whisk the wheat flour quickly into cold water in a saucepan. Bring to the boil and allow to boil for 5 minutes. Remove the saucepan from the heat and add the margarine and the Althéra®.



Oatcakes 2 SERVINGS

1 egg
200 ml premixed Althéra®
75 ml wheat flour
75 ml oats

Dairy-free margarine for frying

Mix 100 ml of premixed Althéra® with the flour and oats. Whisk until smooth. Add the egg and remaining Althéra®. Fry as small cakes. If using an egg substitute, follow the instructions on the packaging.

Pancakes 1 SERVING

1 egg
200 ml premixed Althéra®
100 ml wheat flour
Salt as required

Dairy-free margarine for frying

Mix 100 ml of premixed Althéra® with flour, whisk to a light and smooth consistency.

Add the egg and the remaining Althéra®.

Fry until golden brown on each side in a small frying pan, serve with a favourite preserve.



MORE FILLING DISHES

Suggestions for recipes with Althéra®

MORE FILLING DISHES

Suggestions for recipes with Althéra®



Would you like more tips
**OR DO YOU HAVE ANY QUESTIONS
ABOUT OUR PRODUCTS?**

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IMPORTANT INFORMATION: Althéra® is a food for special medical purposes and must be used in consultation with healthcare professionals. Mothers are encouraged to continue breastfeeding their infant, even if the child has cow's milk protein allergy. This often requires advice from a dietitian, to enable the mother to exclude dairy products completely from her own diet. If a decision is made to use special nutrition as the infant's dietary treatment, it is important to follow the instructions on the product label. Unboiled water, unsterilised bottles or inadequate cleaning may lead to the child becoming ill. Incorrect storage, handling, preparation and serving may gradually lead to adverse effects on the infant's health. Foods for special medical purposes (FSMP), which have been developed to meet the needs of infants, must be used under medical supervision.

