Example starting amounts and tips for each step

Step	Example start amounts	Tips
1 – Biscuit	Crumbs Quarter biscuit Half biscuit One full biscuit	Can be soaked in liquid or added to other foods e.g. cereal/porridge or wet foods to moisten. When adding smaller amounts to other foods, include it in the first spoon(s) or bite(s) to know that it is eaten.
2 – Muffin or soda roll	Pea-sized amount An eighth A quarter A half One full muffin	Can be soaked with a warm drink or added to yogurt or custard, if preferred.
3 – Pancake	An eighth A quarter A half One full pancake	Can be made with eggs, if tolerated. If your child doesn't like pancakes, try oven-baked mashed potato with milk instead. Example start amounts: one spoonful, half a portion or a full portion.
4 – hard cheese	A strand of grated cheese A small cube (5g) A small finger of cheese (15g)	Use cheddar cheese or parmesan. One or several strands of grated cheese can be added to toast, jacket potato, pasta or other foods. When using small amounts, include the cheese with the first amount that your child eats.
5 – yogurt	A lick One teaspoon (5g) One tablespoon (15g) A mini pot or half a small pot (45-50g)	Choose products with 'yogurt' as the only milk-containing ingredient. Many yogurt-style snacks or desserts contain fresher forms of milk. Yogurt can be mixed with fruit, rice or other foods.
Between steps 5 and 6	You don't have to try all the foods listed, but you can try the ones your family eats and that you would like your child to eat. Start with small amounts first. Normal amounts of butter/spread might be tolerated as they contain only small amounts of milk protein.	
6 – fresh milk	One teaspoon (5ml) One tablespoon (15ml) 30ml	Continue to use your child's normal milk alternative drink and gradually introduce cow's milk. Cow's milk can be mixed into the milk alternative drink to start with, whether it is on cereal/porridge or

Your healthcare professional can circle a starting amount or add in an alternative amount for your child.

	50ml 100ml	as a drink. This can also help the child get used to the different taste of cow's milk.