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## Milk Dosing Tip Sheet

- ❖ Mix the milk with juice, such as orange juice or Gatorade. Please avoid using any red liquids as we do not want to mistake this for blood if your child has a vomiting incident.
- ❖ Mix milk with other safe milk for your child to drink, such as oat milk, soy milk, coconut milk, etc.
  - Note: If your child has oats, soy, or coconut in maintenance, do not mix these kinds of milk with your treatment dosing. Ok to mix once your treatment milk has moved to maintenance
- ❖ Mash up strawberries (or fruit of your choice) to make a puree, then mix into milk/yogurt for a naturally sweet flavor
- ❖ Add Hershey's Chocolate or Strawberry syrup
- ❖ Make a fruit smoothie with your milk/yogurt and blend it with other safe kinds of milk
- ❖ Add cinnamon and vanilla extract for added flavor
- ❖ Add clarified butter to bread, noodles, or rice
- ❖ Freeze milk/yogurt mixed with fruits to create a popsicle
- ❖ For denatured milk, add to your pancake or waffle mix
- ❖ Mix in your favorite breakfast cereal with the milk
- ❖ Add your clarified butter to mashed Oreos or mashed graham crackers
- ❖ Mix clarified butter into jams or jellies and eat with bread

### Milk/Yogurt Information

- ❖ Make a batch of denatured milk, then measure out doses with syringes and store in the freezer. You can purchase syringes on Amazon.
- ❖ STORAGE: Keep in the fridge for 1 week. Keep in the freezer for up to 3 months
- ❖ Do not cook or bake clarified butter or yogurts
- ❖ Diluting means mixing the milk/yogurt into 2-3 oz of a safe liquid, such as juice, water, Gatorade, etc. Please avoid using any red beverages.
- ❖ Volume means mixing the milk/yogurt into 2-3 oz of a safe starchy/carby food, such as oatmeal, rice, mashed potatoes, sweet potato, etc.
- ❖ If you have a family history of lactose intolerance, please start with using Lactaid to eliminate lactose intolerance as a factor if your child has a stomach ache, increased bloating/flatulence, or diarrhea