

## Food Allergies

### Cow's milk protein allergy

If your child has a cow's milk protein allergy and you require information on cow's milk free weaning please see the following video which you can access here:

<https://elht.nhs.uk/services/dietetics/cows-milk-protein-weaning>

Please note if your child has a diagnosed IgE milk allergy or gets immediate reactions after cows milk then speak to your dietitian or doctor before giving them any food containing cow's milk protein.

### Food allergies other than cow's milk protein

If you think your child is reacting to food you may find the following websites useful:

<https://allergynorthwest.nhs.uk/>

<https://www.allergyuk.org/>

### Eczema

Only 2 out of 10 children with eczema have a food allergy. However, if your child has eczema and you are concerned about food allergy you may find the following website useful: <https://eczema.org/>

### Allergy testing

Most food allergies are diagnosed by your doctor taking an allergy focused clinical history. Allergy testing is not always helpful. If you want to know more about allergy tests please read this helpful information from the British Dietetic Association <https://www.bda.uk.com/resource/food-allergy-intolerance-testing.html>

### Could it be coeliac disease?

### Coeliac disease in children

Coeliac disease is a common autoimmune condition in children, estimated to affect 1 in 100 in the UK. But most children with coeliac disease aren't yet diagnosed. It's easy to mistake for other childhood conditions, with symptoms like slow growth, stomach pain, sickness, bloating, and extreme tiredness. If that sounds like your child, read on for more information and find out what to do next.

<https://www.coeliac.org.uk/information-and-support/coeliac-disease/about-coeliac-disease/coeliac-disease-in-children/>

[Coeliac disease - recently diagnosed](#)