



BREASTFEEDING THE
BABY WITH MSPI
THE COMPLETE GUIDE

WITH
OVER 100
SIMPLE
RECIPES

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Dear mama,

First I want to say congratulations! Despite the difficulties that lay ahead in your MSPI journey, you have decided to continue breastfeeding your baby. I'm not going to say that it's going to be an easy road, but I will say that it will be worth it. By continuing to breastfeed, you are giving your baby the best possible nutrition, and though it may not seem like it, your breast milk is the best thing for your baby's sensitive tummy.

I have been where you are. Twice, actually. With my first baby, I was clueless and didn't find my pediatrician (or anyone else for that matter!) to be very helpful. It wasn't until my baby was having major blood in her stool that I realized something was very wrong. I had asked my Pediatrician on two separate occasions about a little blood in her "diaper". Unfortunately, they thought that I meant in her urine, and told me that it was normal. With my second baby, I realized the signs much earlier on. However, I still found dealing with her MSPI difficult.

I remember the stress. The feeling of loneliness. Feeling desperate to know what I did wrong when she would have an off day. Wondering how I was going to make it through without starving because I was SO HUNGRY.

This is why I have created this guide. It is full of information that I have learned and recipes that I have found through countless hours of research and through going through the process twice with both of my children.

I want to make this process a little less stressful for you. I want you to have the FACTS (because believe me, there is a lot of misinformation out there, even in the medical community). I want you to know how to deal with things like introducing solids, and reintroducing dairy. I also want you to forget all about cheese. Just kidding, you won't forget about cheese but this is such a short period of your life where you're going to make a huge sacrifice for your baby. Believe me, you'll make a lot of sacrifices for your kids, this is just the beginning. Even though you won't forget cheese, I hope this guide will keep you from feeling like you're starving all the time.

Most likely, within one year, this will all be behind you and your baby will be over this intolerance. That's the beauty of it. It's not permanent. This is not something chronic that your baby will live with forever, neither is it something life threatening. Someday, everything that you're going through in this moment will be a distant memory. So try to relax, try not to stress, and try to enjoy your baby's first year.

Also, keep in mind that going through this process can help you to discover new foods and new recipes, and that eliminating dairy from your diet can actually be very healthy (and will help you to lose the baby weight!).

I have created a [resource page](#) for your convenience. You can find any products and foods that I have mentioned on the resource page.

I hope this guide will help you along the way. If you have any questions, join my [Dairy Free Breastfeeding Mamas Surviving MSPI Facebook group](#). I'll also be posting ingredient updates, notifications of new products, new recipes and you'll be able to meet other moms just like you!
Good luck!

Brenda from www.paperheartfamily.com

How To Know If Your Baby Has A Milk Protein Intolerance

I know (from having been through this twice and from speaking with many moms that are going through it) that many times, the medical community is not well educated on MSPI. Many are not even well educated on breastfeeding in general, so this should come as no surprise.

Many times, doctors will give the diagnosis of “colic”, when the baby’s prolonged crying may in fact be a result of reflux or MSPI. A medication for reflux or a change in a breastfeeding mom’s diet can make a huge difference in a baby’s demeanor.

Diagnosing MSPI is difficult, as there is not a concrete way to diagnose it. Only through eliminating dairy and soy from your diet will you truly know if that was causing your baby’s discomfort. Although an elimination diet is difficult, I think that it is much preferable to the alternative (waiting for your baby to outgrow it or turning to medication).

However, it might be beneficial to first rule out a breast milk oversupply.

If you are producing too much breast milk, your baby may be getting too much foremilk and not enough of the fatty hindmilk. This can cause

gas, mucus in the stool, pain and/or green stools (which are all also symptoms of MSPI).

A common (and simple) way to solve an oversupply is to block feed. Block feeding simply means having your baby nurse from the same side for two or more feedings before switching. Doing this will signal your body to produce less breastmilk.

Common symptoms of MSPI

- Frequent spitting up
- Vomiting
- Fussing at the breast and/or pulling away
- Fussiness, especially after nursing
- Signs of abdominal pain, or colic-like symptoms, such as excessive crying and irritability (especially after feedings)
- Diarrhea
- Blood in stool
- Lack of weight gain
- Hives
- A scaly skin rash
- Coughing or wheezing
- Watery eyes and stuffy nose
- Green, mucousy stools

Green stools may reappear later due to any of the following:

- A foremilk/hindmilk imbalance
- Illness
- Teething (increased saliva can cause green stools)
- Starting solids

One of the most reliable ways to determine if your baby has MSPI is to have a stool test (unless blood is clearly visible in which case it's not necessary). Blood in the stool strongly suggests a dairy intolerance. This test can be done in about 5 minutes in your doctor's office, or you can buy an at-home kit.

Now what?- What You Need To Know About Your Baby's Diagnosis

There is a lot of misinformation out there about dealing with MSPI. And it's likely that your pediatrician isn't very helpful in educating you either. I had to learn **everything** on my own.

The guilt

Along with this diagnosis, you might experience some (or a lot of if you're a crazy lunatic like me) guilt.

I remember thinking that maybe my breast milk was hurting my baby. And every single time that she was fussy, I blamed myself. I wracked my brain, and wrote down everything that I ate and drove myself crazy.

Try to let it all go. **You are doing the best you can.** Does it suck that you accidentally consumed dairy that was hidden in a chicken nugget? **YES.** But you know what? It's not the end of the world.

Your baby will survive. I'll say it again. **You are doing the best you can.** And that is **AWESOME.**

Try not to worry too much either. If your baby is fussier than normal, it does not necessarily mean that you ate something that caused it. It could be a million other reasons! Don't blame yourself. I realize that's a really

difficult task because I blamed myself whenever my child was the slight bit fussy. I assumed that it was always me. With my second child, I was thankfully a little bit more relaxed, because I knew that me trying my best was better than the alternative (while there is nothing wrong with turning to formula, one sniff of that stuff and one look at the price tag might change your mind!).

Know that probiotics could help your baby tremendously

So what's the deal with probiotics? Probiotics are the good bacteria that's found in everyone's body. Sometimes, when you have some kind of digestive issue, the good to bad bacteria balance is thrown off and the good bacteria in our bodies gets taken over by the bad bacteria. Probiotics are said to aid in digestion, and specifically in babies have shown to lessen the symptoms of colic and eczema (both symptoms of MSPI, remember?).

As a side note, I highly recommend that you give your child probiotics when she is receiving antibiotics, which essentially kill off the good bacteria in our bodies.

Like anything else that you give your baby, you need to make sure that the probiotic that you choose is free of dairy and soy.

Dairy/Soy Free Probiotics

- Target brand culturelle
- Culturelle infant drops (top 8 free)
- Gerber soothe drops
- Mommy's Bliss probiotic drops
- Klaire Labs (considered very high quality and must be refrigerated)

See the [Resource page](#) for these probiotics.

Evaluate your medications and prenatal vitamins

There is hidden dairy and soy everywhere, including in your prenats! The following are highly suggested:

- Rainbow Light Pre and Postnatal 35+ (completely free of all allergens)
- Nature Made Prenatal

Evaluate baby's medications

And of course, you also need to be careful of the medications that you give your baby.

Dairy/Soy Free Pain Relievers for baby

- Little Remedies pain reliever/fever reducer
- Infant Motrin (dye free, berry flavor)

- Tylenol (dye free)

Should you avoid soy lecithin and soybean oil?

Most MSPI babies can handle soy lecithin and soybean oil because they do not contain the soy protein. This is super good news, because it means more things that you can eat! However, in **extreme cases** some babies are affected by it.

What if you slip up?

Slip-ups are unfortunately part of the process. Especially in the beginning, you will probably inadvertently eat something that you shouldn't. I bet there isn't a dairy free breastfeeding mama out there who never accidentally ingested dairy or soy at some point. The good news is that your baby's reactions to mistakes should only last 2-3 days.

What you should know about vaccinations

I am not going to tell you what you should do when it comes to vaccinations. My children are vaccinated, and I suggest that you make a

very educated decision when it comes to whether or not to vaccinate your children.

However, I also want to you be informed and prepared so that you don't think that it's something that you ate.

The DTAP vaccine contains milk protein. Babies receive 2 doses of the DTAP vaccine, one at 2 months and the second at 4 months of age.

The Rotavirus vaccine can also be terrible for babies with MSPI. There are 2 different vaccines available. The RotaTeq is given to babies in a 3-dose series at 2, 4 and 6 months old. The Rotarix is a 2-dose series given at 2 and 4 months of age.

My first daughter had terrible reactions after each dose (and I really don't know if it was the DTAP or the Rota that caused it because they were given at the same time), but I still would vaccinate if given the option again. See the [Resource page](#) for all of the products mentioned in this chapter.

Ingredients to avoid

Ingredients that contain milk:

- Casein
- Casein hydrolysate
- Caseinates (in all forms)
- Diacetyl

- Ghee
- Lactalbumin, lactalbumin phosphate
- Lactoferrin
- Lactose
- Lactulose
- Milk (condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, non-fat, powder, protein, skimmed, solids, whole)
- Milk protein hydrolysate
- Recaldent(R)
- Rennet casein
- Tagatose
- Whey (in all forms)
- Whey protein hydrolysate

Possible Sources of Milk:

- Artificial butter flavor
- Lactic acid starter culture and other bacterial cultures
- Nisin

Ingredients that are misleading and actually do NOT contain milk protein

- Calcium lactate
- Calcium stearoyl lactylate
- Cocoa butter
- Lactic acid (however, lactic acid starter culture may contain milk)
- Sodium lactate
- Sodium stearoyl lactylate

Avoid foods that contain soy or any of these ingredients:

- Cold-pressed, expelled or extruded soy oil*
- Edamame
- Miso
- Natto
- Shoyu
- Soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
- Soya
- Soybean (curd, granules)

- Soy protein (concentrate, hydrolyzed, isolate)
- Soy sauce
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

Soy is sometimes found in the following:

- Asian cuisine (including Chinese, Indian, Indonesian, Thai and Vietnamese)—even if you order a soy-free item, there is high risk of cross contamination.
- Vegetable gum
- Vegetable starch
- Vegetable broth

MSPI Mom Favorites- Must Have Items and Resources For Your Baby

Helpful products

Rock-N-Play- The Rock-N-Play is the only place (other than on my chest) that my second baby would sleep. It is a favorite of MSPI moms. Our babies often have difficulty sleeping flat due to reflux or excess gas. If your baby is gassy, sleeping flat will likely make the gas build-up worse. Because of this, the Rock-N-Play is seriously a life-saver. It will prop your baby up just enough so that she can sleep peacefully and without pain. It's also a big help for babies who spit-up a lot because you won't have to worry about your baby choking in the middle of the night.

Glow Baby App- This app is great because it tracks everything. Within the app you can keep track of what you ate and your baby's reactions. Once you start introducing solids, this app is great to help monitor possible reactions to solids also.

Products that will help relieve baby's gas and tummy discomfort

Until you're able to get the dairy protein out of your system and your baby's, you very well might be dealing with a **very** gassy, unhappy baby.

This gassiness might reappear when introducing solids to your baby, when reintroducing dairy into your diet or your baby's diet too early, or when you accidentally consume dairy or soy. Finding the right product to relieve your baby's discomfort will be a huge sanity saver. Thankfully, there are a lot of amazing products that can help make your baby more comfortable.

Windii- The Windii is made by the same manufacturers of the revolutionary NoseFrida. Although it might seem a little strange at first, it is no doubt effective at giving your baby instant gas relief. I'm not going to get into the details of how this thing works, but you can check it out on the [resource page](#) for more info.

Colic Calm- Colic Calm was a lifesaver for my first baby. She was a gassy mess due to dairy, teething and introducing solids. Colic Calm worked instantly to relieve her gas pains. I used to literally hear the gas bubbles moving through her little body after giving it to her! It contains activated charcoal (which is black and messy), but I absolutely would have paid 100 bucks per bottle for this stuff. It was amazing.

Mommy's Bliss Gripe Water- Gripe water contains natural ingredients like fennel and ginger which aid in digestion.

Bicycling baby's legs or massaging baby's tummy could also help.

Give baby a hot bath.

See the [Resource page](#) for all of the products mentioned in this chapter.

How To Breastfeed A Dairy and Soy Intolerant Baby Without Starving

As you watch your diet carefully over the coming months, it is possible that you will lose quite a lot of weight. When you're breastfeeding on a normal diet, it's normal to feel ravenous. Breastfeeding on a restricted diet means it will be even more difficult to find foods that will keep you feeling full and satisfied. If you're feeling hungry all the time, try increasing your healthy fat intake.

Healthy fats:

- Avocado
- Nuts and nut butters
- Olives and olive oil
- Flaxseed
- Salmon
- Tuna
- Dark chocolate
- Chia seeds
- Sunflower seeds
- Eggs
- grass-fed beef and pork

I have included over 100 dairy and soy free recipes for you in this guide so that you have some quick and delicious meal ideas at your

fingertips. All of the recipes that you can find in this guide can be made in 30 minutes or less because you're a new mom and I **know** you don't have time to be slaving in the kitchen. They can also be prepped in under 15 minutes and are tried-and-true!

However, you can also find dairy and soy free recipes on Pinterest (it will just take you a little time). When looking for recipes, the following labels can be helpful:

- Vegan (no dairy)
- Whole30 (no dairy)
- MSPI-friendly
- Paleo (no dairy)
- Kosher Pareve

How to Adapt your Favorite Recipe and make it Dairy Free

If you're crying over missing out on your mom's famous recipes, or your favorite meal, adapting it might be easier than you think.

Many times, cow's milk can be replaced with alternative milks in cooking and baking without it making too much of a difference. In cooking, rice milk is the best alternative because of its neutral taste. For baking, coconut milk or almond milk works well.

In cooking, butter can be replaced with Earth Balance butter (you seriously won't be able to tell the difference, Earth Balance butter is AMAZING!) and in baking, coconut oil is a nice butter substitute.

Nutritional Yeast *kind of* has a cheesy taste. You can sprinkle it over pasta as you would Parmesan cheese. Just close your eyes and forget that it's not really parmesan cheese, 'kay?

PLEASE REALIZE THAT PRODUCT AND FOOD INGREDIENTS CAN CHANGE AT ANY TIME. ALWAYS CHECK THE INGREDIENT LABEL TO VERIFY THAT THE INGREDIENTS ARE SAFE FOR YOUR CONSUMPTION. PLEASE LET ME KNOW OF ANY CHANGES IN THE [FACEBOOK GROUP](#).

See the [Resource page](#) for all of the products mentioned in this chapter.

Breakfast recipes

☆- high in healthy fats

☆☆- five minute or less prep

[Classic, Fluffy Pancakes](#)

Ingredients: flour, sugar, baking powder, salt, non-dairy milk, eggs, canola oil

[Slow Cooker Salted Caramel Almond Granola](#)

Ingredients: rolled oats, honey, chocolate chips, vanilla, coconut oil, almonds

[Vanilla Almond Overnight Oatmeal with Blueberries](#)

Ingredients: honey, rolled oats, vanilla, blueberries, non-dairy milk

[Healthy Vanilla Cake Batter Oatmeal](#)

Ingredients: rolled oats, dairy-free milk, vanilla, egg, vanilla protein powder (optional), coconut flour (or any flour), sugar

[Chunky Monkey Chocolate Banana Muffins](#)

Ingredients: flour, baking powder, salt, cocoa powder, sugar, vanilla, applesauce, coconut oil, non-dairy milk, banana, non-dairy chocolate chunks or chips

[Easy and Fluffy Belgian Waffles](#)

Ingredients: flour, cornstarch, sugar, baking powder, salt, nutmeg, cinnamon, eggs, non-dairy milk, oil, vanilla

[Cinnamon Roll in a Mug](#) ☆☆

Ingredients: flour, baking powder, salt, cinnamon, sugar, powdered sugar, non-dairy milk

[Perfect Avocado Toast ☆/☆☆](#)

Ingredients: avocado, bread, lemon juice, olive oil, cayenne pepper, chili flakes

[Slow Cooker Berry Breakfast Quinoa ☆☆](#)

Ingredients: banana, quinoa, berries, maple syrup, vanilla, cinnamon

[Coconut Cream Pie Overnight Oats](#)

Ingredients: rolled oats, coconut milk, coconut yogurt, cinnamon, vanilla, coconut, almonds

[Pumpkin Streusel Bread](#)

Ingredients: brown sugar, flour, cinnamon, sugar, baking soda, ginger, nutmeg, allspice, pumpkin puree, eggs, vanilla, dairy-free milk

[Blueberry French Toast Casserole](#)

Ingredients: dairy free bread loaf from the bakery, frozen blueberries, eggs, full fat coconut milk, honey cinnamon, vanilla

Chicken Recipes

☆- high in healthy fats

☆☆- five minute or less prep

[Honey Teriyaki Chicken](#)

Ingredients: chicken, honey, coconut aminos teriyaki sauce, coconut aminos, flour, garlic, sesame seeds

[Slow Cooker Chicken Enchilada Soup](#)

Ingredients: chicken, chicken stock, enchilada sauce, black beans, fire roasted diced tomatoes, corn, green chilies, garlic, onion, cumin

[Creamy Tuscan Chicken](#)

Ingredients: chicken, sun-dried tomatoes, full fat coconut milk, chicken broth, garlic powder, italian seasoning, spinach

[Chili Dusted Chicken with Sweet Potato Noodles](#)

Ingredients: chicken, sweet potato spirals, cherry tomatoes, avocado oil, chili powder, cumin, garlic powder, paprika, onion powder, pepper flakes

[One Pan Pesto Chicken and Veggies](#)

Ingredients: olive oil, chicken thighs, asparagus, sun-dried tomatoes, basil pesto, cherry tomatoes

[Chicken Noodle Soup](#)

Ingredients: chicken, basil, bay leaf, carrots, celery, egg noodles, chicken broth, garlic, parsley, thyme, onion

[Chicken Cacciatore](#)

Ingredients: chicken, onion, bell pepper, mushrooms, garlic, diced tomatoes, chicken broth, italian seasoning

[Traditional Chicken Taquitos](#)

Ingredients: tortillas, onion, chicken, tomatoes, garlic powder, cumin, desired toppings

[Rotisserie Chicken and Rice Soup](#)

Ingredients: garlic, onion, rotisserie chicken, carrots, celery, bay leaf, white rice

[Honey Mustard Chicken](#) ★★

Ingredients: red-skinned potatoes, red onion, carrots, chicken, asparagus, broccoli, honey, brown sugar, whole grain mustard

[Chicken and Dumplings](#)

Ingredients: whole chicken, onion, bay leaves, carrots, celery, onion, eggs, flour, chicken broth, baking powder

[Slow Cooker White Chicken Chili](#)

Ingredients: chicken, avocado oil, onion, bell pepper, jalapeno, garlic, cumin, oregano, chili powder, chicken broth, full fat coconut milk, lime, cilantro

[Skillet Lemon Chicken](#)

Ingredients: chicken, flour, garlic, lemon, chicken stock, thyme, cornstarch

[Bruschetta Chicken](#)

Ingredients: chicken, balsamic vinegar, basil, garlic, roma tomatoes, oregano

[Easy Thai Coconut Milk Grilled Chicken](#)

Ingredients: chicken, cilantro, coriander, lime, garlic, coconut milk, fresh ginger, brown sugar, tumeric, cumin

[Baked Mustard Lime Chicken](#)

Ingredients: chicken, lime, cilantro, dijon mustard, chili powder

[One Pan Chicken in Mushroom Sauce](#)

Ingredients: chicken, onion, garlic, mushrooms, chicken broth, red wine, thyme, bay leaf

[Chicken Pot Pie](#)

Ingredients: carrots, parsnip, onion, garlic, thyme, sage, poultry seasoning, flour, chicken broth, peas, rotisserie chicken, phyllo dough

Recipes with Turkey or Pork

☆- high in healthy fats

☆☆- five minute or less prep

[Turkey Bacon Caesar Wraps](#)

Ingredients: soft tortillas, deli turkey, bacon, tomato, red onion, spinach, caesar dressing

[Mini Bacon Wrapped Meatloaf](#)

Ingredients: garlic, onion, ground beef, mushrooms, oregano, spicy italian sausage, bacon

[Spicy Sausage, Kale and Whole Wheat Orecchiette Soup](#)

Ingredients: onion, red pepper flakes, garlic, chicken stock, spicy sausage, kale, orecchiette pasta

[Spicy Southwest Stuffed Peppers](#)

Ingredients: bell peppers, ground turkey, cayenne, spinach, chili powder, cumin, pine nuts

[Broccoli and Sausage Cavatelli](#)

Ingredients: pasta, sausage, broccoli, garlic, olive oil, red pepper flakes (leave out the cheese)

[Slow Cooker Herbed Balsamic Pork Roast](#)

Ingredients: pork roast, balsamic vinegar, honey, rosemary, thyme, bay leaf

[Spinach Quiche with Bacon, Mushrooms and Onions](#) ☆

Ingredients: spinach, bacon, eggs, sweet potato, mushroom, garlic, onion, garlic, full fat coconut milk, nutritional yeast (optional)

[Italian Baked Risotto](#)

Ingredients: sausage, chicken broth, sun-dried tomatoes, rice, nutritional yeast, lemon juice, onion powder, full fat coconut milk

[Sausage, Leek and Spinach Quiche](#) ☆

Ingredients: sweet potato, coconut oil, spinach, sausage, leeks, eggs, full fat coconut milk

[Olive Garden Pasta E Fagioli](#)

Ingredients: ditalini pasta, spicy sausage, garlic, onion, carrots, celery, chicken broth, tomato sauce, diced tomatoes, basil, oregano, thyme, kidney beans, Great Northern beans

[Balsamic Sausage and Peppers](#)

Ingredients: sausage, bell peppers, balsamic vinegar, garlic powder, onion powder, italian seasoning

[Slow Cooker Carnitas](#)

Ingredients: boneless pork shoulder roast, chicken broth, cinnamon, coriander, oregano, cumin, garlic powder

[Root Beer Pulled Pork Sandwiches](#) ☆ ☆

Ingredients: pork shoulder or butt, root beer, barbecue sauce, hamburger buns

[Spaghetti Squash Goulash](#)

Ingredients: spaghetti squash, ground turkey, marinara sauce, onion, bell pepper, garlic, onion powder, italian seasoning

Meat-Free Meals

☆- high in healthy fats

☆☆- five minute or less prep

[Apple Walnut Spinach Salad](#)

Ingredients: apple, brussel sprouts, pomegranate seeds, raisins, shallot, spinach, honey, apple cider vinegar, coconut aminos, walnuts

[Buffalo Cauliflower Quesadillas](#)

Ingredients: cauliflower, garlic powder, chili powder, buffalo sauce, red onion, avocado, vegan cream cheese, tortillas, cilantro

[Garlic Mushroom Quinoa](#)

Ingredients: quinoa, garlic, mushrooms, thyme

[Roasted Tomato and Red Pepper Soup](#)

Ingredients: tomatoes, onion, garlic, red bell pepper, red pepper flakes, red wine vinegar

[Easy Avocado Tuna Salad](#) ☆

Ingredients: tuna, celery, avocado, red onion, cilantro, lemon juice

[Quick and Easy Basil Avocado Pasta](#) ☆

Ingredients: lemon juice, avocado, pasta, basil, chili flakes

[Superfood Quinoa Bowl](#)

Ingredients: quinoa, broccoli, red onion, red bell pepper, kale, onion powder, lime juice, mustard

[One Pan Mexican Quinoa](#)

Ingredients: garlic, quinoa, broth, jalapeno, black beans, corn, fire-roasted diced tomatoes, chili powder, cumin, avocado, lime juice, cilantro

[Italian Wonderpot](#)

Ingredients: broth, fettuccine, spinach, diced tomatoes, onion, garlic, basil, oregano, red pepper flakes

[Grilled Veggie Pasta Salad](#)

Ingredients: zucchini, bell peppers, red onion, asparagus, pasta, olives, balsamic vinegar, oregano

[Roasted Asparagus and Mushroom Carbonara](#) ☆

Ingredients: asparagus, mushrooms, fettuccine, bacon, eggs, garlic, parsley

[Chopped Chickpea Salad](#) ☆☆☆

Ingredients: chickpeas, bell pepper, cucumber, onion, cherry tomatoes, lemon juice, italian seasoning

[Jalapeno Cilantro Corn Salad](#)

Ingredients: corn, red onion, red wine vinegar, jalapeno, cilantro, honey

[Split Pea Soup](#)

Ingredients: ham hock, split peas, bay leaves, carrots, celery, garlic, onion, chicken stock, thyme

[Southwest Chopped Salad](#)

Ingredients: lettuce, cucumber, corn, grape tomatoes, avocado, black beans, green onion, lime, cumin, sugar, hot sauce, cilantro

[Linguine with Spinach Lemon Pesto](#)

Ingredients: linguine, spinach, garlic, lemon, nutritional yeast

[Dreamy Cauliflower Alfredo Sauce](#)

Ingredients: onion, garlic, cauliflower, vegetable stock, nutritional yeast, lemon juice, coconut aminos, dairy-free butter

[Roasted Tomato and Red Pepper Soup](#) ★★

Ingredients: garlic, red bell pepper, onion, tomatoes, red pepper flakes, red wine vinegar

[Roasted Cauliflower Soup](#)

Ingredients: cauliflower, onion, garlic, thyme, vegetable stock

Beef Recipes

[30 Minute Chili](#)

Ingredients: ground beef, kidney beans, chili beans, black beans, tomato sauce, crushed tomatoes, chicken broth, chili powder, cumin, onion powder, cayenne, garlic salt

[Cilantro Chicken Meatball Soup](#)

Ingredients: onion, garlic, jalapeno, ground chicken, egg, panko, cilantro, dried chiles, cumin, oregano, carrots, zucchini, corn, chicken stock, cilantro

[Spicy Beef, Beans and Rice](#)

Ingredients: ground beef, rice, onion, garlic, beef stock, tomato paste, green bell pepper, red bell pepper, beans, chili powder, cumin, cayenne, paprika, cilantro

[Stuffed Pepper Soup](#)

Ingredients: ground beef, italian seasoning, fire roasted diced tomatoes, tomato sauce, rice, bell peppers, green onions

[Mustard Beef with Mushrooms](#)

Ingredients: ground beef, mushrooms, red onion, garlic, beef broth, whole grain mustard, cornstarch, balsamic vinegar, tomato puree

[French Oven Beef Stew](#)

Ingredients: beef for stew, fennel bulb, celery, carrots, parsnips, potatoes, tapioca, tomato juice, sugar, basil

[One Pot Sloppy Joe Pasta](#)

Ingredients: ground beef, onion, garlic, apple cider vinegar, tomato paste, beef stock, penne, tomato sauce, brown sugar, worcestershire sauce

[Make Ahead Meatballs](#)

Ingredients: ground beef, ground pork, garlic, egg, parsley, oregano, red pepper flakes

[Meatball and Veggie Soup](#)

Ingredients: carrots, onion, garlic, red pepper, kale, zucchini, chicken broth, crushed tomatoes, basil, oregano, lemon juice, red pepper flakes, black beans, ground beef, italian seasoning

[Crockpot Sloppy Joes](#)

Ingredients: ground beef, bacon, onion, bell pepper, dairy-free barbecue sauce, dairy-free buns

[Southwestern Goulash](#)

Ingredients: elbow macaroni, ground beef, onion, diced tomatoes, tomato sauce, corn, chopped green chilies, cumin, cilantro

Fish/Seafood Recipes

☆- high in healthy fats

☆☆- five minute or less prep

[Garlicky Shrimp](#)

Ingredients: garlic cloves, shrimp, paprika, cayenne pepper

[Maryland Crab Cakes](#)

Ingredients: crab meat, flour, mayonnaise, dijon mustard, egg, old bay

[Cilantro Lime Grilled Shrimp](#)

Ingredients: shrimp, lime juice, cilantro, jalapeno, garlic

[Garlic Shrimp with Quinoa](#)

Ingredients: shrimp, garlic, lemon, parsley, onion, chicken broth, quinoa, cayenne pepper, chili powder

[Baked Fish Veracruz](#)

Ingredients: tilapia, anaheim chili, bay leaves, garlic, lime, oregano, tomato, onion, capers, green olives

[Linguini with Bay Scallops and Spinach](#)

Ingredients: scallops, spinach, linguine, garlic, tomato, white wine, red pepper flakes

[Coconut Shrimp](#)

Ingredients: shrimp, flour, eggs, panko, coconut

Salmon Cakes

Ingredients: salmon, celery, avocado, lemon, parsley, red bell pepper, red onion, eggs, dijon mustard, hot sauce, flour, italian seasoning

Easy Scallop Pasta

Ingredients: scallops, dairy-free butter, garlic, onion, chicken broth, lemon, red pepper flakes, basil, zucchini, bacon

Shrimp and Avocado Taco Salad ☆

Ingredients: cilantro, lime, honey, chili powder, shrimp, romaine, red cabbage, cherry tomatoes, avocado, tortilla chips

Honey Glazed Salmon

Ingredients: salmon, flour, honey, lime, dairy-free butter, garlic

Holiday Recipes

Thanksgiving

[Creamy Garlic Mashed Potatoes](#)

Ingredients: potatoes, garlic, chicken broth

[Pumpkin Pie](#)

Ingredients: ginger, pumpkin puree, eggs, coconut milk, flour, brown sugar, cinnamon, cloves, nutmeg, vanilla, sugar

[Sweet Potato Casserole](#)

Ingredients: sweet potatoes, dairy-free butter, coconut oil, maple syrup, vanilla, cinnamon, nutmeg, rolled oats, pecans, cinnamon, flour

[Apple Cranberry Stuffing](#)

Ingredients: onion, celery, apples, crusty bread, vegetable stock, rosemary, thyme, marjoram, dried cranberries

Christmas

[Sugar Cookies](#)

Ingredients: dairy-free butter, almond extract, baking powder, food coloring, powdered sugar, sugar, flaxseed

[Red Velvet Crinkle Cookies](#)

Ingredients: flour, cocoa powder, baking powder, baking soda, sugar, applesauce, dairy-free butter, vanilla, apple cider vinegar, red coloring, white chocolate chips, powdered sugar

Desserts

☆- high in healthy fats

☆☆- five minute or less prep

[No Churn Dark Chocolate Ice Cream](#)

Ingredients: coconut cream, ghirardelli dark chocolate, vanilla, coconut milk

[No Churn Brownie Batter Ice Cream](#) ☆☆

Ingredients: coconut cream, dark cocoa powder, maple syrup

[Fudgy Coconut Oil Brownie Bites](#)

Ingredients: coconut oil, chocolate chips, brown sugar, sugar, eggs, vanilla, flour

[Muddy Buddies](#) ☆☆

Ingredients: rice chex, chocolate chips, coconut oil, peanut butter, powdered sugar

[Edible Cookie Dough](#) ☆☆

Ingredients: flour, brown sugar, sugar, chocolate chips, vanilla, dairy-free butter, dairy-free milk

[Coconut Macaroons](#)

Ingredients: coconut, egg whites, vanilla, honey

[3 Ingredient Dairy Free Fudge](#) ☆☆

Ingredients: dark chocolate chips, confectioners sugar, full fat coconut milk

[Coconut Milk Rice Pudding](#)

Ingredients: coconut milk, arborio rice, cinnamon, vanilla, sugar, lemon rind

Chocolate Pudding ☆☆

Ingredients: bittersweet dairy-free chocolate, full fat coconut milk

Rhubarb Dump Cake

Ingredients: raspberry gelatin, duncan hines yellow cake mix, dairy-free butter, rhubarb

Cinnamon Apple Cake

Ingredients: apples, orange juice, honey, almond butter, eggs, cinnamon, vanilla

Crazy Cake in a Mug

Ingredients: flour, sugar, cocoa, baking soda, white vinegar, vanilla

Coconut Oil Chocolate Chip Cookies

Ingredients: flour, baking powder, baking soda, coconut oil, brown sugar, sugar, egg, vanilla, dairy-free chocolate chips

Increasing Your Supply

Going on a dairy free and soy free diet might make you lose weight really, really fast. I know, I said it already. But seriously, I am naturally thin, and breastfeeding on an MSPI diet made me **too** thin.

What also might happen is that your breastmilk supply might suffer (but hopefully not because you have this guide and now you know what to eat :)). You're not taking in all of those fatty foods like cheese and milk, so you need to focus on making sure to consume other healthy fats.

Just like anything else that you consume, make sure supplements that you might use to increase your supply are dairy and soy free such as:

- Mommy Knows Best Lactation Supplement
- Milkful Lactation Bars
- Oat Mama Lactation Tea

See the [Resource page](#) for these lactation supplements.

Increasing the healthy fats in your diet can help (**avocado, olive oil, nuts**), and **oatmeal** can help also. If you feel that your supply is dwindling, make sure that you are drinking a LOT of **water**. You should aim for 100 fluid ounces a day or 12 cups (the average person needs 8 cups a day).

Oh, and some breastfeeding moms swear by drinking a **beer**. Just saying!

[Peanut Butter Lactation Cookies](#)

Ingredients: peanut butter, honey, flour, flaxseed, rolled oats, baking powder, nutritional yeast, vanilla, non-dairy milk

[Chocolate Chip Lactation Cookies](#)

Ingredients: rolled oats, brewer's yeast, flour, flaxseed, hempseed, baking soda, baking powder, coconut oil, sugar, brown sugar, egg, vanilla, dairy-free chocolate chips

[Date and Oat Lactation Energy Bites](#)

Ingredients: dates, flaxseed, rolled oats, peanut butter, vanilla

[Lactation Pancake Bites](#)

Ingredients: rolled oats, banana, egg, flaxseed, apple cider vinegar, vanilla extract, brewer's yeast, coconut oil, non-dairy milk

Eating Out

While eating out can be a little more difficult while your on a restricted diet, it's definitely not impossible. At this time, chain restaurants can often be a good choice, as many have allergen menus and have to follow strict regulations. Simply search online for the restaurant name + allergen menu.

If you would like to go to your favorite local restaurant, it doesn't hurt to call ahead. Be specific about the necessity of avoiding any and all **hidden** milk and soy ingredients, because many people don't understand that you need to avoid more than just milk and cheese.

Chain Restaurant Allergen Menus

[Panera Bread](#)

[Olive Garden](#)

[Red Lobster](#)

[Chipotle](#)

[Five Guys](#)

[Cracker Barrel](#)

[Dennys](#)

[Red Robin](#)

[Longhorn Steakhouse](#)

[Burger King](#)

[McDonalds](#)

Taco Bell

KFC

Store-Bought Snacks and Meals

Going to the grocery store for the first time (or second, or tenth) can be stressful and intimidating. You will feel like everything that you typically buy is now off limits. You could spend hours in the grocery store reading labels, but don't worry, I've got an extensive list of safe store bought snacks and meals for you.

Remember, double check the ingredients, and let me know in the [Facebook group](#) if you find that any ingredients have changed! You can also let me know what you find so that I can add it to this guide and make it even more helpful.

****list updated June 7, 2018**

Earth Balance butter

Panko (most brands are safe)

Steel cut oats

Kashi Chewy Nut Butter Bars- Salted Caramel Pecan

Newman's Own olive oil and vinegar dressing (soybean oil)

Applegate Organics oven roasted turkey breast, honey ham, smoked chicken breast, black forest ham, etc

Applegate Farms Turkey Bacon

So Delicious dairy free line of coffee creamer, ice cream, whipped topping,

Swanson 100% Fat Free Chicken Broth

Swanson Organic Chicken Broth

Sorbet (most brands)

Ortega Taco Seasoning Packet

Old El Paso taco shells

Hershey's baking cocoa

Hershey's chocolate syrup

Snacks

Avocado (healthy fats)

Wholly Guacamole

Nuts- almonds, cashews, walnuts, pistachios, peanuts, etc (healthy fats)

Raisins

Roasted Chickpeas

Marshmallows

Salsa

JIF Natural Peanut Butter (healthy fats)

Most fruit snacks

Most gummy bears

Hard Boiled Eggs (or fried/scrambled with Earth Balance butter)

Lara Bars- Apple Pie, Banana Bread, Blueberry Muffin, Carrot Cake,

Cashew Cookie, Cherry

Pie, Chocolate Coconut Chew, Coconut Cream Pie, Gingerbread,

Key Lime Pie, Lemon Bar, Peanut Butter and Jelly, Peanut Butter

Cookie, Pecan Pie, Pumpkin Pie, Snickerdoodle

Hummus (may contain soybean oil)

Fruit

Vegetables

Tuna

Trail Mix

Dried Fruit

Twizzlers

PopTarts- Fruit Varieties (contain soybean oil and soy lecithin)
Oreos- original
Nutter Butters (contain soybean oil and soy lecithin)
Enjoy Life Brand (cookies, chocolate chips, etc)ana

Potato Chips, Pretzels and Popcorn

Most plain potato chips (may contain soybean oil)
Pringles Original (contains soybean oil)
Stacy's pita chips- non cheese varieties
Pretzels- most varieties such as Snyder's of Hanover, Utz and Rold Gold
Act II Kettle Corn Popcorn
Orville Redenbacher's Natural simply salted popcorn

Frozen Section

Kashi Frozen Meal- Black Bean Mango Bowl, Fire Roasted Quinoa Bowl,
Chimichurri Quinoa Bowl
Feel Good Foods Frozen Meals (all Feel Good Foods products are dairy
free, check for soy)
Amy's Frozen Roasted Vegetable Pizza and many other Amy's products
<https://www.amys.com/our-foods?dairy-free=1&soy-free=1>
Perdue Simply Smart Chicken Nuggets, Chicken Tenders, etc.
Alexia Organic Yukon Select French Fries
Ore-ida French Fries- some varieties (contain soybean oil)

Crackers

Kashi Whole Wheat Biscuits- Dark Cocoa Karma
Honey Maid Graham Crackers (contain soybean oil and soy lecithin)
Annie's Bunny Grahams
Wheat Thins Original (contain soybean oil)
Nabisco Saltine Crackers (contain soybean oil)

Alternative milks

Almond Breeze milk
Hemp milk (healthy fats)
So Delicious coconut milk

Breakfast cereals and more

Post Raisin Bran

Post Grape Nut Flakes (contain soybean oil)
Cheerios: multigrain, fruity, honey nut, apple cinnamon, frosted, oat cluster, chocolate
Kix
Chex: rice, corn, honey nut, wheat
Rice Krispies
Life (cinnamon, honey graham and original)
Cascadian Farms Organic Cinnamon Raisin Granola
Bare Naked V'nilla Almond Granola
Plain Instant Quaker Oatmeal
Kashi Organic Strawberry Fields Cereal
Bisquick HeartSmart Pancake and Baking Mix

Pasta and Sauces

Barilla Chunky Traditional, Marinara, Meat Sauce, Roasted Garlic, Sweet Peppers, Tomato and Basil, Traditional, Tuscan Herb
, Francesco Rinaldi ("Sweet and Tasty Tomato", "Tomato and Basil" and "Marinara" only)
Healthy Harvest pasta (and most other pastas)

Breads

Udi's Plain Bagels, Soft White Bread, Blueberry Muffins, Pizza Crust, Cinnamon Rolls, etc.
Sara Lee Plain and Cinnamon Raisin Bagels (contain soy lecithin)
OroWheat 100% whole wheat bread and hamburger buns (contain soybean oil)
Mission whole-wheat tortillas
Pepperidge Farm plain bagels
Most french and italian breads sold in the bakery section
Pillsbury Crescent Rolls Original (contain soybean oil)

Cake Mixes and Frosting

Duncan Hines Classic White Cake Mix (contains soy lecithin)
Duncan Hines Classic Vanilla Frosting (contains soybean oil)
Duncan Hines Chewy Fudge Brownie Mix

Keep in mind that derivatives can be hidden in some unsuspecting places (ie., Hylands Teething Tablets, Trident gum, brown sugar flavoring, canned tuna, some vitamins, some deli meats, some toothpastes, some soap products, etc.) so it is crucial to read every label.

See the [Resource page](#) for all of the products mentioned in this chapter.

Introducing Solids To Your Baby

Unfortunately, your MSPI baby may also have some issues with solids. Their digestive systems (as you already know) struggle to digest certain things, and solids may unfortunately cause some issues as well.

For my first baby, even though we waited until 6 months as is recommended for MSPI babies, she couldn't tolerate most of the homemade purees that I made for her. Most foods gave her terrible tummy issues. My second baby wasn't really into solids until about 8/9 months old, which may have been her body's natural way of protecting herself.

Most medical professionals recommend that you hold off on introducing solids to your MSPI baby until at least 6 months, so that your baby's gut has more time to mature.

Just remember, food before one is just for fun. Don't stress out if your baby is not eating solids because her digestive system isn't ready. There is nothing wrong with waiting.

Also, beware of the Gerber brand. Even dairy free options are well-known to have cross-contamination issues. Always check the ingredients on jarred baby food. Healthy Times and Earth's Best brands are

known to be the safest, and of course you can choose to make your own purees.

Baby Led Weaning is also a great path to take with intolerant kids because the belief is that they will instinctively not feed themselves something that they are allergic to.

Many pediatricians will recommend starting with a rice cereal or oatmeal. If you do start with a grain, make sure that it is a single grain rice or cereal. However, rice cereal and oatmeal is not nutritionally necessary, and are more difficult to digest than other solids like vegetables and fruits.

Safe brands of rice cereal include: Beechnut, Earth's Best, and Healthy Times. The only brand of baby oatmeal that is not contaminated with wheat (a more complex grain that is usually much more difficult to digest and high on the list of most common food allergens) is Healthy Times.

A great, healthy, and easier to digest alternative to rice cereal or oatmeal is Nurturme quinoa cereal.

Also realize that every baby is different. Even though squash, sweet potatoes, carrots, etc. are said to be great first foods for MSPI babies, your

baby could still be unable to handle them (butternut squash was a HUGE no for my first baby, but she did okay with sweet potatoes).

The following is the general suggestion:

6-9 months of age

- Start with lighter colored vegetables (yellow vegetables are the least allergenic typically):

Squash, sweet potatoes, yam, carrots, broccoli and green beans

- Once your baby can tolerate vegetables, you can add in:

Meats (Turkey or Chicken)

- Once your baby tolerates vegetables and meats, you can start with fruits.

Pear, peach, banana, apple, avocado, apricot, nectarine, and blueberry

Be sure to give your baby one new food at a time and to wait 4-7 days before introducing another food so that you can watch for any adverse reactions. Remember, there is no need to rush!

Other important information:

- If your baby fails one of these foods, then you might want to avoid the other one as they are in the same family.
- Bananas and avocados
- Pea protein and soy protein

Cow's milk alternatives for baby

Plant milk comparisons

The serving size that all amounts reference is 8 fluid ounces. Brands used for this comparison were Silk (for soy, cashew, and almond milks) and Tempt (for hemp milk). All varieties are unsweetened when option is available.

Please remember: Babies 12 months and younger REQUIRE breastmilk or formula! After a year breastmilk continues to be beneficial. However, there is no need for a breastmilk replacement after a year as long as child is eating a balanced diet of solids.

| | Breastmilk | Whole Cow's Milk | Soy Milk | Cashew Milk | Almond Milk | Hemp Milk | "Ripple" | "Silk Protein" |
|---------------|------------|------------------|----------|-------------|-------------|-----------|----------|----------------|
| Calories | 170 | 150 | 80 | 25 | 30 | 80 | 75 | 120 |
| Total Fat | 11g | 8 g | 4 g | 2 g | 2.5 g | 8 g | 5 g | 8 g |
| Saturated fat | 5g | 5 g | .5 g | 0 g | 0 g | .5 g | .5 g | .5 g |
| Cholesterol | 34 mg | 24 mg | 0 mg | 0 mg | 0 mg | 0 mg | 0 mg | 0 mg |
| Fiber | 0 g | 0 g | 2 g | 0 g | <1 g | 0 g | <1 g | <1 g |
| Sugar | 17 g | 12 g | 1 g | 0 g | 0 g | 0 g | 0 g | 2 g |
| Protein | 2.5 g | 8 g | 7 g | <1 g | 1 g | 2 g | 8 g | 8 g |
| Vitamin A | 10% | 7% | 10% | 10% | 10% | 10% | 10% | 0% |
| Calcium | 7% | 27% | 30% | 45% | 45% | 30% | 45% | 45% |
| Vitamin D | 1% | 31% | 30% | 25% | 25% | 25% | 30% | 25% |
| Vitamin B-12 | 1% | 18% | 50% | | | 25% | | |
| Vitamin C | 20% | 0% | 0% | 0% | 0% | 0% | 0% | 0% |
| Iron | 0% | 0% | 6% | 2% | 2% | 6% | 13% | 6% |
| Magnesium | 1% | 6% | 10% | | 4% | 10% | 0% | |
| Riboflavin | | | 30% | | 4% | 25% | | |
| Vitamin E | | | | 20% | 20% | 8% | | |

Hemp milk, ripple milk and Silk protein nutmilk are the most frequently recommended, as they are highest in fats and protein.

MSPI-Safe Puffs and Teething Crackers

- Beech Nut fruit and veggie melties
- Baby Mum Mums
- Happy Baby creamies
- Happy Baby teethers
- Happy Bellies puffs

- Plum Organics puffs
- Plum Organics Little Yums

Reintroducing Dairy Into Your Diet

Most babies with a milk and/or soy allergy will outgrow the problem (yay!). So when should you try to reintroduce dairy into your own diet?

The general suggestion is to go 6 months dairy free before trying to reintroduce it into your diet.

Whenever you do trial dairy, make sure to wait a few days for any reactions. Try not to go on a dairy-eating binge! A little bit of dairy will get out of your system (and your baby's) a lot faster than a lot of dairy.

Supplementing with formula

For whatever reason, if you are going to give your baby formula, you need to know your options.

Hypoallergenic formulas like Nutramigen or Alimentum do contain dairy proteins that are partially broken down, but still present. The amount of dairy proteins in these formulas is much greater than the small amount of dairy proteins that get through to your baby in your breast milk. So if he/she is reacting to those proteins, then it's very likely that he/she will react to the proteins in the hypoallergenic formula as well. Only in Neocate, Elecare, PurAmino and Nutramigen AA are the dairy and soy proteins completely broken down into their amino acids and are safe for babies with confirmed dairy and/or soy intolerances.

The available formulas fall into 2 categories: hypoallergenic and elemental.

*Ready to Feed (RTF) formulas are typically tolerated better by babies than powder formulas.

*If your baby hates the taste of the formula, you can mix in a little non-alcoholic vanilla or maple syrup. If your baby still will not take the formula, add an ounce of it to your pumped breast milk every two days.

Introducing Dairy To Your Baby

Once your baby has tolerated dairy in your breast milk for a while, you might want to try introducing dairy to her directly.

Stop the challenge if your child exhibits any difficulties (swelling, rash, difficulty breathing, etc.) You may give an antihistamine if your child's reaction is mild. If your child has a severe reaction, call your Pediatrician or take your child to the ER immediately.

Step 1: trial a food with baked in dairy (muffins, pancakes, waffles)

Step 2: trial a food that contains cooked cheese or milk

Step 3: trial yogurt or butter

Step 4: trial ice cream

Step 5: trial cow's milk

Give small portions to start and wait at least a week before going to the next step.

If your child is turning one year old and you have yet to introduce baked in dairy, you can make your child a dairy and soy free alternative birthday cake.

- [Vanilla Crazy Cake](#)
- [Chocolate Crazy Cake](#)

