

# Neocate tells you what a child can't



**Neocate Weaning Guide**



**Neocate**

For fast diagnosis  
and symptom relief in CMA

**A practical guide to the  
use of Neocate in infants  
and young children**

# Acknowledgement

Thanks to Miss Dorothy Francis, Senior Research Dietitian, for her help in developing the text on which this booklet is based.

## NOTE

This booklet is a guide to starting your child on solid foods.

Every child is different. No booklet can ever cover the needs of every child. As such, we strongly advise you to consult your child's doctor or dietitian before using this guide.

All information in this guide has been fully checked to the best of our knowledge at the date of publication.

Breast milk is best for babies. Professional advice should be followed before using an infant formula. Introducing partial bottle-feeding could negatively affect breast-feeding. Good maternal nutrition is important for breast-feeding and reversing a decision not to breast-feed may be difficult. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding.

# Recipes

The recipes in this booklet are designed to help you manage your child's diet. **Only use recipes if your child is OK with all the ingredients.** In certain recipes, ingredients can be swapped for other foods. For those recipes, we have given some ideas on substitute foods.

There is a wide variety of flours, pastas and grains now available in your health food store or supermarket. These are usually sold in the health food section. Spend some time looking at these. Always check ingredient lists on labels to ensure all the ingredients are suitable for your child. Try combining some of these items to make your own recipes.

Most of the recipes below suggest adding Neocate. Neocate can be put in as a powder or made up and added as Neocate formula. Either way, Neocate should ideally be added just before serving a dish to your child. Cooking with Neocate destroys vitamins and can sometimes change the taste of a dish.

Be careful not to contaminate your child's food and drinks with foods that your child needs to avoid. An example of contamination would be feeding your child with a spoon that has just been used to stir a cup of milky tea.

Neocate formula should be made according to the instructions on the back of the can (i.e. 1 scoop to 30ml water). Only change the dilution of Neocate if told to do so by your doctor or dietitian.

**Some of the following recipes permit the use of a microwave oven. After using a microwave oven, stir the food well and leave to stand for one minute before stirring. This will help prevent 'hot spots' in the food.**

## Recipes – stage 1

### Fruit puree (4 servings)

1 dessert apple, peeled and sliced

1 pear peeled and sliced

125 ml (4 fl oz) water

1–2 scoops of Neocate powder per serving (optional)

Place the apple, pear and water in a saucepan.

Bring to the boil, then simmer on low heat until the fruit is soft.

This will take 5–10 minutes depending on the ripeness of the apple and pear.

Drain off the excess water – approximately 60 ml (2 fl oz), but retain as you may wish to add some of this back to the cooked fruit mixture.

Puree the fruit mixture to a thin, smooth consistency – adding some of the excess cooking water if needed. Allow to cool.

Add the 1–2 scoops of Neocate powder to each serve just before feeding. Ensure that the Neocate is mixed in well.

### **Handy hints:**

This recipe makes approximately 250 ml (½ pint) of puree fruit.

This recipe can be prepared in the microwave.

This puree can be made using any permitted fruit or combination of fruits.

Remember to use only those fruits permitted.

## **Vegetable puree** (4 servings)

**1 medium carrot**

**1 medium potato**

**2–3 slices courgette**

**250 ml (½ pint) water**

**2–3 scoops of Neocate per serving (optional)**

Wash, peel and chop the vegetables into small pieces.

Place the vegetables and water in a saucepan.

Bring to the boil, then simmer on low heat until the vegetables are soft. This will take 10–15 minutes.

Drain off any excess water – approximately 80 ml (3 fl oz) and retain.

Puree the vegetable mixture to a thin smooth consistency. If needed, add a small amount of the retained excess water to achieve the correct consistency.

Allow the vegetable mixture to cool.

Add the 2–3 scoops of Neocate powder just before feeding.

### Handy hints:

This recipe can be prepared in the microwave.

This recipe makes 250 ml (½ pint) of puree vegetables.

This puree can be made using any permitted vegetable or combination of vegetables.

Remember to use only those vegetables permitted.

## Rice cereal

PLAIN baby rice cereal is usually permitted in low allergy diets. Only use commercial rice cereal if the doctor and/or dietitian have permitted this.

Alternatives include home-made rice porridge that is made from ground rice or rice cereal (see next recipe), polenta/fina corn meal or fine oat meal/oat porridge. Check with your dietitian before using oats however – many sources may contain small amounts of other non-permitted grains.

If your child is able to tolerate commercial baby rice cereal, follow the manufacturers preparation instructions. Substitute the amount of water recommended with Neocate formula. Make the Neocate formula up according to the instructions on the back of the can (1 scoop to 30 ml water) or to the strength prescribed by the doctor and/or dietitian.

### Handy hints:

Rice cereal can be served with fruit puree (see recipe above) if desired.

Do not use baby rice cereals that contain milk, milk products, soy, nuts, fruit and flavours added to them. Make sure the PLAIN version is used.

## Home-made rice porridge (1–2 servings)

65 g (2 oz) rice cereal e.g. infant baby rice cereal, wholegrain rice flakes

125 ml (4 fl oz) hot water

1 teaspoon milk free margarine

2 teaspoons golden syrup (optional)

2–4 scoops Neocate powder (optional)

Combine the rice cereal, milk free margarine and hot water in a microwave safe bowl or saucepan.

Microwave on high for 2 minutes or boil in a saucepan until the rice cereal is very soft.

Add the golden syrup and 2–4 scoops of Neocate powder before feeding.

## Neocate custard (1 serving)

150 ml (5 fl oz) Neocate formula i.e. 5 scoops of Neocate powder

2–3 teaspoons of ground rice or maize/corn flour or baby rice cereal flakes

½ teaspoon sugar

Place the rice/corn flour into a small saucepan.

Gradually add the Neocate formula to form a smooth paste.

Add the remaining Neocate formula and sugar.

Heat over a medium heat, stirring constantly to prevent lumps forming. This will take 1–2 minutes until custard thickens.

### Handy hints:

2 teaspoons of ground rice flour provides thinner custard. 3 teaspoons of rice flour produces custard of “gel like” consistency. This recipe makes 80 ml (3 fl oz) of custard.

Recipe can be easily doubled.

For flavour variation, omit the sugar and add ½ teaspoon of golden syrup. Another option is in addition to the sugar, add ½ a vanilla bean pod, split down the centre or a few drops of pure vanilla essence if permitted.

Remove the vanilla bean before serving. Imitation vanilla essence may contain non-permitted additives.



## Recipes – stage 2 & 3

### Sweet dishes

#### Neocate thick shake (1 serving)

100 ml (3.5 fl oz) of permitted fruit, pureed

100 ml (3.5 fl oz) prepared and chilled Neocate formula

Prepare the fruit puree as per the recipe in first food ideas but DO NOT add any Neocate powder to it.

Mix the puree with the chilled prepared Neocate and serve in a cup or beaker. DO NOT serve from a feeding bottle, as it will most likely block.

#### Neocate ice cream (3–4 servings)

350 ml (12.5 fl oz) Neocate formula

80 ml (3 fl oz) of puree pear, apple or other permitted fruit

2 tablespoons rice flour

2 teaspoons of golden syrup (optional)

Place the rice flour in a bowl and add a small amount of Neocate formula to form a smooth paste. Gradually add the remaining Neocate formula stirring well.

Heat gently for 3–4 minutes to allow the mixture to thicken. Stir constantly to prevent lumps forming.

Cool, and then add the puree fruit and golden syrup. Mix well.

Pour this mixture into an ice cream tray or cake tin and place in the freezer until ice starts forming around the edges (approximately 1 hour). Do not allow the mixture to completely freeze.

Place in a cold mixing bowl and beat with an electric whisk or mixer until the mixture is light and frothy. This will take about 3 minutes.

Return this mixture to the ice cream tray and freeze until set.

To serve, “flake” the ice cream with the side of a fork. The ice cream is sorbet like in consistency.

## Handy hints:

This recipe can be easily doubled. It may take longer for the mixture to form ice around the edges.

The Neocate formula can be more concentrated – check with your doctor and/or dietitian.

# Savoury dishes

## Shepherd's pie (2 servings)

1 stick of celery

200 g of permitted boneless, skinless minced meat (lamb, chicken or beef)

1 medium carrot

2 large potatoes

½ medium courgette

1–2 teaspoons of permitted cooking oil (see page 8)

1 tablespoon of milk free margarine

2–3 scoops of Neocate powder per serving

Wash and finely slice the celery.

Peel and grate the carrot and courgette.

Heat the oil in a saucepan and cook the celery, carrot and courgette on a gentle heat until soft.

Add the meat and cook until brown.

Reduce the heat, cover and simmer for 10 minutes.

Meanwhile, peel and chop the potatoes into small pieces.

Place the potato in a separate saucepan and add enough water to cover the potato. Bring to the boil and then simmer until potato is very soft.

Drain off the excess water, allow to cool for a few minutes.

Add the margarine to the potato and mash well.

Mix the 2–3 scoops of Neocate powder into the mashed potato.

Spread the mashed potato on to the top of the meat mixture and serve.

### Handy hints:

This recipe can be made with a combination of permitted vegetables and meat.

## Chicken & vegetable casserole (3 servings)

2 small chicken breasts (no skin)

1–2 teaspoons of permitted oil (see page 8)

1 cup of peeled and chopped carrot and/or sweet potato (kumara)

½ cup cauliflower or broccoli florets

1 tablespoon of maize corn flour

1 tablespoon of cold water

2–3 scoops of Neocate powder per serving

Place the vegetables into a saucepan and add enough water to cover the vegetables (approximately 1 cup). Cook until the vegetables are soft.

Do not remove the excess fluid as this will help form the sauce.

Cut the cooked chicken into small pieces. In a separate saucepan, heat the oil, add the chicken, and cook until brown.

Add the vegetable mixture to the cooked chicken.

Mix the maize corn flour with 1 tablespoon of cold water.

Add to the casserole mixture and simmer for a few minutes.

Allow to cool.

Add the 2–3 scoops of Neocate powder just before feeding.

## Chicken & potato “bolognese” (4 servings)

100 g (3.5 oz) chicken breast, skin removed, minced  
(or other minced meat as permitted)

250 g (9 oz) potato

125 g (4 oz) courgette

250 ml (½ pint) water

1–2 teaspoons of permitted oil (see page 8)

2–3 scoops of Neocate powder per serving

Peel and chop the potato into small pieces.

Peel and grate the courgette.

Heat the permitted oil in a pan and brown the chicken over a medium heat.

Add the potato and water. Bring to the boil and then allow mixture to simmer for approximately 10 minutes until the potato is soft. When soft, mash the potato with a fork.

Add the grated courgette and continue to cook for a few minutes.

Allow to cool. Add the 2–3 scoops of Neocate powder just before feeding.

### Handy hints:

Serve with rice pasta or rice spaghetti or well cooked white rice, ensuring that these contain only permitted ingredients. Follow the cooking instructions on the back of the packets.

The chicken bolognese sauce can be frozen.

The vegetables used in this recipe can be replaced with 375 g (13 oz) of other permitted vegetables. Potato, sweet potato (kumara) or pumpkin are easy to mash and give the dish a thicker consistency.

## Chicken vegetable stir fry (2 serves)

100 g (3.5 oz) chicken or other permitted boneless, skinless meat

$\frac{1}{3}$  of medium peeled courgette

1 small peeled carrot

$\frac{1}{2}$  stick of celery

6 small florets of cauliflower

1–2 teaspoons of permitted oil (see page 8)

1–2 tablespoons of water

1–2 teaspoons of golden syrup (optional)

2–3 scoops of Neocate powder per serving

Slice the chicken or other permitted meat into small strips or cubes.

Heat the oil in a pan and add the chicken. Cook on a medium heat until browned adding the golden syrup as the meat cooks.

Add the vegetables and water. Cover the pan with a lid and allow the stir-fry to simmer until the vegetables are soft.

Add the 2–3 scoops of Neocate powder just before feeding.

### Handy hints:

Serve the stir-fry with rice noodles or well-cooked white rice.

Do not use egg noodles or bean based noodles unless permitted.

The vegetables used in this recipe can be replaced with 1 cup of other permitted vegetables.

# Baking

## Home made baking powder (wheat and gluten free)

Most commercial baking powder contains some type of flour and will be unsuitable for use in the following recipes. The following is an excellent substitute:

100 g (3.5 oz) bicarbonate of soda

50 g (2 oz) cream of tartar

100 g (3.5 oz) rice flour or maize corn flour

Combine the ingredients in a bowl. Stir thoroughly to ensure the ingredients are well combined.

Store in an airtight container.

Use as a raising agent in cooking with permitted ingredients.

### As a rule of thumb

For cakes, pancakes, sponges: 2 teaspoons of home-made baking powder is needed for each 250 g of permitted flour.

For biscuits, pastry: 1 teaspoon of home-made baking powder is needed for each 250 g of permitted flour.

## Low allergy pancakes (6–8 small pancakes)

125 g (4 oz) rice flour

½ teaspoon of home made baking powder (see recipe above)

100 ml (3.5 fl oz) Neocate formula

1–2 teaspoons of permitted oil (see page 8)

Combine the flour and baking powder in a bowl.

Add the Neocate formula gradually to form a thick batter.

Heat 1–2 teaspoons of permitted oil in a frying pan.

Add 1–2 tablespoons of batter.

Heat gently until bubbles form on the surface of the batter.

Turn the pancake over with a spatula and cook for a further 1–2 minutes until golden brown.

Allow the pancake to cool on a plate.

### Handy hints:

Serve as a snack or with other permitted foods e.g. fruit, milk free margarine and permitted spread, or golden syrup may be added.

Adding more Neocate formula to the pancake mix can make a thinner batter. Thin pancakes can be rolled up and filled with permitted foods.

## Low allergy sweet biscuits (10–12 biscuits)

190 g (7 oz) rice flour, maize/cornflour or other permitted flour

60 g (2 oz) permitted milk free margarine

30 g (1 oz) of apple or pear puree (optional)

2 tablespoons sugar if permitted

Combine all ingredients together and knead to form a stiff dough.

Add 1–2 teaspoons of cold water to moisten the dough if required.  
Avoid adding too much water or the biscuits will become very hard.

Roll the mixture into small balls the size of a walnut, place on a tray greased with permitted margarine or oil and then flatten with a fork to 1 cm thick.

Bake at 180°C (350°F) for 20 minutes or until the biscuit starts to brown.

Remove the tray from the oven and allow biscuits to cool. Store in an air tight container.

## Low allergy rusks (10–12 rusks)

190 g (7 oz) rice flour, maize cornflour or other permitted flour

60 g (2 oz) permitted milk free margarine

2 tablespoons of cooked mashed pumpkin or other permitted vegetable

Pinch of salt

Combine all the ingredients together and knead to form a stiff dough.

Add 1–2 teaspoons of cold water to moisten the dough if required.

Avoid adding too much water or the rusks will become hard.

Roll the mixture into finger size "sausages" and cut into 5 cm (2") lengths.

Bake at 180°C (350°F) for 20–25 minutes or until the rusks start to brown.

Remove the tray from the oven and allow rusks to cool. Store in an airtight container.



## Low allergy cup cakes (10–12 small cakes)

250 g (9 oz) boiled rice

250 g (9 oz) rice flour

120 g (4 oz) of puree pear or apple (refer to Fruit Puree recipe on page 14) – DO NOT add Neocate powder.

1 small peeled pear or apple finely chopped or grated

2 teaspoons of home-made baking powder (refer to recipe on page 23)

4 tablespoons of permitted margarine

1–2 tablespoons of pear juice or water

Rub margarine into the flour.

Add all other ingredients and mix well.

Combine with pear juice or water until the batter is a soft consistency. 1–2 tablespoons of fluid should be sufficient.

Place spoonfuls into paper cake cases or small muffin tins greased with permitted oil or milk free margarine.

Bake in the oven at 180°C (350°F) for approximately 20 minutes.

Check with a skewer to make sure the mixture is cooked in the centre.

Remove from the oven. Allow the cakes to cool in the tin and then remove. Store in an air tight container.

### Handy hints:

To make a sponge cake (e.g. to be used for a special occasion or birthday), cook the mixture in a small cake tin for approximately 30 minutes in a medium oven, again checking with a skewer to make sure the mixture is cooked in the centre.

If sugar is permitted, use 250 g (9 oz) of sieved pure icing sugar, 1 teaspoon of permitted margarine and a few drops of water to make an icing to decorate the cake.

Both versions are great for a dessert or snack food.

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