

ESPA Research

Practical Implications for Dietary Intervention

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Getting Started

- Casein is the protein found in milk (all mammalian milk)

milk, condensed milk, evaporated milk, milk solids,
casein, whey, whey solids, lactose, caseinate

[soya milk - possible peptide-like activity so tend not to
recommend it].



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Getting Started

- Gluten is the primary protein found in cereal products.

wheat, barley, rye.

[oats]



Timing

- G.P. referral
- Preparation
- Shopping
- Withdrawal

21 May 2009

DH advice for toddlers and young children (1 – 5 years) to avoid rice drinks due to risk of exposure to inorganic arsenic

The Food Standards Agency has today announced the results of a survey of total and inorganic arsenic levels in 60 samples of rice drinks available in the UK. Rice drink (also known as rice milk) is a blend of filtered water and rice and is usually marketed as either a 'dairy free alternative to cows' milk' or a 'low-fat drink' and are usually often consumed by those who wish to avoid dairy foods. Some toddlers and young children who are allergic to cows' milk and soya drink are currently advised to use calcium fortified rice drinks.

Arsenic occurs naturally at low levels as organic and inorganic forms in a wide range of foods. Most arsenic in the diet is present in the less harmful organic form but the inorganic form is known to cause cancer. Low levels of inorganic arsenic were detected in rice drinks (1.2 µg/kg of rice drink). None of the samples tested in the survey were above the legal limits. The Committee on Toxicity has not been able to set specific thresholds of exposure (tolerable intakes) for inorganic arsenic, and has advised that exposure to arsenic should be as low as reasonably practicable.

Toddlers/young children may be particularly vulnerable, because of their proportionally higher milk intake and are likely to have higher dietary exposure to inorganic arsenic per kilogram of body weight. A toddler/young child consuming about half a pint of rice drink a day, (instead of cows' milk) is likely to double his total dietary exposure to inorganic arsenic. Therefore, as a precaution, the Department advises against the substitution of breast milk, infant formula, cows' milk or soya drink with rice drinks for toddlers and young children aged 1-5 years.

Product Range: Casein-free (CF)

- Rice milk
(not rice dream)
- Coconut milk
- Almond milk

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Product Range: Gluten Free (GF)

- Dietary Specials
- Genius
- Juvela



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Picky Eaters

- Children tend to have restrictive diet.
- Children do not starve themselves.
- Information

websites
books
The autism file



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TIPS

- BREAD Bread Maker
- Genius Bread not so crumbly, easier to slice, palatable.
- Juvela Bread rolls, fibre bread, part baked rolls.
- Dietary Specials Breads also cracker breads made with maize.

Breads become dry and more tasteless over time (remedies)

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TIPS

- | | |
|--------------|---|
| • Flour | Many different makes |
| • Glutifin | White mix - pastry and cakes
Fibre Mix - bread |
| • Dove flour | Cakes and biscuits
(need to experiment) |

Case Study

- Male 3 years with a diagnosis of Autism
- Gluten from 1 year and loved milk.
- No fruit or vegetables in diet.
(sensory issues - too wet)
- Refused to try new foods and ate primarily bread.

Case Study

- Initially just took out bread.
(continued to have waffles, smiley faces etc)
- 2 Days drank a lot
Toasted gluten free bread with favourite toppings.
Introduced gluten free fish fingers and sausages.
Home made lasagne
Smoothies

Results

- Diet and intensive programme of Speech Therapy
- Talking within 3 months
Eye contact improved
Interaction with Peers
More opinionated
Nursery staff noticed improvement.
- (Doesn't work for all)