

**POLENTA PORRIDGE**

2 DL WATER  
2 TBSP POLENTA GRAIN  
6 SCOOPS PEPTICATE

Mix water and polenta grain in a saucepan. Bring to a boil and cook for about 5 minutes. Remove from heat, let cool slightly and mix in Pepticate. Serve with fruit puree and Pepticate mixture.\*

**MILLET SEMOLINA PORRIDGE (HIRSMANNAGRÖT)**

2 DL WATER  
2 TBSP MILLET SEMOLINA  
6 SCOOPS PEPTICATE

Boil the water and whisk in the millet semolina. Cook for about 5–8 minutes. Remove from heat, let cool slightly and mix in Pepticate. Serve with fruit puree and Pepticate mixture.\*

**BUCKWHEAT FLAKE PORRIDGE (BOVETFLINGOR)**

2 DL WATER  
2–3 TBSP BUCKWHEAT FLAKES  
6 SCOOPS PEPTICATE

Mix water and the buckwheat flakes in a saucepan. Bring to a boil and cook for about 5 minutes. Remove from heat, let cool slightly and mix in Pepticate. Serve with fruit puree and Pepticate mixture.\*

**Gruel and porridge with gluten****WHEAT FLOUR GRUEL**

2 DL WATER  
2 TBSP WHEAT FLOUR  
6 SCOOPS PEPTICATE

Mix the wheat flour and water. Bring to a boil and cook for a few minutes while stirring. Remove from heat, let cool slightly and whisk in Pepticate.

**Other recipes****PANCAKE WITH EGGS**

3 DL PEPTICATE MIXTURE\*  
1 EGG

1 DL WHEAT FLOUR OR CORN STARCH  
AND IF NECESSARY 1 PINCH OF SALT

Pour 1 1/2 dl Pepticate mixture\* into a bowl and add the egg. Whisk in the flour and make a smooth paste. Add the rest of the Pepticate mixture\* and salt to taste. Fry the pancakes in dairy-free margarine or oil. Leftover pancakes may be frozen.

**MASHED POTATOES**

2 MEDIUM SIZED POTATOES (APPROX. 150 G)  
(WATER)

2–3 TBSP PEPTICATE MIXTURE\*

1 TBSP DAIRY-FREE MARGARINE

(SALT)

Peel and chop the potatoes. Add them to a saucepan with a little boiling water. Cover with the lid and cook for 12–15 minutes until the potatoes become soft. Drain the potatoes. Mash the potatoes or press them through a strainer to make a smooth mash without lumps. Return the saucepan to the plate. Add the Pepticate mixture and dairy-free margarine and whisk until the mash has a smooth and fine texture. If necessary, season with salt.

**\*Preparation of Pepticate mixture**

A “Pepticate mixture” gives a thinner mixture compared to infant formula dilution. Pepticate mixture can be used in these recipes, as food beverage or as “milk” on porridge. The recipe yields about 1 cup “Pepticate mixture”. Follow the recipe on page 2 to prepare Pepticate as infant formula.

1. Boil 1 dl of cold water. Let the water cool slightly.
2. Add 3 scoops (13.5 g or 30 ml) Pepticate. The scoop provided holds 4.5 g (10 ml) and is found in the Pepticate can.
3. Whisk or shake vigorously until the powder has dissolved.

**Good advice****MILK**

Use cold Pepticate mixture\* instead of milk, refer to recipe.

**YOGHURT**

Refer to recipe suggestions for yoghurt.

**GRUEL**

Refer to recipe suggestions for gruel.

**PORRIDGE**

Refer to recipe suggestions for porridge.

**PANCAKES**

Delicious pancakes can be made with Pepticate. Fry the pancakes in dairy-free margarine or oil.

**BAKING**

Substitute milk with the same amount of Pepticate mixture. Use dairy-free margarine or oil.

**SAUCE/STEW**

Whisk in some Pepticate powder in the prepared sauce or stew made from vegetable stock, potato stock, strained vegetables or meat juice.

**FAT**

Some children may require additional fat. We recommend adding a small amount (1 teaspoon) of dairy-free margarine in the porridge portion or 2–4 ml of oil in the feeding bottle of gruel.

**TRAVELLING**

**For Infant formula:** Pour boiling water in a thermos. Before feeding the mixture is prepared in accordance with the instructions for Pepticate as an infant formula.

**Gruel:** Boil water and flour in accordance with the gruel recipe. Pour the hot mixture into a thermos. Before feeding pour the hot mixture in a nursing bottle and let cool slightly before mixing the Pepticate powder directly in the flour/water mixture. Shake the bottle vigorously, let stand and shake again. Allow the gruel to cool further until it reaches the optimal feeding temperature.

**STORAGE AND HEATING**

Food containing Pepticate may be frozen. The texture may sometimes change slightly, but the taste and nutritional value remain the same provided that heating is done carefully.



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You can read about cow's milk allergy on [pepticate.se](http://pepticate.se). Here you can also download recipes and more.

**Pepticate**

– Recipes and good advice

For parents of children with cow's milk allergy



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## What is Pepticate?

Pepticate is cow's milk free infant formula that can be used from birth. Pepticate can also be used as a milk substitute for children over one year of age. The protein comes from whey, which is extensively hydrolysed, making Pepticate hypoallergenic. Hypoallergenic means that the risk of the child having an allergic reaction to the product is minimal.

- Pepticate is naturally gluten-free
- Pepticate is used for the dietary management of children with
  - cow's milk protein allergy
  - multiple food allergies
- Pepticate is available for purchase at pharmacies and is reimbursed for children under 16 years of age. It can be prescribed on a "food prescription form" (Livsmedels-anvisning) by doctors or dieticians.

### Cow's milk allergy

Cow's milk allergy is a reaction to the protein in cow's milk and can have single or multiple symptoms including: diarrhoea, vomiting, loss of appetite, general discomfort, eczema or rash, and in some cases inadequate weight gain or other intestinal symptoms such as blood in the stool. Cow's milk protein allergy usually occurs when the child is weaned from breast milk and makes the transition to infant formula or gruel containing cow's milk. It is essential that your child eats food which is completely free from cow's milk if he/she has a cow's milk protein allergy.

## Preparation of Pepticate as infant formula

Recommended dilution 13.5 g (3 scoops of powder or 30 ml = 2 tbsp) diluted in 90 ml of water for a total volume of 100 ml.

Number of scoops à 4.5 g	Water ml	Total Volume ml
1	30	35
3	90	100
6	180	200

### THE RECIPE MAKES A VOLUME OF 100 ML IN TOTAL

1. Before preparation, wash your hands and use thoroughly cleaned utensils. Boil fresh water; never use warm water directly from the tap.
2. Let it cool a few minutes and measure 90 ml of water in a feeding bottle.
3. Add 3 scoops (13.5 g or 30 ml) Pepticate. The scoop provided holds 4.5 g (10 ml) and is found in the can.
4. Whisk or shake vigorously until the powder dissolves.
5. Before feeding, ensure that the formula has the correct temperature by placing a few drops of Pepticate on the inside of your wrist.

### Shelf life and storage

Always prepare one meal at a time. Formula remaining in the bottle after one hour of feeding should be discarded. The hang time should not exceed 4 hours when tube-feeding. Store can in a cool, dry place. Always replace the container lid after use. Once opened, use within a month.

### Initial considerations

Pepticate contains lactose and GOS/FOS, prebiotic dietary fibers, for promoting the growth of healthy intestinal bacteria and preventing the child from getting constipated.

The child may develop stomach gas and have a noisy stomach during the first few days with Pepticate. You may also notice that your child's stool is loose. This is normal and is a good sign if the child is eating large portions and is generally in good health.

### Pepticate as enrichment and supplement

Pepticate has a neutral taste and smell, and can therefore be added to other food without it affecting the taste.

For older children (>6 months) Pepticate powder can be added as enrichment to various meals. 1–3 scoops per meal may be sufficient.

For older children who require Pepticate as a dietary supplement you can flavour Pepticate with concentrated fruit juice, chocolate powder (not containing milk), fruit purée etc. (Refer to recipes in this folder.)

## Advice for introducing Pepticate

Pepticate is nutritionally complete, which means it meets the child's nutritional needs. Your paediatrician and/or dietician will determine which substitute is most appropriate for your child.

Note that homemade substitutes and dairy-free products in the supermarket are insufficient to cover the nutritional needs of an infant. Since the child reacts to the protein in the milk lactose-free products do not represent an alternative.

If your child refuses to accept the formula recommended by your paediatrician/dietician you should immediately contact your paediatrician/dietician again for further consultation.

The volume and energy needed is individual for each child. Your paediatrician/dietician will help you determine how much your child

needs. However, the child decides how hungry he/she is at a given moment in time. Small children often need more frequent and smaller meals. A healthy child will feel when it is full. Do not force-feed the rest of the bottle if the child shows that it is satisfied.

### SHOULD YOU CONTINUE TO GIVE D-VITAMIN SUPPLEMENT (D-droppar)?

All children in Sweden between the age of 1–24 months are recommended to take D-drops. This also applies when your child is taking Pepticate, unless your paediatrician/dietician specifies otherwise.

### SHOULD YOU SUPPLEMENT WITH EXTRA CALCIUM?

You do not need to give any extra calcium supplements to your child during the initial period when your child mainly consumes Pepticate. However this may become necessary at a later stage depending on how much Pepticate your child consumes in addition to dairy-free food. Consult your child's doctor or dietician.

## Introducing solid foods

- If possible, only breast milk or Pepticate are recommended until 6 months of age.
- At 6 months of age it is time to begin introducing other foods. Start with small teaspoon portions of puree food and increase the size of the portions gradually over one week. Children need time to become accustomed to solid foods and this has to be at their own pace. Therefore, you should not wait longer than 6 months for introducing other food in addition to Pepticate.
- Introduce one food at a time. Foods which may be appropriate to begin with include potato, rice, corn, parsnips, cauliflower, apple, banana, currants and blueberries.

*Breast milk is the ideal food for infants. Pepticate is a food for special medical purposes and should only be used following consultation with your doctor or dietician, and only after other nutritional treatment has been taken into account, including breastfeeding.*

## Always read the list of ingredients on the product and do not use food containing the following:

Mjök / Milk	Ost / Cheese	Mjölkäggvita / Milk egg white
Filmjök / Fermented milk	Mjukost / Soft cheese	Torrmjölkspulver
Yoghurt / Yoghurt	Ostpulver / Cheese powder	/ Dried milk powder
Grädde / Cream	Messmör / Soft whey cheese	Skummjölkspulver
Gräddpulver	Mesost / Whey cheese	/ Skimmed milk powder
/ High-fat milk powder	Smör / Butter	Mjölkalbumin / Milk albumin
Gräddfil / Sour cream	Margarin / Margarine	Natriumkaseinat
Crème / Crème fraîche	Vegetabiliskt margarin*	/ Sodium caseinate
Glass / Ice cream	/ Vegetable margarine*	Kasein / Casein
Keso / Cottage cheese	Ströbröd / Breadcrumbs	Vassle / Whey
Kesella / Curd cheese	Skorpsmutor / Crumbed rusks	Laktos** / Lactose**
Kvarg / Quark	Mjökprotein / Milk protein	

\* However, in accordance with provisions, vegetable fat should not contain milk protein.

\*\* In common foods lactose may contain traces of milk protein.

## Tasty recipes

### Gruel and porridge without gluten

#### BUCKWHEAT GRUEL

2 DL WATER  
1 TBSP BUCKWHEAT FLOUR  
6 SCOOPS PEPTICATE

Mix water and buckwheat flour in a saucepan. Bring to a boil and cook for a few minutes while stirring. Remove from heat, let cool slightly and whisk in Pepticate.

#### CORN STARCH (MAIZENA) GRUEL

2 DL WATER  
2 TBSP CORN STARCH  
6 SCOOPS PEPTICATE

Mix water and corn starch in a saucepan. Bring to a boil and cook for a few minutes while stirring. Remove from heat, let cool slightly and whisk in Pepticate.

#### CORN STARCH GRUEL

2 DL WATER  
1 1/2 TBSP CORN STARCH  
6 SCOOPS PEPTICATE

Mix water and corn starch in a saucepan. Bring to a boil and cook for a few minutes. Remove from heat, let cool slightly and then mix in Pepticate. Serve with some fruit puree, provided that the fruit puree has been introduced, and with Pepticate mixture.\*

