Food Challenge Day

*What to Bring*

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| **Egg** | Scrambled egg or hardboiled egg (bring at least 2 eggs) along with preferred sauces previously tolerated (e.g., ketchup, mild salsa, etc.)  Please also bring French toast (homemade) -1 piece of bread dipped in at least one whole egg and cooked along with toppings (e.g., syrup, powdered sugar). We will offer this in case your child refuses scrambled or hardboiled egg. |
| **Baked Egg** | Please prepare muffin recipe and bring to the appointment.  Call 214-456-2084 if you need the recipe. |
| **Milk** | Bring at least 8 ounces cow’s milk (bring chocolate milk if you have a picky eater)  OR  Standard Infant Formula - cow’s milk based (under 12 months of age) or Yoplait yogurt (Vanilla or Plain) |
| **Baked Milk** | Please prepare muffin recipe and bring to the appointment.  Call 214-456-2084 if you need the recipe |
| **Wheat** | Bring 10 Nabisco TRISCUIT ORIGINAL  to the appointment.  For infants, bring cream of wheat and either formula or breastmilk and baby food to mix with the cream of wheat cereal. |
| **Soybean** | Bring 8 ounces of Silk soy milk (vanilla or chocolate flavor is fine)  OR  Bring ¼ cup of cooked edamame (soybeans)  May also bring one container of soy yogurt |
| **Peanut** | We provide peanut butter, but you may also bring Reese’s peanut butter cups king size pack for older kids that do not have a milk allergy |
| **Tree nuts** | * Almond: 11 almonds or almond butter * Cashews:10 cashews or a cashew butter * Hazelnuts: 15 hazelnuts or a hazelnut spread (\*NOT Nutella) * Pecans:13 whole pecans or pecan butter * Pistachios: 20 pistachios * Walnuts:10 walnuts or walnut butter * Coconut: Goya brand coconut milk preferred (at least 3 ozs)   \*Please bring nuts in the shell or if shelled, preferred brands for tree nuts include the following:   * Almond: Barney Butter Smooth Almond Butter or Barney Butter Powdered Almond Butter * Cashew: Sunshine Brand or cashew butter (Kevala brand) * Hazelnut: Aznut roasted hazelnuts or Vor Pure Hazelnut butter if a hazelnut spread is preferred * Pecan: Bedroll Pecan company or Guidry Farms (pecan butter) * Pistachio: Wonderful Brand pistachios * Walnut: Oh! Nuts brand or Crazy Go Nuts Plain walnut butter   \*If you bring a nut butter, please make sure that the tree nut is the only ingredient with or without a flavoring additive and/or preservative (e.g., sea salt, sugar, palm oil, etc.)  \*If you are unable to purchase the above brands, please bring the nut brand that is available in your local grocery store. If necessary, we will rinse them prior to the challenge to minimize the risk of cross-contamination. |
| **Fish** | 1 filet size of cooked fish (at least one ounce) - codfish, salmon, or tuna.  \*Please do not bring canned fish (e.g., canned salmon, canned tuna) unless specifically instructed by your provider. |
| **Shellfish** | 10 cooked shrimp (at least 3 ounces) or at least 3 ounces of other cooked shellfish |
| **Seeds** | Sesame seed (bring tahini)  Sunflower seed (Sunbutter brand of sunflower seed butter preferred) |
| **Beans**  **Vegetables**  **Fruits**  **Meats** | 1 cup cooked beans  1 cup cooked vegetables  1 cup fresh fruit  4 ounces of cooked meat |
| **FPIES challenges** | Bring one serving size of the challenge food.  For example- for rice: bring one serving size as listed on the package of either cooked rice, or rice cereal |