

Suggested Foods for Oral Challenges

Food Group	Examples	Amount to bring
Milk	<ul style="list-style-type: none"> • Cow's Milk • Cow's Milk Based Formula • Greek Yogurt • Items can be flavored only if previously tolerated flavoring 	<ul style="list-style-type: none"> • 8-16 ounces • 8-16 ounces • 1 cup
Soy	<ul style="list-style-type: none"> • Soy Milk • Soy Based formula • Soy Yogurt • Items can be flavored only if previously tolerated flavoring 	<ul style="list-style-type: none"> • 8-16 ounces • 8-16 ounces • 1 cup
Egg	<ul style="list-style-type: none"> • Egg- scrambled or hard boiled • 1 slice of French toast (1 egg per slice of bread) 	<ul style="list-style-type: none"> • 2 eggs • 2 slices
Peanuts	<ul style="list-style-type: none"> • Peanut butter • Peanut butter puffs such as Bamba • Whole peanuts • Peanut Butter or Peanut M&Ms 	<ul style="list-style-type: none"> • 8 ounce jar • 1 large bag or 2 single serve prepackaged bags • 32 whole peanuts • 2- 1.75oz bags
Tree Nuts (almond, hazelnut, walnut, pecan, cashew and pistachio)	<ul style="list-style-type: none"> • Nut Butter • Whole Nuts • Nuts must not be cross contaminated with other tree nuts 	<ul style="list-style-type: none"> • 8 ounce jar • Bag- will be using 15-30 whole nuts based on size
Sesame	<ul style="list-style-type: none"> • Tahini Paste • Sesame seed butter 	<ul style="list-style-type: none"> • 8 ounce jar
Wheat	<ul style="list-style-type: none"> • Cream of wheat • Whole wheat pasta (cooked) • Whole wheat bread • Whole wheat crackers 	<ul style="list-style-type: none"> • 2 single serve packages • 2 cups • 3 slices of bread • box
Oats	<ul style="list-style-type: none"> • Oatmeal- Plain • Items can be flavored if previously tolerated flavoring 	<ul style="list-style-type: none"> • 2 single serve packages of instant oatmeal
Rice	<ul style="list-style-type: none"> • Rice (cooked) 	<ul style="list-style-type: none"> • 1 cup
Meats, fish and shellfish	<ul style="list-style-type: none"> • Meat or fish (cooked) • Shrimp (fresh/frozen-cooked) • All meats/fish should be non-breaded and only seasoned with salt/pepper 	<ul style="list-style-type: none"> • 6 ounces
Baked Milk	<ul style="list-style-type: none"> • Recipe will be given by Allergy 	<ul style="list-style-type: none"> • Bring entire recipe
Baked egg	<ul style="list-style-type: none"> • Recipe will be given by Allergy 	<ul style="list-style-type: none"> • Bring entire recipe

*** Amount to be used will be determined by your provider based on type of food and age of the child.

You will be bringing more food than what is expected to eat.

Make sure product is already cooked. ***