



OIT TIPS AND TRICKS

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OIT Tips & Tricks

Daily dosing can be stressful and a real struggle

DISCLAIMER: Manufacturing practices and ingredients can change at any time without notice and readers are always responsible for assuring allergen safety for yourself prior to buying or consuming foods

General Recommendations

Some kids prefer savory; ketchup, salsa, or curry while some prefer sweet

Cinnamon, mint, and Peppermint extracts add spiciness that may help to cover up many flavors

Remember that the most important goal is to get the child to eat their entire dose as easily as possible

Make sure the dose is given after a meal or heavy snack when stomach is not empty!

When combining flours with applesauce, mix the dose in and let it sit for a few minutes so the flours absorb the moisture

To help alleviate the start of an itchy mouth, eat something cold, like ice cream

Use a delicious chaser after your dose to “chase” and get rid of the dose taste

Freezing decreases the flavor of nuts and peanuts

Suggestions for nut dosing

In general, chocolate enhances the nut flavor, while mint and citrus mask the flavor better

Choose foods with strong flavors to hide the OIT food or mix in the dose

It may be easier to eat whole nuts instead of its equivalent in nut flour

Eat some crackers before the dose, so that the molar grooves fill with crackers instead of nuts

If your child has braces, he may not be able to chew whole nuts and you may need an alternative

Mix dose with fruits that have seeds

Add crushed nuts to ice cream

Eat the dose together with corn chips to mask the crunch of the nuts



Creative Ideas to incorporate food OIT doses

- **If you are doing OIT to multiple foods, try to combine a liquid with one or more solids**
- **Stir the dose into applesauce**
- **Stir the dose into Snack Pack chocolate pudding**
- **Stir the dose into dairy-free pudding**
- **Stir into oatmeal**
- **Mix dose into a milkshake**
- **Mix dose into orange juice or mango nectar**
- **Mix dose into a fruit smoothie**
- **Mix dose into a banana Oreo smoothie**
- **Mix dose into chocolate milk**

Creative ideas to incorporate food OIT doses

- **Mix dose into a hot chocolate with peppermint extract for extra masking effect**
- **Mix dose into yogurt**
- **Mix dose into drinkable yogurt or kefir**
- **Pull a big marshmallow apart into 2 pieces, sprinkle dose in the center, and re-stick the top piece back on Dandies vegan marshmallows**
- **Mix dose into the filling of a Double Stuf Oreo**
- **Mix dose into chocolate frosting**
- **Mix dose into whipped cream**
- **Mix dose into chocolate syrup**
- **Mix dose with ice cream**
- **Mix dose into maple syrup to top pancakes or waffles**


Creative ways to incorporate food OIT doses

- **Incorporate into chocolate**
- **Add the dose flour under the cheese of a cooked pizza**
- **Mix dose with refried beans and serve as a dip or spread on a tortilla**
- **Add dose into a cheese quesadilla**
- **Add dose into a cheeseburger**
- **Add dose into a burrito**
- **Add dose into spaghetti sauce**
- **Add dose into the middle of a sandwich**
- **Chips and dip**
- **Mix the dose into salad dressing**



Creative ideas for incorporating food OIT doses

- **Mix dose into ketchup or BBQ sauce**
- **Mix dose into sunflower seed butter**
- **Mix dose into mashed potatoes**
- **Add the dose to Oatmeal Date Balls**
- **Eat nuts together with Andes Mints chocolate or Enjoy Life chocolate chips**
- **Make a fruit smoothie**
- **Spread chocolate tahini on crackers**
- **Dip marshmallow into chocolate tahini**
- **Sprinkle sesame seeds onto rice**
- **Sprinkle sesame seeds onto sushi**
- **Stir sesame seeds into oatmeal**



**Additional options
for peanut ONLY –
Beware of cooking
or baking other OIT
foods**

Muffin or cupcake, stir
1 dose into each muffin
before baking

Cookie, mix 1 dose in
each cookie before
baking

Brownies, portion out
batter and mix 1 dose
per brownie before
baking

Cook dose into
individual pancakes

Cook dose into
individual waffles

Cook dose into crepes

Cook dose into omelets

Bake peanut butter into
a Rice Crispy Treat