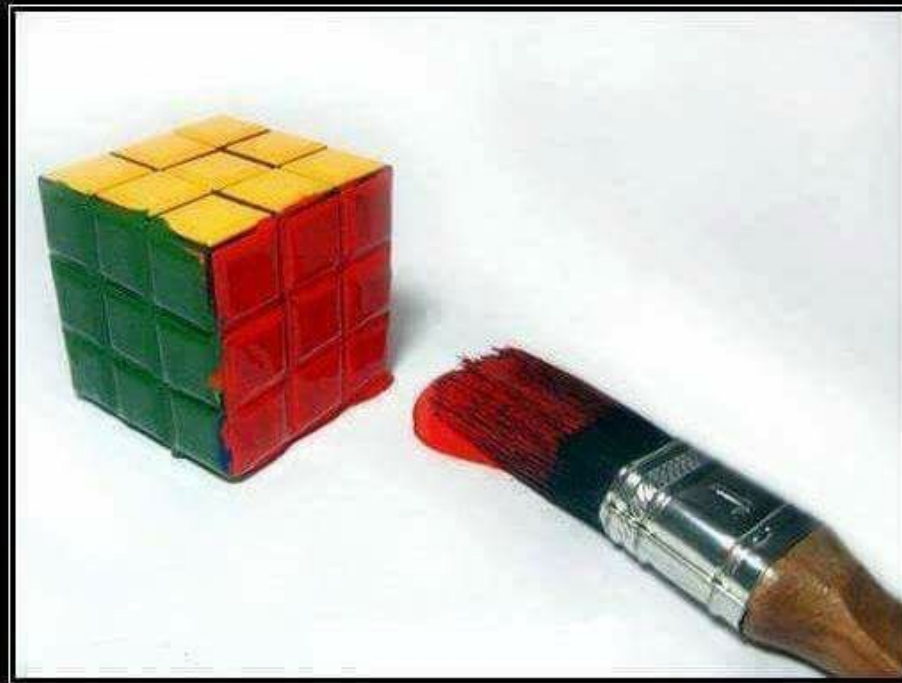


# Home Dosing Flexibility

There are solutions



Even to the hardest  
problems

Tom Chacko  
Jean Ly

# Home Dosing Flexibility Strategies

## Small incremental dosing

- 2/3 dose in office, add the other 1/3 one week later at home
- 10% increases at home ~every 1-2 weeks (international)

## Telemedicine up-dosing

- 21 patients 6 mon. to 17 years
- 130 up-doses via telemedicine
- From first day starts to 500 mg peanut protein
- 8 adverse reactions (6.2% of up-doses) in 5 patients
  - all mild reactions. No epi

# OIT MATH



## Nutrition Facts:

---

Serving Size 2 tbsp (30g)

---

Servings per container 30

---

Protein 12g

---

# OIT MATH

“How much protein is in your OIT dose?”

Food weight (g) x %protein =  
protein weight (g)

Ex: Kevala sesame flour has  
40% protein (12 g/30g=0.4)

- Thus, 0.5 g sesame flour x 0.4 = 0.2 g protein

# OIT MATH

“I want a certain amount of protein, what’s my desired OIT dose to weigh?”

Desired protein amount (g) ÷ % protein  
= OIT dose (g)

Ex: Kevala sesame flour has 40% protein (12 g/30g=0.4)

- Thus, 0.2 g sesame protein ÷ 0.4 = 0.5 g sesame flour

# Common Food Equivalencies



[FOOD SEARCH](#) | [COMPONENT SEARCH](#)

[Search Operators](#)

☒ Require All Words

[Reset](#)

[Search](#)

**Helpful Links**  
[Search Tips](#)

[ARS HOME](#) › [FOODDATA CENTRAL](#) › [FOOD SEARCH](#)

<b>Foundation Foods</b> <b>(184)</b>	<b>SR Legacy Foods</b> <b>(7,793)</b>	<b>Survey Foods (FNDDS)</b> <b>(7,083)</b>	<b>Branded Foods</b> <b>(394,508)</b>	<b>Experimental Foods</b> <b>(26)</b>
---	--	---	--	--

## Foundation Foods

- Data for food components including nutrients derived from analyses, and metadata for a range of single foods and ingredients providing insights into variability. Foundation Foods highlight information on samples and acquisition details.
- Documentation and further details about Foundation Foods [https://fdc.nal.usda.gov/docs/Foundation\\_Foods\\_Documentation\\_Apr2021.pdf](https://fdc.nal.usda.gov/docs/Foundation_Foods_Documentation_Apr2021.pdf)



# Peanut Conversions (250 mg protein/peanut)

- Peanut Butter
- General ~1 tsp = 4-5. peanuts
- Jif and Santa Cruz Organic  
are tree nut free
- Peanut Butter & Co. 1 tsp = 4  
peanuts: Cinnamon Raisin  
Swirl, White Chocolate  
Wonderful, Dark Chocolate  
Dream, The Bee's Knees, and  
Mighty Maple
- PB Powder
- Ranges from 42- 46% protein
- 1 tsp = 0.8-1 gm protein (3-4  
peanuts)
- Tru nut is tree nut free



# Controversial Products- Always under dose first

## Peanut M&M's

- ~ 1/3<sup>rd</sup> of peanut/M&M
- Reese's Pieces Candy (candy shell)
  - ~ 50 mg protein/piece
- Reese's Peanut Butter cups:
  - 1.5 oz package = ~7 peanuts
  - Wrapped gold foil: 1 piece weighs ~9 gm and contains ~3 peanuts

## Bamba

- An average Bamba stick weight 850 mg, & 100 mg peanut protein
- One peanut = ~3 bamba sticks





TABLE I. Protocol options for CPP-OIT

Week no.	Hybrid (PB2* then Bamba†)	PB2*-Only	Bamba†-Only
0	28.8 mg PB2 (12 mg PP)	First-day escalation (every 15-30 min)	1/8 Bamba stick (~10 mg PP)
		0.24 mg PB2 (0.1 mg PP)	
		0.48 mg PB2 (0.2 mg PP)	
		0.96 mg PB2 (0.4 mg PP)	
		1.92 mg PB2 (0.8 mg PP)	
		3.6 mg PB2 (1.5 mg PP)	
		7.2 mg PB2 (3 mg PP)	
		14.4 mg PB2 (6 mg PP)	
2	60 mg PB2 (25 mg PP)	28.8 mg PB2 (12 mg PP)	1/4 Bamba stick (~20 mg PP)
4	120 mg PB2 (50 mg PP)	60 mg PB2 (25 mg PP)	1/2 Bamba stick (~40 mg PP)
6	1 Bamba stick (~80 mg PP)	120 mg PB2 (50 mg PP)	1 Bamba stick (~80 mg PP)
8	1.5 Bamba sticks (~120 mg PP)	180 mg PB2 (75 mg PP)	1.5 Bamba sticks (~120 mg PP)
10	2 Bamba sticks (~160 mg PP)	240 mg PB2 (100 mg PP)	2 Bamba sticks (~160 mg PP)
12	3 Bamba sticks (~240 mg PP)	300 mg PB2 (125 mg PP)	3 Bamba sticks (~240 mg PP)
14	4 Bamba sticks (~320 mg PP = maintenance dosing)	374.4 mg PB2 (156 mg PP)	4 Bamba sticks (~320 mg PP = maintenance dosing)
16	Maintenance dosing	468 mg PB2 (195 mg PP)	Maintenance dosing
18	Maintenance dosing	588 mg PB2 (245 mg PP)	Maintenance dosing
20	Maintenance dosing	720 mg PB2 (300 mg PP = maintenance dosing)	Maintenance dosing

# Tree Nut Conversions

## Cashew

- Elmhurst Cashew Milk
  - Maintenance 40 ml (2.5 cashews)
- Fitters/Artisana Cashew Butter
  - Maintenance  $\frac{1}{2}$  (2 cashews)
- Georgia Grinders Cashew Butter
  - Maintenance ~1 tsp (2.5 cashews)

## Hazelnut

- Fitters Hazelnut Butter
  - Maintenance ~ 1 tsp (4 hazelnuts)
- Hazelnut milk
  - 65 ml ( 2.5 hazelnuts)

## Walnut

- Elmhurst Walnut Milk
  - Maintenance 40 ml (1 walnut)
- Fitters/Artisana Walnut Butter
  - Maintenance  $\frac{3}{4}$  to 1 tsp (1 walnut)
- Wellness Farms Walnut Butter
  - Maintenance 1 tsp (~1 walnut)



# Egg OIT Conversions

- Our top dose: 16ml of egg white liquid (1.7 gm protein or ~ ½ egg)
- Liquid (Egg Beaters, Egglands, and All Whites)
- Egg white powder, Barry Farm
- After top dose, come back in 2-3 months for a two whole egg challenge (scrambled or however you like it)
- Once you pass the whole egg challenge, continue on the equivalent of 1/2 egg a day for ongoing maintenance
- Slowly incorporate egg containing foods

# Milk OIT Conversions

## **Fairlife Whole Milk:**

- 54.2 mg/ml (regular milk has 33.3 mg/ml)
- 75 ml of Fairlife = 120 ml regular milk

## **Ice Cream:**

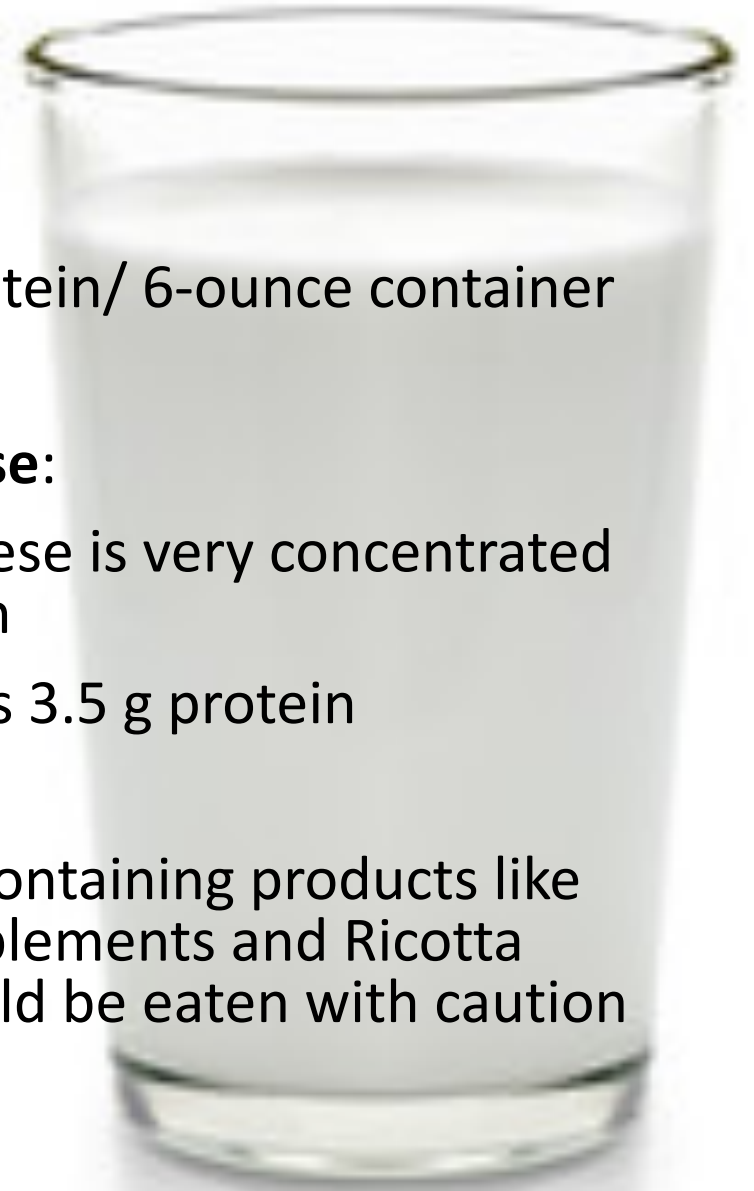
- 1/2 cup ice cream ~ 2.3 gm milk protein

## **Yogurt:**

- ~ 5-15 g protein/ 6-ounce container

## **Cottage Cheese:**

- Cottage cheese is very concentrated dairy protein
- One ounce is 3.5 g protein
- High whey containing products like protein supplements and Ricotta cheese should be eaten with caution





# Wheat OIT Conversions

- **Frosted Mini-Wheats:** (21 biscuits=54 gm = 5 gm wheat protein)
- **Wheat Chex:** 1 gm has 100 mg wheat protein, 10% protein
- **Triscuit:** 6 crackers (28 gm) has 3 gm of protein, 11% protein
- **Dave's Awesome Bagel :** broader scope of grains
  - maintenance 1/3 to ½ bagel daily
- **Druids Grove Vital Wheat Gluten Flour-** Top dose 5.7 g



# Transition to dietary incorporation of the OIT food

## Controversial

What is “Free-eating”?

Egg milk Wheat?

When do we stop having a rest period?

How much can we accidentally eat without a rest period?

Do you dose milk on a day when you eat 2 pieces of pizza?