



OIT TIPS AND TRICKS



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**
 - **A Snack Pack chocolate pudding**
 - **Dairy-free pudding**
 - **Oatmeal**
- **Mix the dose into**
 - **A milkshake**
 - **Orange juice or mango nectar**
 - **A fruit smoothie**
 - **A banana Oreo smoothie**
 - **Chocolate milk**

Creative ideas to incorporate food OIT doses


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

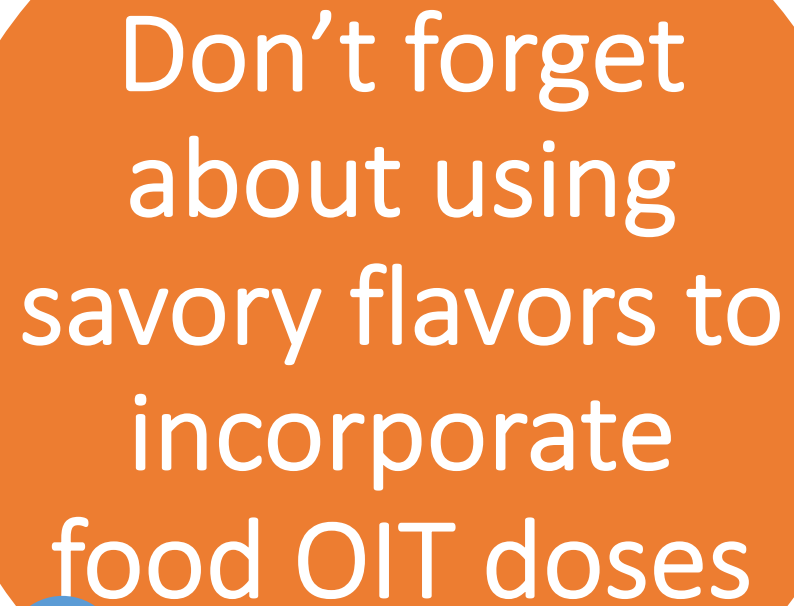
Creative ways to incorporate food OIT doses

- **Incorporate into chocolate**
- **Make a nut single dose bar with melted chocolate (add raisins)**
- **Add the dose flour into**
 - **A cheese quesadilla**
 - **A cheeseburger**
 - **A burrito**
 - **Spaghetti sauce**
 - **The middle of a sandwich**
 - **A cooked pizza between the crust and the cheese**
- **Mix the dose**
 - **Into salad dressing**
 - **With refried beans and serve as a dip or spread on a tortilla**
 - **With any kind of chip dip and serve with seasoned chips**



Creative ideas for incorporating food OIT doses

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- **Mix the dose into**
 - **Ketchup or BBQ sauce**
 - **Sunflower seed butter**
 - **Mashed potatoes**
 - **Oatmeal Date Balls**
 - **A fruit smoothie, add raspberry or orange extract to mask flavors**
 - **Eat nuts together with Andes Mints chocolate or Enjoy Life chocolate chips**
 - **Spread chocolate tahini on crackers**
 - **Dip a marshmallow into chocolate tahini**
 - **Sprinkle sesame seeds onto rice or onto sushi**
 - **Stir sesame seeds into oatmeal**



Don't forget
about using
savory flavors to
incorporate
food OIT doses

- **Mix the dose into**
 - **Ranch dressing**
 - **Ketchup**
 - **BBQ sauce**
 - **Chili**
 - **Salsa**
 - **Curry**
 - **Hoisan sauce**



Change the characteristics of the OIT food

- **Add one or two drops of food coloring to a liquid to change the color. This is most likely to be effective for young children**
- **Change the texture of the OIT dose by mixing it into different vehicles**
 - **A smoothie**
 - **Pudding**
 - **Mashed potato**
 - **Refried beans**
- **Add crunch to the dose by**
 - **Serving with crackers or chips**
 - **Adding seeds to a semi-solid vehicle**
 - **Adding granola to a semi-solid vehicle**



Alternative forms of peanut

- Tru Nut powdered peanut butter (tree nut free)
- PB2 peanut butter powder
- Peanut butter (consider flavored)
- Bamba
 - An average Bamba stick weighs 850 mg
 - Contains ~100 mg peanut protein
 - ~3 Bamba sticks = 1 peanut
 - Alternatives may be different
- Peanut M&M's (regular size)
 - ~1/3rd 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 g
 - Contains ~3 peanuts





Additional options for peanut ONLY

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

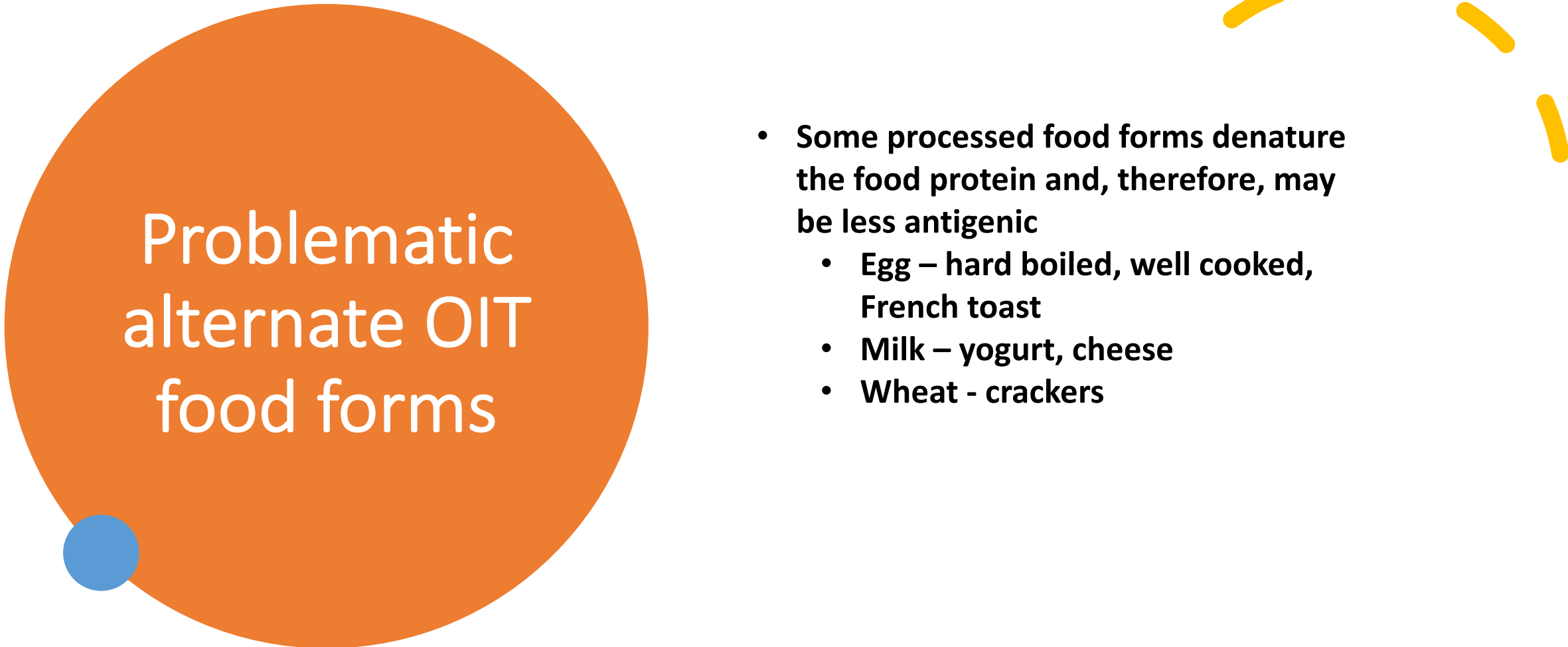
Cook dose into
omelets



Alternate OIT food forms



Food	Alternative Forms
Egg	Liquid egg whites, powdered egg whites
Legumes	Beans, bean flours
Milk	Whole milk, non-fat dry milk
Nuts	Whole nuts, flours, butters
Seeds	Whole seeds, flours, butters
Wheat	Vital wheat gluten, lightly baked wheat products



Problematic alternate OIT food forms

- **Some processed food forms denature the food protein and, therefore, may be less antigenic**
 - **Egg – hard boiled, well cooked, French toast**
 - **Milk – yogurt, cheese**
 - **Wheat - crackers**

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OOT Words To Live By

- **You can lead a horse to water but you can't make him drink.**
- **When life gives you lemons, make lemonade.**
- **Variety is the spice of life.**
- **The proof of the pudding is in the eating.**

