



FAST 2024

# 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

## Check

- Check milk and egg expiration dates when mixing dilutions

## Remember

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

## Dose

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

## Alleviate

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

## Store

- Store foods, nuts and flours in the freezer to prolong expiration dates. (Freezing will decrease flavor of nuts)



# General Recommendations (continued)

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

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

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

# 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

# Approved OIT Food List

- **Egg:**  
Any liquid egg white with protein content of 5g per 3 TBSP = 1 egg.
- **Milk:**  
Horizon Organic Whole Milk – any brand whole milk with 8g protein per 1 cup serving.
- **Sesame:**  
Unhulled raw white sesame seeds, Pepperwood Organic Stone-Ground Whole Sesame Tahini, Kevala Organic Whole Sesame Flour
- **Wheat:**  
Druids Grove Vital Wheat Gluten flour
- **Peanut: Tree Nut Allergic:**  
Peanuts roasted in the shell and salted, America's Best Nut Co (Bee Line or Sea Salt)  
Peanut Butter and Co flavored peanut butter (cannot use cinnamon raisin), TruNut powdered peanut butter (6g of protein per serving), PB2 powdered peanut butter, Bamba peanut butter puffs (contains soy and wheat), Trader Joe's Bamba peanut butter puffs – stay on one brand for entire escalation
- **Peanut: Not Tree Nut Allergic:**  
All products listed above, Peanut M&MS (not peanut butter M&Ms)

# Approved OIT Food List

*(continued)*

- **Cashew:**

Arisana cashew butter, Any brand roasted cashews (not tree nut/peanut allergic), Elmhurst Cashew Milk, Cashew Flour – nuts.com (Packaged in same facility as peanut/tree nut/soy/milk)

- **Hazelnut:**

Fastachi Roasted Hazelnut butter, Elmhurst Unsweetened Hazelnut milk, Holmquist Hazelnut Orchards (dry roasted) (tree nut/peanut allergic), Any brand roasted hazelnuts (not tree nut /peanut allergic)

- **Walnut:**

Fastachi Walnut Butter, Crazy Go Nuts walnut butter, Elmhurst Walnut milk, Trader Joe's walnut pieces (tree nut/peanut allergic), Any brand of walnut (not tree nut/peanut allergic), Walnut meal – nuts.com (Packaged in same facility as peanut/tree nut/wheat/soy/milk)

# Creative Ideas to incorporate food OIT doses

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**If you are doing OIT to multiple foods, try to combine a liquid with one or more solids**

- Stir the dose into applesauce, Snack Pack pudding, dairy-free pudding, oatmeal
- Mix dose into a milkshake, orange juice, smoothie, chocolate milk, double stuf oreo, whipped cream, cake frosting, ice cream, yogurt, hot chocolate with peppermint extract for extra masking effect, cookie dough
- Pull a big marshmallow apart into 2 pieces, sprinkle dose in the center, and re-stick the top piece back on Dandies vegan marshmallows
- Eat nuts together with Andes Mints chocolate or Enjoy Life chocolate chips



## Creative Ideas *(continued)*

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- 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, cheeseburger, burrito, spaghetti sauce, into the middle of a sandwich, Chips and dip, into salad dressing
- Mix dose into ketchup or BBQ sauce, sunflower seed butter, mashed potatoes
- Sprinkle sesame seeds onto rice, sushi, oatmeal

# Additional options for peanut ONLY

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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

# OIT Checklist for Home Dosing

Patient Name: \_\_\_\_\_

## OIT Check-in Form

We are introducing a new measure to confirm the food doses that our OIT patients have been receiving at home since their last visit. **You must complete this form to be seen for your updose visit.** Please let the clinical staff know if you have any questions.

<b>Food</b> <i>(i.e. - Cashew, Milk, Sesame, etc.)</i>	<b>Amount and Units</b> <i>(i.e. - g, mg, mL)</i>	<b>Type of Dose</b> <i>(i.e. - solution, nut, milk, etc.)</i>	<b>If solution, list concentration</b> <i>(If not sol. - N/A)</i>

Did you experience any problems dosing at home since last visit? *(i.e. missed doses, reduced doses, vomiting, illness, etc.)*