

A nighttime photograph of a city skyline reflected in water. The skyline features several prominent buildings, including a tall tower with a spherical top on the left, a building with green lighting, and a large building with blue horizontal lighting. The lights from the buildings and streetlights are reflected in the water, creating a vibrant, colorful scene. The text "FOOD PREPARATION FOR OIT/SLIT" is overlaid in white, bold, sans-serif font across the middle of the image.

FOOD PREPARATION FOR OIT/SLIT

OIT and SLIT Supplies

The day 1 build up day includes the prepared solution mixed and dispensed per protocol.

Supplies used for mixing solution can include:

- ▶ Liquid measuring cup
- ▶ Distilled water
- ▶ 30ml Syringe
- ▶ Gram Scale
- ▶ Medicine dosing cups
- ▶ Kool-Aid
- ▶ Mortar and Pestle
- ▶ Labels
- ▶ 50% Glycerin for SLIT solution
- ▶ Orifice reducers
- ▶ Bottles and syringes provided for home dosing.
- ▶ Microspoons
- ▶ OIT or SLIT binder with FAQ's, illness and dental instructions, and OIT approved food list.

FOOD OIT/SLIT PREPARATION

- ▶ **Once solution is mixed, how long is it good?**
- ▶ In our experience milk and egg are good for 2 weeks providing the food does not expire during that period of time. Nuts and other foods can keep up to 4 weeks refrigerated. Patient syringes should be rinsed between dosings so the solutions are not contaminated.
- ▶ **How do you get the nut meals to mix in solution?**
- ▶ We mortar and pestle most of the nut meals with the exception of peanut and cashew to break down the hull. You can also use a dedicated coffee grinder for each nut. Elmhurst milks can also be used instead of the nut meals.

How many bottles and syringes does each patient use?

Each patient is charged a supply fee that includes 3 bottles per food, unlimited syringes and a weigh scale. The supply fee takes in account the supplies as well as staff mixing time to prepare solutions. Each patient is instructed to return their clean bottle at each updose appointment. A new bottle is prepared with solution. A spare bottle is kept on hand if needed. A plastic bin is labeled with a patient name. Supplies are stored in the bin for the duration of the solution phase of dosing. Bins can then be recycled for other patient use.

How do you store your foods for OIT?

- ▶ Nut meals, nuts and seeds are stored in the freezer in their original packaging and used for up to 1 year.
- ▶ Nut milks can be placed in ice cube trays and frozen. Once frozen the cubes can be placed in a freezer bag and thawed in the refrigerator when needed.

Supply setup/preparation station



Designated refrigerator for OIT Foods



Designated Observation Room



Color Coding Solutions/capsules

- ▶ To recognize solutions stored in the refrigerator and to enhance taste, solutions are color coded using Kool-Aid. For an example, peanut solution is flavored with grape kool-aid. The colors are easily identifiable with the OIT solutions for various foods. This approach can enhance dosing safety for patients.
- ▶ Why use kool-Aid? It is inexpensive, nonallergenic and has a longer expiration date than juice. Solutions can be prepared with no additives. Solutions can also be made with no flavoring.
- ▶ Prepared solution bottles are labeled with the patient's name, food, and dose and are stored in a plastic bag with a syringe.
- ▶ Patients are encouraged to bring other foods or drinks to mix their dose in.
- ▶ Capsules can be compounded from a local pharmacy for foods using a powder or meal.

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:**
Anthony's 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, Mighty Me peanut puffs, PB2, 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)

Suggestions for Masking OIT foods

- ▶ Choosing different methods of eating the dose may make the dose more palatable such as whole, crushed, powder or liquid.
- ▶ Some kids prefer savory over sweet.
- ▶ Chocolate can enhance a nut flavor, while mint and citrus mask the flavor.
- ▶ Cinnamon and peppermint can add spiciness to cover up the flavor.
- ▶ Foods with strong flavors such as tomato, coffee or cheese can also mask flavors.
- ▶ Take the amount of the dose in consideration. The equivalent in flour instead of the whole nut.
- ▶ Cold or frozen treats can also help mask the flavor.

Dealing with taste Aversions

- ▶ Mix the smallest amount of the food with the dose so the entire dose is consumed.
- ▶ Give the child a say on how they take the dose.
- ▶ Have the child participate in preparing their doses.
- ▶ Have the child create a recipe or pick the food that is mixed with the dose.
- ▶ Trying different methods until something works.
- ▶ Switching up the dosing vehicle maybe necessary. Use a variety of foods.
- ▶ For young children using the clear food pouches and mixing the dose so they can eat it themselves.