

FOOD CHALLENGE INFORMATION

You, or your child, have been booked for a food challenge. For this appointment, please bring the following food item:

Milk: 500ml may be chocolate, 1%, 2%, homo (as a back up in case child refuses milk: 2 cups of yogurt – flavoured is acceptable)

Baked Milk: 2 medium sized muffins or equivalent. Ingredients must include minimum 1 cup of flour to 1 cup of milk (ie can have 2 cups of flour and 1 cup of milk, but NOT 2 cups of flour and 3 cups of milk). Must be baked at 350 degrees for minimum of 30 minutes

Egg: 2 large cooked eggs. Can be scrambled, or made in French toast (must be one large egg per one piece of bread) (**not** boiled or fried eggs)

Baked Egg: 2 medium sized muffins or equivalent. Ingredients must include minimum 1 cup of flour to 1 egg (ie can have 2 cups of flour and 1 egg, but NOT 2 cups of flour and 3 eggs). Must be baked at 350 degrees for minimum 30 minutes

Peanuts or tree nuts: ~20 peanuts or tree nuts **out of shell**, not crushed. May bring chocolate covered nuts, as long as they are whole and not crushed (ie peanut M&Ms, chocolate covered almonds, etc)

Meat/fish: ~10 grams of cooked meat/fish. This can be seasoned with any seasoning that you normally can tolerate (no new seasoning)

Shellfish: out of shell, cooked thoroughly. ~4 lobster claws/4 crab legs/1 can lobster or crab/15 medium-large shrimp/10 scallops (medium/large, NOT bay scallops)/8-10 oyster/clam/mussel out of shell. Can be seasoned with anything that you normally tolerate (no new seasoning)

Fruit and vegetables: bring whole fruit or vegetable, washed and sliced (not diced)

****You may bring dips and sauces that you/your child can normally eat (do not bring items that have not been tried before). As well as snacks and drinks****

IMPORTANT

- For young children, they may need to consume a significant amount of food being tested. Please plan snacks/breakfast accordingly. The challenge may be stopped if the child is too full to continue, and a new challenge will have to be rebooked at a different date
- If on the morning of your appointment you have any of the following:
 - Hives/rash, fever, cough, asthma symptoms, or cold/flu symptomsPlease call the clinic to rebook your appointment. We will be unable to do the challenge. You will not be charged a no show fee for this.
- If you take heart/blood pressure medications – beta-blockers or ace inhibitors, please let the staff know prior to the challenge