

# MAIN LINE ALLERGY, LLP

www.mainlineallergy.com

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## FOOD CHALLENGE INSTRUCTIONS

- Food challenges are scheduled in the early morning or early afternoon. Please arrive on time, as this slot has been reserved especially for you. We appreciate 48 hours notice if you must reschedule.
- You will be asked to provide the food we are using to challenge, as well as additional foods to mask the taste, including condiments (ketchup), syrup, crackers, ice cream, pudding, yogurt or ice cream. Please provide the foods in separate containers and with additional packaging, if possible. The food you are bringing to the challenge must be free of other contaminants (i.e., other nuts). If you are unsure of what to bring, please call.
- An empty stomach is ideal, but a light meal may be given, if needed.
- Plan to be in the office for at least 4-5 hours during the challenge. Feel free to bring along entertainment for your child such as books, electronic devices with chargers, etc. (WIFI password provided.) Bring a change of clothing in case your child has a reaction.

- **In the week prior to the challenge, IF YOUR CHILD SHOULD BECOME ILL, HAVE COUGH OR WHEEZING OR HAVE AN OUTBREAK OF HIVES OR ECZEMA, please call so we can determine if it is safe to proceed with the food challenge.**

- **STOP ALL ANTIHISTAMINES** (i.e., Zyrtec, Allegra, Claritin, Benadryl or any other medication including over-the-counter cold/allergy medications containing antihistamine) for 5 days prior to the challenge.

## FOODS

- Egg:** 1 hardboiled egg or 1 scrambled egg or 1 piece of French toast made with 1 egg each. Please bring items your doctor requested or all 3 options.
- Wheat:** 1 slice wheat bread or Wheat Chex cereal
- Milk:** Any brand cow's milk (plain preferred). Chocolate milk is an option.
- Soy:** Any brand soy milk (flavored or unflavored), or edamame for adults.
- Peanut:** Peanut butter.  
**For Dr. Becker:** Bring peanuts in shell AND whole Peanut M&Ms AND Reese's peanut butter cups. For 2 years and younger, bring BAMBA AND peanut powder with a food to mix with the peanut powder in a separate container (applesauce, yogurt, pudding).
- Tree Nuts:** Shelled tree nut or Tree Nut Butter (i.e., Barney Almond Butter, Cashew Butter, etc.)  
**\*CANNOT USE IF LABEL SAYS PROCESSED IN FACTORY WHERE OTHER TREE NUTS ARE PROCESSED.\* Bring in original package.**
- Shellfish:** Shrimp, Crab, Lobster, Oyster, Mussel, etc. (purchased in Seafood Section and cooked at home). Amount brought should be equivalent to a normal serving size.

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## **BAKED EGG RECIPE**

Use any flavor Jiffy Muffin Mix. Follow the directions except:

1. Use two (2) eggs.
2. Make six (6) muffins.
3. Bake at 350° for 30 minutes.

**\*\*Please bring ALL 6 muffins to the appointment.\*\*** (Total dose is 1 muffin for the challenge).

## **BAKED MILK RECIPES**

### **Banana Muffins**

- 2 cups flour
- 2/3 cup nonfat dry milk powder
- 2 teaspoon baking powder
- ½ teaspoon cinnamon
- 2 eggs (or substitute if egg-allergic)
- 2 cups (about 4 medium) mashed ripe bananas
- 1 cup sugar
- ½ cup vegetable oil

Preheat oven to 350°. Grease 1 muffin tins. In medium bowl, stir together flour, dry milk, baking powder and cinnamon. In large bowl, beat eggs, bananas, sugar and vegetable oil. Gradually add flour mixture. Spoon into prepared tins. Bake for 30 minutes or until toothpick inserted near center comes out clean.

**\*\*Please bring 6 muffins to the appointment.\*\*** (Total dose is 1 muffin for the challenge.)

### **Cupcake Using Mix**

- Duncan Hines yellow cake mix (or equivalent)
- Replace water with 1 cup milk plus 1/3 cup dried milk powder  
(mix the powdered milk into the cup of wet milk)
- 1/3 cup vegetable oil
- 3 large eggs or egg-replacer equivalent

Preheat oven to 350°. Place 24 baking cups in cupcake tins. BLEND dry mix, milk, milk powder, oil and eggs (or egg replacer) in large bowl at low speed until moistened (about 30 seconds). Beat at medium speed for 2 minutes. Pour batter in pans. Bake for 18-21 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes. **\*\*Please bring 6 cupcakes to the appointment.\*\*** (Total dose is 2 cupcakes for the challenge.)

### **Baked Milk Muffin Recipe**

- 1 cup cow's milk
- 2 Tablespoons canola oil
- 1 tsp vanilla
- 1 egg or 1 ½ tsp egg replacer (e.g., Ener\_G Brand)
- 1 ¼ cup flour
- ½ cup sugar
- ¼ tsp salt
- 2 tsp baking soda

Preheat oven to 350°. Combine dry ingredients and mix with wet ingredients. Pour into muffin cups and bake for 30-35 minutes or until golden brown and firm to the touch. Yields 12 muffins. **\*\*Please bring 6 muffins to the appointment.\*\*** (You will eat 2 muffins during the challenge.)