

# Oral Food Challenge Test for Food Allergy: Examples of Foods to Use

*This test is done under medical supervision with your allergist*

Food	Goal serving	Examples
Milk	Up to age 5: 4 grams	4 ounces milk 4 ounces formula ½ cup nonfat yogurt 1 slice American cheese (3.3 gram protein) 1.3 ounces, 2.7 tablespoons (11.5 gm) milk powder
	Age 5 and older: 8 grams	8 ounces milk 8 ounces formula 1 cup nonfat yogurt 2 slices American cheese (6.6 gram protein) 1/3 cup (23 gram) milk powder

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Food	Goal serving	Examples
Soy	Up to age 5: 4 grams	4 ounces soy milk 4 ounces soy formula ½ cup tofu 30 gram soy powder
	Age 5 and older: 8 grams	8 ounces soy milk 8 ounces soy formula 1 cup tofu 60 gram soy powder
Egg	6 grams	1 full egg any style 1 slice French Toast (1 egg per slice of bread)

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Peanut	Up to age 5: 4-5 grams	1 tablespoon peanut butter (16 gram peanut butter) 4 gram protein 2 Reese's cups 50 Reese's pieces 2 tablespoons peanut powder
	Age 5 and older: 7- 8 grams	2 tablespoons peanut butter (32 gram peanut butter) 3 Reese's cups 75 Reese's pieces 3 tablespoons peanut powder 30 whole peanuts
Tree nuts	4-5 gram protein per nut	14 walnut halves (4 grams of protein) 16 whole cashews (5 grams of protein) 15 whole almonds (4.5 grams of protein) 2 tablespoons almond butter, (32 grams almond butter, 4 grams of protein)

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Food	Goal serving	Examples
Grains	Up to age 5:	½ cup cereal ½- ¾ slice of bread ½ cup pasta ½ cup rice ½ cup oatmeal
	Age 5 and older:	1 cup cereal 1 slice of bread 1 cup pasta 1 cup rice 1 cup oatmeal