

A guide to how much food to bring in with you for your child's food challenge/supervised feed

Food being tested	Amount	Examples
Peanut	35g	Either whole nuts, ground nuts, peanut butter
Bamba Peanut snack	50g	2 packs
Tree Nuts	25g	Either whole nuts, ground nuts, or nut butter
Milk (Cow's Milk or Soya)	250mls or 100mls and 100g yoghurt	Nesquik or flavoured yoghurts can be used
Cooked Egg	1-2 Eggs	Omelette, Hard boiled, Scrambled (needs to well cooked)
Cakes (Baked Egg/Baked Milk)	3 Fairy cakes	Recipe available on website
Fish	60g	Cooked, can be fresh or tinned
Shellfish	75g	Cooked
Sesame	Tahini paste: 20g Sesame snaps: 35g	
Lentils/Beans	110g	Cooked, can be fresh or tinned
Fruits	100g	

We would recommend that you bring with you a little extra of the food your child is being tested for to accommodate for any spillages.

We will need to weigh out a portion of the food. You are welcome to bring in additional food separately to eat with the tested food. An example would be to bring ground nuts and fruit puree, we could then mix this together after we have weighed out a portion of the ground nuts.

