

NUT CHALLENGE PROTOCOL (single nut)

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CHALLENGE SUBSTANCE

Crushed nut or nut meal; Most dried, raw, crushed nuts and nut meals are approximately 20-25% protein (Appendix Table 1). Defatted nut flours may have as much as 50% protein and if using these products for food challenge the dosages below should be adjusted accordingly. **For high PPV and NPV the cumulative total challenge dose should be >4g of nut protein and the final challenge dose >2g nut protein.**

NOTE: Hazelnut, pecan, macadamia and brazil nut have less than 15% nut protein and you may elect to increase the challenge weight for these nuts (appendix Table 1 and 2).

Crushed Nut in grams	Grams of protein (where approximately 25% of crushed nut/meal weight is protein)
40mg	10mg
120mg	30mg
400mg	100mg
1200mg (1.2g)	300mg
4000mg (4g)	1000mg(1g)
12000mg (12g)	3000mg(3g)

Crushed nuts should be weighed out for challenge

CHALLENGE PROTOCOL Day 1

Time	Crushed nut weight
0 min	40mg
20 min	120mg
40 min	400mg
60 min	1200mg (1.2g)
80 min	4000mg (4.0g)
100 min	12000mg (12.0g)
Daily total	17.76g

OBSERVATION POST-CHALLENGE: Generally for 2 hours.

HOME CONTINUATION: Days 2-7 at least 4 grams per day.

After Day 7: Challenge nut should be continued in diet at least weekly following a successful challenge at a normal serving size.

TIP: most single nut challenges will be approximately a total dose of 5-8 teaspoons of crushed nut or meal (see Table 2 of Appendix document).

ASCIA Food Allergen Challenge Protocols have been developed to standardise protocols used by clinical immunology and allergy specialists in Australia and New Zealand. However, ASCIA takes no responsibility for any adverse outcomes that may occur using these protocols. It is important to note that food challenges:

- Are primarily used to determine if positive food allergy tests are associated with current clinical allergy.
- Should only be undertaken for patients who have been carefully selected by clinical immunology and allergy specialists or appropriately qualified and experienced medical practitioners in consultation with clinical immunology and allergy specialists.
- May provoke an allergic reaction in sensitised individuals and should therefore only be performed under medical supervision with immediate access to emergency treatment for anaphylaxis.

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Content updated 2015

Format updated June 2023

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