

You/your child has a baked cheese challenge scheduled on _____ at _____.

1. Please remember to avoid medications that interfere with testing, such as Claritin, Zyrtec, or Allegra for 7 days prior to testing. Benadryl may be taken up to 24 hours prior to testing. See the "Medications to Avoid" sheet for further information.
2. Cheese pizza will be used as the challenge substance. This will need to be prepared at home and brought to the visit. The pizza should be cooked the day of the challenge but does not need to be directly from the oven.
3. Please bring one Amy's Cheese pizza (from Amy's Kitchen, Inc.) baked at **425 degrees for at least 13 minutes**. This should be available for purchase at Meijer stores in the freezer aisle.

**If the pizza is not cooked sufficiently, we may have to cancel the challenge.
Please follow the directions carefully to ensure the challenge substance is cooked properly.**

If you/your child passes the baked cheese challenge:

- **Continue to avoid whole, 1%, 2% and skim milk, cream, half and half, ice cream, whipped cream, unbaked cheese, milk shakes and sauces with milk.** Liquid milk has the most potent milk protein concentration and should be avoided. Take care as many baked goods are topped or filled with frosting/sauces that contain uncooked milk. **If you are not sure about a food, avoid it.**
- Regular ingestion of baked cheese products is important to avoid re-sensitization. **Appropriately baked cheese products must be ingested 4-7 times weekly, limited to 1 daily serving.** Acceptable foods include those that have had cheese added to the top and thoroughly baked for **at least 13 minutes at 425 degrees**. Cheese **SHOULD** be directly exposed to the heat (ex: pizza, cheesy garlic bread, top of burrito, top of baked chicken) and **NOT** incorporated into the product (ex: lasagna, chicken cordon bleu, manicotti). Continue avoiding grilled cheese, macaroni and cheese, and quesadilla. **If you are not sure about a food, avoid it.**

Reference: Kim, J.S., Nowak-Wegrzyn, A., Sicherer, S.H., Noone, S., Moshier, E.L., & Sampson, H.A. (2011). Dietary baked milk accelerates the resolution of cow's milk allergy in children. *Journal of Allergy and Clinical Immunology*, 128 (1), 125-131.