**Supplementary Information**

**Risk factors for severe reactions during double-blind placebo-controlled food challenges**

**Supplementary Table**

**Table S3.** Symptoms for each food

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Challenge food | Milk  (n = 164) | Egg  (n = 152) | Wheat  (n = 50) | Peanut  (n = 27) |
| Gastrointestinal symptoms | 124 (76%) | 126 (83%) | 37 (74%) | 26 (96%) |
| Respiratory symptoms | 140 (85%) | 97 (64%) | 46 (92%) | 21 (78%) |
| Skin symptoms | 138 (84%) | 95 (63%) | 42 (84%) | 19 (70%) |
| Neurological symptom | 32 (20%) | 17 (11%) | 10 (20%) | 5 (19%) |
| Cardiovascular symptoms | 21 (13%) | 6 (4%) | 5 (10%) | 2 (7%) |

The original study evaluated 429 cases to assess their suitability for OIT (milk: 171 cases; egg: 177 cases; wheat: 52 cases; and peanut: 29 cases), although we subsequently excluded 36 cases due to negative OFC results. Therefore, the present study evaluated 393 cases with positive test results (milk: 164 cases; egg: 152 cases; wheat: 50 cases; peanut: 27 cases). The rates of gastrointestinal symptoms in response to milk, egg, wheat, and peanut were 76%, 83%, 74%, and 96%, respectively, although there were no significant inter-group differences. The rates of respiratory symptoms in response to milk, egg, wheat, and peanut were 85%, 64%, 92%, and 78%, respectively. Respiratory responses to egg were significantly less common than responses to milk (*p* <0.001) and wheat (*p* <0.001). The rates of skin symptoms in response to milk, egg, wheat, and peanut were 84%, 63%, 84%, and 70%, respectively. Skin responses to egg were significantly less common than responses to milk (*p* <0.001) and wheat (*p* = 0.03). The rates of neurological symptoms in response to milk, egg, wheat, and peanut were 20%, 11%, 20%, and 19%, respectively, although there were no significant inter-group differences. The rates of cardiovascular symptoms in response to milk, egg, wheat, and peanut were 13%, 4%, 10%, and 7%, respectively, and responses to egg were significantly less common than responses to milk (*p* = 0.029).

OFC, oral food challenge