

Breaking Down Protein in Pediatric Food Allergy: A Conversation with Experts

Test Questions

- Which of the following statements about protein are true?
(Circle all that apply.)
 - A protein is a large molecule, composed of one or more long chains of amino acids. AA are joined together to form long chains, much as beads are arranged on a string. There are about 20 different amino acids that occur naturally in proteins.
 - A protein is a naturally occurring, highly complex substance present in all living [organisms](#) (plants and animals).
 - Proteins are the main building blocks of our body
 - The term protein is a word derived from the Greek *prōteios*, meaning “holding first place.”
- The quality of a given protein actually depends on two factors: the specific amino acid composition (including their content in essential AA) and the digestibility, with is the digestion of proteins and the absorption of the constituent amino acids. A score that evaluates the protein quality quantitatively; this is the Protein Digestibility Corrected Amino Acid Score (PDCAAS, reference proteins are e.g., egg white or casein). Another score is the Digestible Indispensable Amino Acid Score (DIAAS).
 - True
 - False
- _____, _____, and _____ of proteins in the stomach affect digestibility and alter GI transit
 - Size, structure, and solubility
 - Size and curd formation in the high pH
 - Color and median molecular weight
 - Source and quality
- Homogenization may increase allergenicity, while _____ _____ may reduce allergenicity of proteins.
 - Dicing/Slicing
 - Heating/ Baking.
 - Snipping/Cutting
 - Cleaving/ Dissecting
- What are the tools available to diagnose cow’s milk protein allergy? (choose all correct responses)
 - Patient’s history and physical exam
 - Skin Prick Tests (SPTs)
 - Serum-specific IgE
 - Oral Food Challenge (OFC)

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Test Questions Continued

6. Goat and sheep milk proteins have some sequence identity with cow's milk allergens and based on current evidence, should be avoided in cow's milk protein allergic patients.
 - a. True
 - b. False

7. Guidelines suggest starting with which type of hypoallergenic formula for infants with CMPA?
 - a. Amino acid-based formula
 - b. Partially hydrolyzed formula
 - c. Goat milk formula
 - d. Hydrolyzed rice formula
 - e. Extensively hydrolyzed formula

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