









Peanut Equivalent
300 mg Peanut Protein
Limited MILK

Approval is required to use other peanut foods.

Please use the specific brands listed on this form. Protein content can vary between brands.

<p align="center">Consume one of these foods every day.</p> <p align="center">The amount listed is the MINIMUM amount to eat.</p> <p align="center">Many ingredients contribute to the total protein content of a food. The amount to eat is based on the <i>specific allergen protein</i> content and not the total protein content.</p>		Amount to eat
<p>Peanut Butter*</p> <p>Skippy or Jif</p>		<p>¼ teaspoon</p>
<p>Peanut butter*</p> <p>Teddie Organic All Natural Creamy</p>		<p>¼ teaspoon</p> <p>You will need to stir this product before using and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p>Peanuts*</p> <p>Planters Cocktail or Hampton Farms Peanuts in the shell (NOT Jumbo size)</p> <p>Peanuts can be eaten with or without the skin.</p>		<div>  <div>Whole peanut</div> </div> <div>Half peanut</div> <p>1 and ½ peanuts</p> <p>(Choose 1 whole + 1 half peanut OR 3 half peanuts)</p>
<p>Peanut Flour</p> <p>Golden or Byrd Mill 12% Light Roast</p>		<p>1/3 teaspoon</p>

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300 mg Peanut Protein
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<p style="text-align: center;">Bamba Osem brand</p>		<p style="text-align: center;">3 pieces</p>
<p style="text-align: center;">PB2 Powdered Peanut Butter Original PB2 and Organic PB2</p>		<p style="text-align: center;">1/3 teaspoon</p>
<p style="text-align: center;">Reese's Pieces Candies **CONTAINS MILK</p>		<p style="text-align: center;">4 Reese's Pieces</p>
<p>*Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.</p> <p>**About Reese's Pieces: Reese's Pieces may be eaten if you are milk allergic but eating at least 300mg of milk protein daily as part of this study. Reese's pieces will not count as part of your daily milk serving.</p>		

Read

- Read product labels every time you purchase an item. Ingredients and precautionary labeling may change at any time. Please inform the study staff if you notice any label changes in the products listed.

Avoid

- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

Serving Suggestions

- Peanut portion may be mixed with other foods (e.g., applesauce, smoothies, or pudding) or cooked in other foods (e.g., cookies, meatballs, muffins, pasta sauce, or chili). Tolerated mix-ins such as dry cereal, granola, fruit, coconut flakes, chocolate chips, graham cracker crumbs, etc. may be added to mask the texture, if needed.
- Chocolate or strawberry syrup may be added to foods for flavoring.






You May Also Eat

- You may eat products labeled with peanut precautionary allergen labeling as long as they do not contain any of your other allergens. Example labels include, "May contain peanut" and "Manufactured in a facility that also processes peanut."




Peanut Equivalent
600 mg Peanut Protein
Limited MILK

Approval is required to use other peanut foods.

Please use the specific brands listed on this form. Protein content can vary between brands.

<p style="text-align: center;">Consume one of these foods every day.</p> <p style="text-align: center;">The amount listed is the MAXIMUM amount to eat.</p> <p style="text-align: center;">Many ingredients contribute to the total protein content of a food. The amount to eat is based on the <i>specific allergen protein</i> content and not the total protein content.</p>		Amount to eat
<p>Peanut Butter* Skippy or Jif</p>		<p>½ teaspoon</p>
<p>Peanut butter* Teddie Organic All Natural Creamy</p>		<p>½ teaspoon</p> <p>You will need to stir this product before using and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p>Peanuts* Planters Cocktail or Hampton Farms Peanuts in the shell (NOT Jumbo size)</p> <p>Peanuts can be eaten with or without the skin.</p>		<div style="text-align: center;">  <p>Whole peanut</p> </div> <div style="text-align: center;"> <p>Half peanut</p> <p>2 and ½ peanuts You may choose any combination of half peanuts and whole peanuts that will = 2 ½ peanuts</p> </div>
<p>Peanut Flour Golden or Byrd Mill 12% Light Roast</p>		<p>2/3 teaspoon</p>

Peanut Equivalent
600 mg Peanut Protein
Limited MILK

<p style="text-align: center;">Bamba Osem brand</p>		<p style="text-align: center;">6 pieces</p>
<p style="text-align: center;">PB2 Powdered Peanut Butter Original PB2 and Organic PB2</p>		<p style="text-align: center;">2/3 teaspoon</p>
<p style="text-align: center;">Reese's Pieces Candies **CONTAINS MILK</p>		<p style="text-align: center;">7 Reese's Pieces</p>
<p>*Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety. **About Reese's Pieces: Reese's Pieces may be eaten if you are milk allergic but eating at least 300mg of milk protein daily as part of this study. Reese's pieces will not count as part of your daily milk serving.</p>		

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Avoid

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Serving Suggestions

- Peanut portion may be mixed with other foods (e.g., applesauce, smoothies, or pudding) or cooked in other foods (e.g., cookies, meatballs, muffins, pasta sauce, or chili). Tolerated mix-ins such as dry cereal, granola, fruit, coconut flakes, chocolate chips, graham cracker crumbs, etc. may be added to mask the texture, if needed.
- Chocolate or strawberry syrup may be added to foods for flavoring.








You May Also Eat

- You may eat products labeled with peanut precautionary allergen labeling as long as they do not contain any of your other allergens. Example labels include, "May contain peanut" and "Manufactured in a facility that also processes peanut."





Peanut Equivalent
1000 mg Peanut Protein
Limited MILK

Approval is required to use other peanut foods.

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<p>Consume one of these foods every day.</p> <p>The amount listed is the MAXIMUM amount to eat.</p> <p>Many ingredients contribute to the total protein content of a food. The amount to eat is based on the <i>specific allergen protein</i> content and not the total protein content.</p>		Amount to eat
<p>Peanut Butter*</p> <p>Skippy or Jif</p>		1 teaspoon
<p>Peanut butter*</p> <p>Teddie Organic All Natural Creamy</p>		<p>3/4 teaspoon</p> <p>You will need to stir this product before using and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p>Peanuts*</p> <p>Planters Cocktail or Hampton Farms Peanuts in the shell (NOT Jumbo size)</p> <p>Peanuts can be eaten with or without the skin.</p>		<div style="text-align: center;">  </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Whole peanut </div> <div style="text-align: center;">  Half peanut </div> </div> <p>4 and ½ peanuts You may choose any combination of half and whole peanuts that = 4 ½ peanuts</p>
<p>Peanut Flour</p> <p>Golden or Byrd Mill 12% Light Roast</p>		1 teaspoon

Peanut Equivalent
1000 mg Peanut Protein
Limited MILK

Bamba Osem brand		10 pieces
PB2 Powdered Peanut Butter Original PB2 and Organic PB2		1 teaspoon
Reese's Pieces Candies **CONTAINS MILK		12 Reese's Pieces
Peanut Butter Bites Pasokin Brand <i>Original flavor only</i>		½ piece

***Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.**

****About Reese's Pieces:** Reese's Pieces may be eaten if you are milk allergic but eating at least 300mg of milk protein daily as part of this study. Reese's pieces will not count as part of your daily milk serving.

Read

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Avoid

- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

Serving Suggestions

- Peanut portion may be mixed with other foods (e.g., applesauce, smoothies, or pudding) or cooked in other foods (e.g., cookies, meatballs, muffins, pasta sauce, orchili). Tolerated mix-ins such as dry cereal, granola, fruit, coconut flakes, chocolate chips, graham cracker crumbs, etc. may be added to mask the texture, if needed.
- Chocolate or strawberry syrup may be added to foods for flavoring.

Peanut Equivalent
1000 mg Peanut Protein
Limited MILK




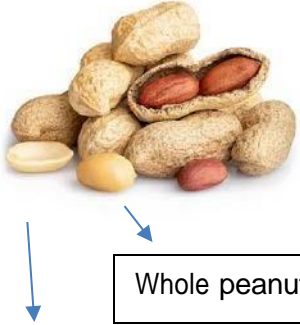
You May Also Eat

- You may eat products labeled with peanut precautionary allergen labeling as long as they do not contain any of your other allergens. Example labels include, “May contain peanut” and “Manufactured in a facility that also processes peanut.”

Peanut Equivalent
2000 mg Peanut Protein
Limited MILK

Approval is required to use other peanut foods.

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<p>Consume one of these foods every day.</p> <p>The amount listed is the MAXIMUM amount to eat.</p> <p>Many ingredients contribute to the total protein content of a food. The amount to eat is based on the <i>specific allergen protein</i> content and not the total protein content.</p>		Amount to eat
<p>Peanut Butter*</p> <p>Skippy or Jif</p>		<p>1 and $\frac{3}{4}$ teaspoon</p>
<p>Peanut butter*</p> <p>Teddie Organic All Natural Creamy</p>		<p>1 and $\frac{1}{2}$ teaspoon</p> <p>You will need to stir this product before using and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p>Peanuts*</p> <p>Planters Cocktail or Hampton Farms Peanuts in the shell (NOT Jumbo size)</p> <p>Peanuts can be eaten with or without the skin.</p>		<div style="text-align: center;">  </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="border: 1px solid black; padding: 2px 5px;">Whole peanut</div> <div style="border: 1px solid black; padding: 2px 5px;">Half peanut</div> </div> <p>9 peanuts You may choose half peanuts or whole peanuts or any combination that = 9 peanuts</p>

Peanut Equivalent
2000 mg Peanut Protein
Limited MILK

Peanut Flour Golden or Byrd Mill 12% Light Roast		2 teaspoons
Bamba Osem brand		21 pieces
PB2 Powdered Peanut Butter Original PB2 and Organic PB2		2 teaspoons
Reese's Pieces Candies **CONTAINS MILK		24 Reese's Pieces
Peanut Butter Bites Pasokin Brand <i>Original flavor only</i>		1 piece

***Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.**

****About Reese's Pieces:** Reese's Pieces may be eaten if you are milk allergic but eating at least 300mg of milk protein daily as part of this study. Reese's pieces will not count as part of your daily milk serving.

Read

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Avoid

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Peanut Equivalent
2000 mg Peanut Protein
Limited MILK

Serving Suggestions

- Peanut portion may be mixed with other foods (e.g., applesauce, smoothies, or pudding) or cooked in other foods (e.g., cookies, meatballs, muffins, pasta sauce, or chili). Tolerated mix-ins such as dry cereal, granola, fruit, coconut flakes, chocolate chips, graham cracker crumbs, etc. may be added to mask the texture, if needed.
- Chocolate or strawberry syrup may be added to foods for flavoring.
- Use a variety of foods to meet your daily serving goals. Choosing only candy, sweet spreads, cookies, and other “treats” is not appropriate to meet serving goals at higher serving sizes. When you eat these foods, eat them as a portion of your daily serving. Choose healthier options as much as possible.




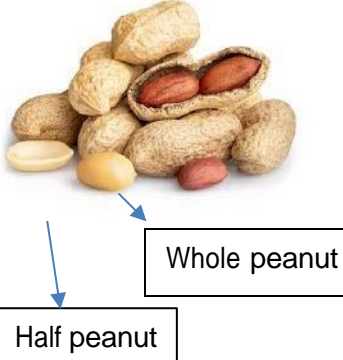
You May Also Eat

- You may eat products labeled with peanut precautionary allergen labeling as long as they do not contain any of your other allergens. Example labels include, “May contain peanut” and “Manufactured in a facility that also processes peanut.”

Peanut Equivalent
4000 mg Peanut Protein
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<p>Peanut Butter*</p> <p>Skippy or Jif</p>		<p>1 Tablespoon plus ½ teaspoon</p>
<p>Peanut butter*</p> <p>Teddie Organic All Natural Creamy</p>		<p>1 Tablespoon</p> <p>You will need to stir this product before use and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p>Peanuts*</p> <p>Planters Cocktail</p> <p>Peanuts can be eaten with or without the skin.</p>		<div style="text-align: center;">  </div> <p>18 peanuts</p> <p>You may choose half peanuts or whole peanuts or any combination that =18 peanuts</p>

Peanut Equivalent
4000 mg Peanut Protein
Limited MILK

Peanuts * Hampton Farms in the shell (NOT Jumbo size)		17 peanuts You may choose half peanuts or whole peanuts or any combination that =17 peanuts
Peanut Flour Golden or Byrd Mill 12% Light Roast		1 Tablespoon plus 1 teaspoon
Bamba Osem brand		42 pieces
PB2 Powdered Peanut Butter Original PB2 and Organic PB2		1 Tablespoon plus 1 teaspoon
Reese's Pieces Candies **CONTAINS MILK		47 Reese's Pieces
Peanut Butter Bites Pasokin Brand <i>Original flavor only</i>		2 pieces

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Serving Suggestions

- Peanut portion may be mixed with other foods (e.g., applesauce, smoothies, or pudding) or cooked in other foods (e.g., cookies, meatballs, muffins, pasta sauce, or chili). Tolerated mix-ins such as dry cereal, granola, fruit, coconut flakes, chocolate chips, graham cracker crumbs, etc. may be added to mask the texture, if needed.
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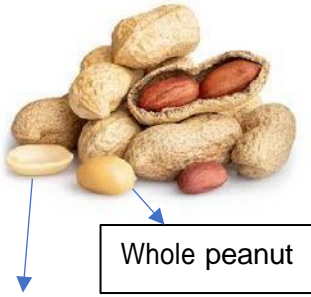
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<p>Peanut Butter*</p> <p>Skippy or Jif</p>		<p>1 Tablespoon plus 2 teaspoons</p>
<p>Peanut butter*</p> <p>Teddie Organic All Natural Creamy</p>		<p>1 Tablespoon plus 1 and 2/3 teaspoon</p> <p>You will need to stir this product before use and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p>Peanuts*</p> <p>Planters Cocktail</p> <p>Peanuts can be eaten with or without the skin.</p>		<div style="text-align: right;">  </div> <div style="text-align: right;"> <p>Whole peanut</p> <p>Half peanut</p> </div> <p>27 peanuts</p> <p>You may choose half peanuts or whole peanuts or any combination that = 27 peanuts</p>

Peanut Equivalent
6000 mg Peanut Protein
Limited MILK

<p>Peanuts* Hampton Farms in the shell (NOT Jumbo size)</p>		<p>25 peanuts You may choose half peanuts or whole peanuts or any combination that = 25 peanuts</p>
<p>Peanut Flour Golden or Byrd Mill 12% Light Roast</p>		<p>2 Tablespoons</p>
<p>Bamba Osem brand</p>		<p>63 pieces</p>
<p>PB2 Powdered Peanut Butter Original PB2 and Organic PB2</p>		<p>2 Tablespoons</p>
<p>Reese's Pieces Candies **CONTAINS MILK</p>		<p>71 Reese's Pieces</p>
<p>Peanut Butter Bites Pasokin Brand <i>Original flavor only</i></p>		<p>3 pieces</p>

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Serving Suggestions

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You May Also Eat

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