


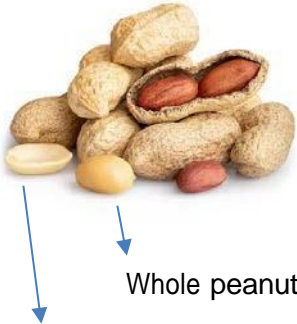



# Peanut Equivalent




## 300 mg Peanut Protein

### Approval is required to use other peanut foods.

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

<p><b>Consume one of these foods every day.</b></p> <p>The amount listed is the <b>MINIMUM</b> amount to eat. 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><b>Peanut Butter*</b></p> <p>Skippy or Jif</p>		<p>¼ teaspoon</p>
<p><b>Peanut butter*</b></p> <p>Teddie Organic All Natural Creamy</p>		<p>¼ teaspoon</p> <p>You will need to stir this product and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p><b>Peanuts*</b></p> <p>Planters Cocktail or Hampton Farms Peanuts in the shell</p> <p>Peanuts can be eaten with or without the skin.</p>		<div style="text-align: center;">  <p>Whole peanut</p> <p>Half peanut</p> </div> <p>1 and ½ peanuts</p> <p>(Choose 1 whole + 1 half peanut <b>OR</b> 3 half peanuts)</p>
<p><b>Peanut Flour</b></p> <p>Golden or Byrd Mill 12% Light Roast</p>		<p>1/3 teaspoon</p>

**Peanut Equivalent**  
**300 mg Peanut Protein**

<b>Bamba</b> Osem brand		3 pieces
<b>PB2</b> Powdered Peanut Butter Original PB2 and Organic PB2		1/3 teaspoon
<b>Reese's</b> Peanut Butter Cups Miniatures (Wrapped)		1/2 Miniature
<b>Peanut M&amp;Ms</b>		2 peanut M&Ms
<b>Reese's</b> Peanut Butter Cups Unwrapped Minis		1 and ½ Minis
<b>Reese's</b> Pieces Candies		4 Reese's Pieces
*Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.		

## **Peanut Equivalent**

### **300 mg Peanut Protein**

#### **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.

#### **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.

#### **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.”

#### **Avoid**




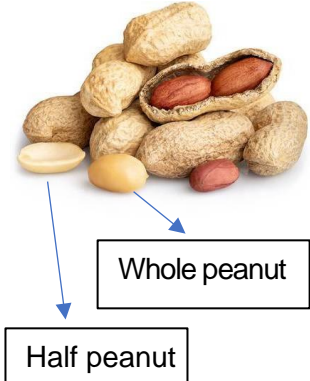
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

# Peanut Equivalent

## 600 mg Peanut Protein

### Approval is required to use other peanut foods.

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

<p><b>Consume one of these foods every day.</b></p> <p>The amount listed is the <b>MAXIMUM</b> 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><b>Peanut Butter*</b></p> <p>Skippy or Jif</p>		<p>½ teaspoon</p>
<p><b>Peanut butter*</b></p> <p>Teddie Organic All Natural Creamy</p>		<p>½ teaspoon</p> <p>You will need to stir this product and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p><b>Peanuts*</b></p> <p>Planters Cocktail or Hampton Farms Peanuts in the shell</p> <p>Peanuts can be eaten with or without the skin.</p>		<p>2 and ½ peanuts</p> <p>You may choose any combination of half peanuts and whole peanuts that will = 2 ½ peanuts</p> 

**Peanut Equivalent**  
**600 mg Peanut Protein**

<b>Peanut Flour</b> Golden or Byrd Mill 12% Light Roast		2/3 teaspoon
<b>Bamba</b> Osem brand		6 pieces
<b>PB2</b> Powdered Peanut Butter Original PB2 and Organic PB2		2/3 teaspoon
<b>Reese's</b> Peanut Butter Cups Miniatures (Wrapped)		1 Miniature
<b>Peanut M&amp;Ms</b>		4 peanut M&Ms
<b>Reese's</b> Peanut Butter Cups Unwrapped Minis		3 and 1/2 Minis
<b>Reese's</b> Pieces Candies		7 Reese's Pieces
<b>Reese's</b> Peanut Butter Cups		1/3 standard size cup (not snack or king size)

## **Peanut Equivalent**

### **600 mg Peanut Protein**

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

### **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.

### **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.”

### **Avoid**




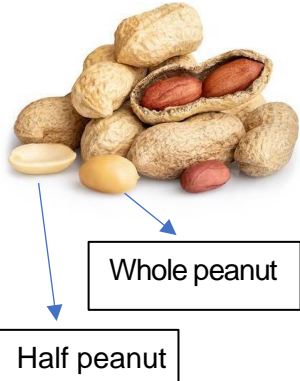

- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

# Peanut Equivalent

## 1000 mg Peanut Protein

### Approval is required to use other peanut foods.

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

<p><b>Consume one of these foods every day.</b></p> <p>The amount listed is the <b>MAXIMUM</b> 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><b>Peanut Butter*</b></p> <p>Skippy or Jif</p>		1 teaspoon
<p><b>Peanut butter*</b></p> <p>Teddie Organic All Natural Creamy</p>		<p><math>\frac{3}{4}</math> teaspoon</p> <p>You will need to stir the 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><b>Peanuts*</b></p> <p>Planters Cocktail or Hampton Farms Peanuts in the shell</p> <p>Peanuts can be eaten with or without the skin.</p>		<p>4.5 peanuts</p> <p>You may choose 9 half peanuts or 4 whole peanuts plus 1 <math>\frac{1}{2}</math> peanut or any combination that will = 4.5 whole peanuts</p> 
<p><b>Peanut Flour</b></p> <p>Golden or Byrd Mill 12% Light Roast</p>		1 teaspoon

**Peanut Equivalent**  
1000 mg Peanut Protein

<b>Bamba</b> Osem brand		10 pieces
<b>PB2</b> Powdered Peanut Butter Original PB2 and Organic PB2		1 teaspoon
<b>Reese's</b> Peanut Butter Cups Miniatures (Wrapped)		1 and ½ Miniatures
<b>Peanut M&amp;Ms</b>		7 peanut M&Ms
<b>Reese's</b> Peanut Butter Cups Unwrapped Minis		5 and ½ Minis
<b>Reese's</b> Pieces Candies		12 Reese's Pieces
<b>Reese's</b> Peanut butter cup		½ standard size cup (not snack or king size)



## Peanut Equivalent 1000 mg Peanut Protein

<b>Pasokin Peanut Butter Bites</b>		$\frac{1}{2}$ a piece
<b>*Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.</b>		

### 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.

### 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.”




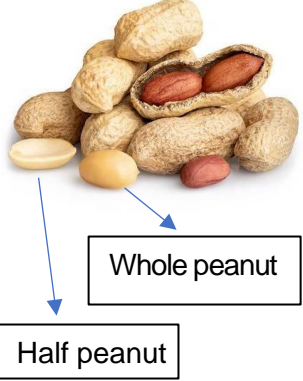


### Avoid

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







## Peanut Equivalent 2000 mg Peanut Protein

### Approval is required to use other peanut foods.

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

<p><b>Consume one of these foods every day.</b></p> <p>The amount listed is the <b>MAXIMUM</b> 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><b>Peanut Butter*</b> Skippy or Jif</p>		1 and ¾ teaspoons
<p><b>Peanut butter*</b> Teddie Organic All Natural Creamy</p>		<p>1 and ½ teaspoons</p> <p>You will need to stir this product and then refrigerate, as the oil will separate from the nut butter and make measuring the serving size more difficult.</p>
<p><b>Peanuts*</b> Planters Cocktail or Hampton Farms Peanuts in the shell</p> <p>Peanuts can be eaten with or without the skin.</p>		<p><b>9 peanuts</b></p> <p>You may choose half peanuts or whole peanuts or any combination that will = 9 whole peanuts</p> 
<p><b>Peanut Flour</b> Golden or Byrd Mill 12% Light Roast</p>		2 teaspoons
<p><b>Bamba</b> Osem brand</p>		21 pieces

# Peanut Equivalent 2000 mg Peanut Protein

<b>PB2</b> Powdered Peanut Butter Original PB2 and Organic PB2		2 teaspoons
<b>Reese's</b> Peanut Butter Cups Miniatures (Wrapped)		3 and 1/2 Miniatures
<b>Peanut M&amp;Ms</b>		14 peanut M&Ms
<b>Reese's</b> Peanut Butter Cups Unwrapped Minis		11 Minis
<b>Reese's</b> Pieces Candies		24 Reese's Pieces
<b>Reese's</b> Peanut Butter Cup		1 standard size cup (not snack or king size)
<b>Pasokin</b> Peanut butter bites		1 Piece
*Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.		

## **Peanut Equivalent**

### **2000 mg Peanut Protein**

#### **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.

#### **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.”

#### **Avoid**




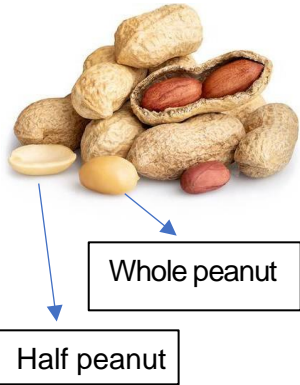
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

# Peanut Equivalent


## 4000 mg Peanut Protein

### Approval is required to use other peanut foods.




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

<p><b>Consume one of these foods every day.</b></p> <p>The amount listed is the <b>MAXIMUM</b> 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><b>Peanut Butter*</b></p> <p>Skippy or Jif</p>		<p>1 Tablespoon plus 1/2 teaspoon</p>
<p><b>Peanut butter*</b></p> <p>Teddie Organic All Natural Creamy</p>		<p>1 Tablespoon</p> <p>You will need to stir the 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><b>Peanuts*</b></p> <p>Planters Cocktail</p> <p>Peanuts can be eaten with or without the skin.</p>		<p>18 peanuts</p> <p>You may choose half peanuts or whole peanuts or any combination that will = 18 whole peanuts</p> 

**Peanut Equivalent**  
4000 mg Peanut Protein

<b>Peanuts in the shell</b> Hampton Farms		17 peanuts You may choose half peanuts or whole peanuts or any combination that will = 17 whole peanuts
<b>Peanut Flour</b> Golden or Byrd Mill 12% Light Roast		1 Tablespoon plus 1 teaspoon
<b>Bamba</b> Osem brand		42 pieces
<b>PB2</b> Powdered Peanut Butter Original PB2 and Organic PB2		1 Tablespoon plus 1 teaspoon
<b>Reese's</b> Peanut Butter Cups Miniatures (Wrapped)		6 and ½ Miniatures
<b>Peanut M&amp;Ms</b>		27 peanut M&Ms
<b>Reese's</b> Peanut Butter Cups Unwrapped Minis		22 Minis

## Peanut Equivalent 4000 mg Peanut Protein

<b>Reese's</b> Pieces Candies		47 Reese's Pieces
<b>Reese's</b> Peanut butter cups		2 standard cups (not snack or king size)
<b>Pasokin</b> Peanut Butter Bites		2 Pieces
*Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.		

### 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.

### 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

## **Peanut Equivalent**

### **4000 mg Peanut Protein**

#### **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.”

#### **Avoid**

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



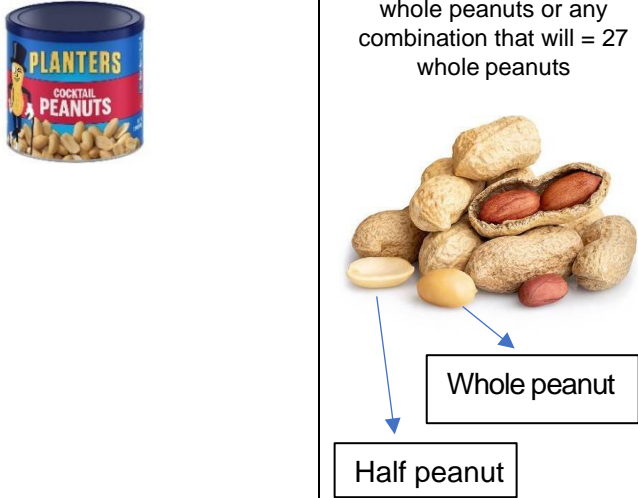


# Peanut Equivalent



## 6000 mg Peanut Protein

### Approval is required to use other peanut foods.



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

<p><b>Consume one of these foods every day.</b></p> <p>The amount listed is the <b>MAXIMUM</b> 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><b>Peanut Butter*</b></p> <p>Skippy or Jif</p>		<p>1 Tablespoon plus 2 teaspoon</p>
<p><b>Peanut butter*</b></p> <p>Teddie Organic All Natural Creamy</p>		<p>1 Tablespoon plus 1 and 2/3 teaspoon</p> <p>You will need to stir the 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><b>Peanuts*</b></p> <p>Planters Cocktail</p> <p>Peanuts can be eaten with or without the skin.</p>		<p>27 peanuts</p> <p>You may choose half peanuts or whole peanuts or any combination that will = 27 whole peanuts</p>

**Peanut Equivalent**  
6000 mg Peanut Protein

<b>Peanuts in the shell</b> Hampton Farms		25 peanuts You may choose half peanuts or whole peanuts or any combination that will = 25 whole peanuts
<b>Peanut Flour</b> Golden or Byrd Mill 12% Light Roast		2 Tablespoons
<b>Bamba</b> Osem brand		63 pieces
<b>PB2</b> Powdered Peanut Butter Original PB2 and Organic PB2		2 Tablespoons
<b>Reese's</b> Peanut Butter Cups Miniatures (Wrapped)		10 Miniatures
<b>Peanut M&amp;Ms</b>		41 peanut M&Ms
<b>Reese's</b> Peanut Butter Cups Unwrapped Minis		33 Minis
<b>Reese's</b> Pieces Candies		71 Reese's Pieces

## Peanut Equivalent 6000 mg Peanut Protein

<p style="text-align: center;"><b>Reese's</b> Peanut Butter Cup</p>		<p style="text-align: center;">3 and 1/3 standard size cups (not snack or king size)</p>
<p style="text-align: center;"><b>Pasokin</b> Peanut Butter Bites</p>		<p style="text-align: center;">3 Pieces</p>
<p style="text-align: center;"><b>*Whole peanuts and clumps of peanut butter may be choking hazards. Peanut butter may be thinned for safety.</b></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.

### 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.”

### Avoid

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