

## Cow's Milk Equivalent 300 mg Milk Protein

You must eat 300 mg of *unheated milk* products from the amounts listed below, each day.

### Unheated Milk Product

- Milk protein can be changed by heating or baking, which may affect its allergenicity.
- Your MINIMUM 300 mg daily milk amount must be eaten as *unheated milk*.
- If your MAXIMUM daily milk amount is **300mg**, your daily milk serving must be made up of only *unheated milk* products.
- Examples include fluid milk, powdered milk, yogurt, ice cream, cheese, or milk chocolate.

The amount listed is the <b>300 mg</b> amount to eat per day. <b>Foods in this list must be eaten unheated.</b>		Amount to Eat
<b>Liquid Cow's Milk</b> Label states: 1 cup = 8g protein  <i>E.g. Brand: Dairy Pure 1% Fat Milk</i>		2 teaspoons
<b>Cow's Milk Shelf Stable</b> Label states: 8 ounces (236mL) = 8g protein  <i>E.g. Brand: Horizon Organic</i>		2 teaspoons
<b>Mozzarella Cheese</b> Label states: 1 piece = 7g protein  <i>E.g. Brand: Sargento String Cheese</i>		1/24 of a cheese stick * see diagram on page 3
<b>Shredded Mozzarella Cheese</b> Label states: 1/4 cup = 7g protein  <i>E.g. brand: Kraft Natural Mozzarella Shredded Low Moisture Part Skim</i>		1/2 teaspoon
<b>Parmesan Cheese grated</b> Label states: 2 tsp (5g) = 2g protein  <i>E.g. Brand: KRAFT</i>		1/3 teaspoon

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<p><b>Cream Cheese</b> Label states: 2 Tbsp = 2g protein</p> <p><i>E.g. Brand:</i> <i>Philadelphia Regular Cream Cheese</i></p>		1 teaspoon
<p><b>Whipped Cream Cheese</b> Label states: 2 Tbsp = 1g protein</p> <p><i>E.g. Brand:</i> <i>Philadelphia Whipped Cream Cheese</i></p>		2 teaspoons
<p><b>Non-Fat Plain Greek Yogurt</b> Label states: ¾ cup = 16g protein</p> <p><i>E.g. Brand: Chobani Greek Yogurt Non-Fat Plain (no fruit flavors)</i></p>		¾ teaspoon
<p><b>Regular Yogurt</b> Label states: 6 oz = 6g protein</p> <p><i>E.g. Brand:</i> <i>Yoplait Original</i></p>		2 teaspoons
<p><b>Instant Nonfat Dry milk</b> <b>Label states:</b> ¼ cup (23 g) = 8g protein</p> <p><i>E.g. Brand: Carnation</i></p>		1/2 teaspoon
<p><b>Ice Cream</b> <b>Classic Vanilla Bean</b> Label States: 2/3 cup = 3g protein</p> <p><i>E.g. Brand: Edy's or Dreyer's</i></p>		1 Tablespoon plus ½ teaspoon
<p><b>Milk Chocolate Chips</b> Label states: 1 Tbsp = 1g protein</p> <p><b>MUST USE THIS BRAND:</b> <i>Hershey's Milk Chocolate Chips</i></p>		<p>16 chips</p> <p>The amount to eat is based on the specific allergen protein content and not the total protein content.</p>

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\* 1/24<sup>th</sup> cheese stick:



1/24<sup>th</sup> cheese stick

Divide cheese stick in three even pieces.

Next divide 1/3 of the cheese stick in half, lengthwise, and then cut each half in 4 pieces. Eat 1 of these pieces.

### 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

- Milk from other mammals such as goat and sheep
  - Examples of products from other animals: goat's cheese, feta cheese, Romano cheese, buffalo mozzarella
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

### Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size and grams of protein to ensure they match the chart above. For example, here is the milk label:

<b>Whole Milk</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 8g	

If you have any questions about the appropriateness of a product, contact the study team.






## Cow's Milk Equivalent 300 mg Milk Protein

### You May Also Eat










- Products labeled with milk precautionary allergen labeling, as long as they do not contain any of your other allergens. Example labels include: "May contain milk" or "Manufactured in a facility that also processes milk."
- Butter which has a very small amount of milk protein: approximately 40 mg per teaspoon (or pat of butter).
- A limited number of commercially baked products with milk as a minor ingredient (for example 2% or less of a milk ingredient).

### Commercially baked products:

**In addition to the 300 mg daily, unheated milk serving,** you may eat one serving per day of the foods listed below. These commercially baked products (not baked at home) have milk as a minor ingredient (for example 2% or less of a milk ingredient).

Products that contain milk, baked as a minor ingredient	Serving
<p>Bread:</p> <ul style="list-style-type: none"> <li>• Pepperidge Farm 100% Whole Wheat, Sandwich White and Very Thin White (W)</li> <li>• Thomas's Cinnamon Raisin Swirl (W, S) - May contain tree nuts and egg</li> </ul>	  <p style="text-align: center;">1 slice                      1 slice</p>
<p>Muffins and Biscuits:</p> <ul style="list-style-type: none"> <li>• Thomas' 100% whole wheat and original English muffins (W, S)</li> <li>• Pillsbury Grands Flaky Biscuits and Flaky Buttermilk Biscuits - ready-to-bake</li> </ul>	  <p style="text-align: center;">2 muffin halves                      1 biscuit</p>
<p>Crackers/pretzels:</p> <ul style="list-style-type: none"> <li>• Original Goldfish Crackers (W) - Do not use Cheddar flavor or any "Flavor Blasted" flavors</li> <li>• Pretzel Goldfish Crackers (W)</li> </ul>	

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	 55 pieces (Original)  43 pieces (Pretzel)
Cookies: <ul style="list-style-type: none"> <li>• Goldfish Vanilla Cupcake Grahams (W)</li> <li>• Goldfish S'Mores Grahams (W)</li> <li>• Pepperidge Farm Chessman (W, E) or Dublin Shortbread Cookies (W, E)</li> </ul>	      35 pieces <span style="float: right;">2 Dublin Cookies 3 Chessman cookies</span>
Toaster Waffle: <ul style="list-style-type: none"> <li>• Kellogg's Eggo Homestyle frozen waffle (W, S, E)</li> </ul>	 1 waffle

W = contains wheat; S = contains soy; E = contains egg

### Instructions for Optional Commercially Baked Products with Milk as a Minor Ingredient

- Use the nutrition facts label for the serving size allowed.
- Some products listed contain wheat (W), egg (E), soy (S) or other allergens.
- Read product labels to avoid your allergens every time an item is purchased.
- The most current and up-to-date information will be on the package label.

## Cow's Milk Equivalent 600 mg Milk Protein

You may eat the amount of milk product listed below either unheated, heated, or baked but at least 300 mg of the daily milk amount must be eaten as *unheated milk*.

### Definitions of Unheated, Heated and Baked Milk Products

#### Unheated Milk Product

- Milk-containing foods that are eaten unheated
- Examples include liquid milk, powdered milk, yogurt, ice cream, cheese, or milk chocolate




#### Heated Milk Product

- Milk-containing foods that are eaten after being cooked on the stove or heated in a microwave
- Examples include cheese pizza, grilled cheese, hot cocoa, cooked pudding, stovetop macaroni and cheese, or quesadillas

#### Baked Milk Product

- A homemade baked good that contains a **measured amount** of milk that is baked in the oven at 350°F or higher and results in a dry crumb product
- Examples include homemade muffins or cakes

**Note:** Commercially baked products that contain milk as a minor ingredient do not count towards your 600 mg daily milk amount. See the **Commercially baked products** section for products that contain milk, baked as a minor ingredient.

The amount listed is the <b>MAXIMUM</b> amount to eat per day. Foods in this list can be eaten unheated, heated or baked.		Amount to Eat
<b>Liquid Cow's Milk</b> Label states: 1 cup = 8g protein  <i>E.g. Brand: Dairy Pure 1% Fat Milk</i>		1 Tablespoon plus ½ teaspoon
<b>Cow's Milk Shelf Stable</b> Label states: 8 ounces (236mL)= 8g protein  <i>E.g. Brand: Horizon Organic</i>		1 Tablespoon plus ½ teaspoon
<b>Mozzarella Cheese</b> Label states: 1 piece = 7g protein  <i>E.g. Brand: Sargento String Cheese</i>		1/12 of a cheese stick *see diagram on page 3



# Cow's Milk Equivalent 600 mg Milk Protein

<p><b>Shredded Mozzarella Cheese</b> Label states: ¼ cup = 7g protein E.g. brand: <i>Kraft Natural Mozzarella Shredded Low Moisture Part Skim</i></p>		<p>1 teaspoon</p>
<p><b>Parmesan Cheese Grated</b> Label states: 2 tsp (5g) = 2g protein  E.g.Brand: <i>Kraft</i></p>		<p>2/3 teaspoon</p>
<p><b>Cream Cheese</b> Label states: 2 Tbsp = 2g protein  E.g. Brand: <i>Philadelphia Regular Cream Cheese</i></p>		<p>1 and ¾ teaspoon</p>
<p><b>Whipped Cream Cheese</b> Label states: 2 Tbsp = 1g protein  E.g. Brand: <i>Philadelphia Whipped Cream Cheese</i></p>		<p>3 and ½ teaspoons (or 1 Tablespoon plus ½ teaspoon)</p>
<p><b>Non-Fat Plain Greek Yogurt</b> Label states: ¾ cup = 16g protein  E.g. Brand: <i>Chobani Greek Yogurt Non-Fat Plain (no fruit flavors)</i></p>		<p>1 and 1/3 teaspoon</p>
<p><b>Regular Yogurt</b> Label states: 6 oz. = 6g protein  E.g. Brand: <i>Yoplait Original</i></p>		<p>1 Tablespoon plus ¾ teaspoon</p>
<p><b>Instant Nonfat Dry Milk</b> Label states: ¼ cup (23g) = 8g protein  E.g. Brand: <i>Carnation</i></p>		<p>¼ teaspoon plus 2/3 teaspoon</p>

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<p><b>Ice Cream</b>  <b>Classic Vanilla Bean</b>  Label states:  2/3 cup = 3g protein</p> <p><i>E.g. Brand:</i>  <i>Edy's or Dreyer's</i></p>		<p>2 Tablespoons plus ½ teaspoon</p>
<p><b>Milk Chocolate Chips</b>  Label states:  1 Tbsp = 1g protein  <b>Must use this brand:</b>  <i>Hershey's Milk Chocolate Chips</i></p>		<p>32 chips</p> <p>The amount to eat is based on the specific allergen protein content and not the total protein content</p>

### \*1/12<sup>th</sup> Cheese Stick



#### 1/12<sup>th</sup> cheese stick

Divide cheese stick in three even pieces. Next divide each 1/3 of the cheese stick in half, lengthwise, and then cut each half in 2 pieces resulting in 12 even pieces. Eat one of these pieces.

### 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

- Milk from other animals such as goat and sheep
  - Examples of products from other animals: goat's cheese, feta cheese, Romano cheese, buffalo mozzarella
- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens



## Cow's Milk Equivalent 600 mg Milk Protein

### Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size and grams of protein to ensure they match the chart above. For example, here is the milk label:

<b>Whole Milk</b>	
Serving Size 8 fl oz (240ml)	
Servings Per Container 2	
Amount Per Serving	
Calories 150    Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

If you have any questions about the appropriateness of a product, contact the study team.


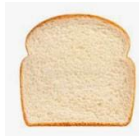










### You May Also Eat

- Products labeled with milk precautionary allergen labeling, as long as they do not contain any of your other allergens. Example labels include: "May contain milk" or "Manufactured in a facility that also processes milk."
- Butter which has a very small amount of milk protein: approximately 40 mg per teaspoon (or pat of butter).
- A limited number of commercially baked products with milk as a minor ingredient (for example 2% or less of a milk ingredient).


## Cow's Milk Equivalent 600 mg Milk Protein

### Commercially baked products

In addition to the daily unheated, heated, and baked milk serving, you may eat one to two servings per day of the foods listed below. These commercially baked products (not baked at home) have milk as a minor ingredient (for example 2% or less of a milk ingredient).

Products that contain milk, baked as a minor ingredient	Serving
<p>Bread:</p> <ul style="list-style-type: none"> <li>Pepperidge Farm 100% Whole Wheat, Sandwich White and Very Thin White (W)</li> <li>Thomas's Cinnamon Raisin Swirl (W, S) -May contain tree nuts and egg</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">     1 slice </div> <div style="text-align: center;">     1 slice </div> </div>
<p>Muffins and Biscuits:</p> <ul style="list-style-type: none"> <li>Thomas' 100% whole wheat and original English muffins (W, S)</li> <li>Pillsbury Grands Flaky Biscuits and Flaky Buttermilk Biscuits- ready-to-bake (W)</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">     2 muffin halves </div> <div style="text-align: center;">     1 biscuit </div> </div>
<p>Crackers/pretzels:</p> <ul style="list-style-type: none"> <li>Original Goldfish Crackers (W) - Do not use Cheddar flavor or any "Flavor Blasted" flavors</li> <li>Pretzel Goldfish Crackers (W)</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">     55 pieces (Original) </div> <div style="text-align: center;">     43 pieces (pretzel) </div> </div>

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<p>Cookies:</p> <ul style="list-style-type: none"> <li>• Goldfish Vanilla Cupcake Grahams (W)</li> <li>• Goldfish S'Mores Grahams (W)</li> <li>• Pepperidge Farm Chessman (W, E) or Dublin Shortbread Cookies (W,E)</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">     </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">   </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <p>35 pieces</p> <p>2 Dublin/3 Chessman cookies</p> </div>
<p>Toaster Waffle:</p> <ul style="list-style-type: none"> <li>• Kellogg's Eggo Homestyle frozen waffle (W, S, E)</li> </ul>	<div style="text-align: center;">  </div> <p style="text-align: center; margin-top: 10px;">1 waffle</p>

W = contains wheat; S = contains soy; E = contains egg

### Instructions for Optional Commercially Baked Products with Milk as a Minor Ingredient

- Use the nutrition facts label for the serving size allowed.
- Some products listed contain wheat (W), egg (E), soy (S) or other allergens.
- Read product labels to avoid your allergens every time an item is purchased.
- The most current and up-to-date information will be on the package label.

## Cow's Milk Equivalent 1000 mg Milk Protein

You may eat the amount of milk product listed below either unheated, heated, or baked but at least 300 mg of the daily milk amount must be eaten as *unheated milk*.

### Definitions of Unheated, Heated, and Baked Milk Products

#### Unheated Milk Product

- Milk-containing foods that are eaten unheated
- Examples include liquid milk, powdered milk, yogurt, ice cream, cheese, or milk chocolate


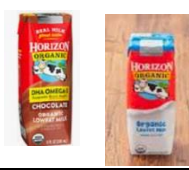


#### Heated Milk Product

- Milk-containing foods that are eaten after being cooked on the stove or heated in a microwave
- Examples include cheese pizza, grilled cheese, hot cocoa, cooked pudding, stovetop macaroni and cheese, or quesadillas

#### Baked Milk Product

- A homemade baked good that contains a **measured amount** of milk that is baked in the oven at 350°F or higher and result in a dry crumb product
- Examples include homemade muffins or cakes

**Note:** Commercially baked products that contain milk as a minor ingredient do not count towards your 1000 mg daily milk amount. See the **Commercially baked products** section for products that contain milk, baked as a minor ingredient.

The amount listed is the <b>MAXIMUM</b> amount to eat per day. Foods in this list can be eaten unheated, heated or baked.		Amount to Eat
<b>Liquid Cow's Milk</b> Label states: 1 cup = 8g protein  <i>E.g. Brand: Dairy Pure 1% Fat Milk</i>		2 Tablespoons
<b>Cow's Milk Shelf Stable</b> Label states: 8 ounces (236mL)= 8g protein		2 Tablespoons
<b>Mozzarella Cheese</b> Label states: 1 piece = 7g protein  <i>E.g. Brand: Sargento String Cheese</i>		1/6 of a cheese stick *see diagram on page 3
<b>Shredded Mozzarella Cheese</b> Label states: ¼ cup = 7g protein <i>E.g. Brand: Kraft Natural Mozzarella Shredded Low Moisture Part Skim</i>		1 and ¾ teaspoon

**Cow's Milk Equivalent  
1000 mg Milk Protein**

<b>Parmesan Cheese Grated</b> Label states: 2 tsp (5g) = 2g protein  <i>E.g. Kraft</i>		1 teaspoon
<b>Cream Cheese</b> Label states: 2 Tbsp = 2g protein  <i>E.g. Brand:</i> <i>Philadelphia Regular Cream Cheese</i>		1 Tablespoon
<b>Whipped Cream Cheese</b> Label states: 2 Tbsp = 1g protein  <i>E.g. Brand:</i> <i>Philadelphia Whipped Cream Cheese</i>		2 Tablespoons
<b>Non-Fat Plain Greek Yogurt</b> Label states: ¾ cup = 16g protein  <i>E.g. Brand: Chobani Greek Yogurt Non-Fat Plain (no fruit flavors)</i>		2 and ¼ teaspoons
<b>Regular Yogurt</b> Label states: 6oz = 6g protein  <i>E.g. Brand:</i> <i>Yoplait</i>		2 Tablespoons
<b>Instant Nonfat Dry Milk</b> Label states: ¼ cup (23g) = 8g protein  <i>E.g. Brand:</i> <i>Carnation</i>		1 and ½ teaspoons (or ½ Tablespoon)
<b>Ice Cream</b> <b>Classic Vanilla Bean</b> Label states: 2/3 cup = 3g protein  <i>E.g. Brand:</i> <i>Edy's or Dreyer's</i>		¼ cup (or 4 Tablespoons)

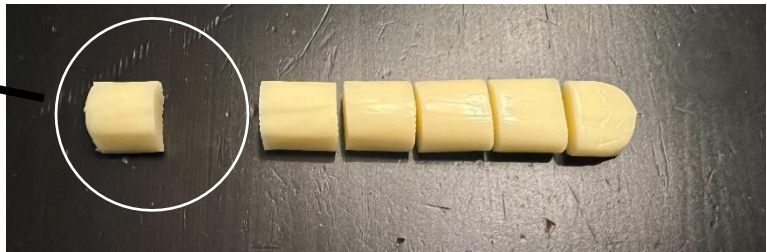
**Cow's Milk Equivalent  
1000 mg Milk Protein**

<p><b>Milk Chocolate Chips</b> Label states: 1 Tbsp = 1g protein</p> <p><b><i>Must use brand:</i></b> <i>Hershey's Milk Chocolate Chips</i></p>		<p>53 chips</p> <p>The amount to eat is based on the specific allergen protein content and not the total protein content</p>
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**\*1/6<sup>th</sup> Cheese stick**

**1/6<sup>th</sup> Cheese stick**

Divide cheese stick in 6 even pieces.  
Eat one of these pieces.



**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**

- Milk from other animals such as goat and sheep
  - Examples of products from other animals: goat's cheese, feta cheese, Romano cheese, buffalo mozzarella
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### You May Also Eat

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- A limited number of commercially baked products with milk as a minor ingredient (for example 2% or less of a milk ingredient).


## Cow's Milk Equivalent 1000 mg Milk Protein

### Commercially baked products

In addition to the daily unheated, heated, and baked milk serving, you may eat one to two servings per day of the foods listed below. These commercially baked products (not baked at home) have milk as a minor ingredient (for example 2% or less of a milk ingredient).

Products that contain milk, baked as a minor ingredient	Serving
<p>Bread:</p> <ul style="list-style-type: none"> <li>Pepperidge Farm 100% Whole Wheat, Sandwich White and Very Thin White (W)</li> <li>Thomas's Cinnamon Raisin Swirl (W, S) - May contain tree nuts and egg</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               1 slice         </div> <div style="text-align: center;">               1 slice         </div> </div>
<p>Muffins and Biscuits:</p> <ul style="list-style-type: none"> <li>Thomas' 100% whole wheat and original English muffins (W, S)</li> <li>Pillsbury Grands Flaky Biscuits and Flaky Buttermilk Biscuits - ready-to-bake (W)</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               2 muffin halves         </div> <div style="text-align: center;">               1 biscuit         </div> </div>
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<p>Cookies:</p> <ul style="list-style-type: none"> <li>Goldfish Vanilla Cupcake Grahams (W)</li> <li>Goldfish S'Mores Grahams (W)</li> <li>Pepperidge Farm Chessman (W, E) or Dublin Shortbread Cookies (W,E)</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               35 pieces         </div> <div style="text-align: center;">               35 pieces         </div> <div style="text-align: center;">               2 Dublin Cookies            3 Chessman Cookies         </div> </div>

## Cow's Milk Equivalent 1000 mg Milk Protein

<p>Toaster Waffle:</p> <ul style="list-style-type: none"><li>• Kellogg's Eggo Homestyle frozen waffle (W, S, E)</li></ul>	 <p>1 waffle</p>
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W = contains wheat; S = contains soy; E = contains egg

### Instructions for Optional Commercially Baked Products with Milk as a Minor Ingredient

- Use the nutrition facts label for the serving size allowed
- Some products listed contain wheat (W), egg (E), soy (S) or other allergens
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- The most current and up-to-date information will be on the package label

## Cow's Milk Equivalent 2000 mg Milk Protein

You may eat the amount of milk product listed below either unheated, heated, or baked but at least 300 mg of the daily milk amount must be eaten as *unheated milk*.

### Definitions of Unheated, Heated, and Baked Milk Products

#### Unheated Milk Product

- Milk-containing foods that are eaten unheated
- Examples include fluid milk, powdered milk, yogurt, ice cream, cheese, or milk chocolate




#### Heated Milk Product

- Milk-containing foods that are eaten after being cooked on the stove or heated in a microwave
- Examples include cheese pizza, grilled cheese, hot cocoa, cooked pudding, stovetop macaroni and cheese, or quesadillas


#### Baked Milk Products

- A homemade baked good that contains a **measured amount** of milk that is baked in the oven at 350°F or higher and result in a dry crumb product
- Examples include homemade muffins or cakes

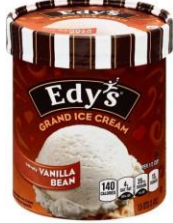

**Note:** Commercially baked products that contain milk as a minor ingredient do not count towards your 2000 mg daily milk amount. See the **Commercially baked products** section for products that contain milk, baked as a minor ingredient.

The amount listed is the <b>MAXIMUM</b> amount to eat per day. Foods in this list can be eaten unheated, heated or baked.		Amount to Eat
<b>Liquid Cow's Milk</b> Label states: 1 cup = 8g protein  <i>E.g. Brand: Dairy Pure 1% Fat Milk</i>		$\frac{1}{4}$ cup (2 ounces)
<b>Cow's Milk Shelf Stable</b> Label states: 8 ounces (236mL) = 8g protein  <i>E.g. Brand: Horizon Organic</i>		$\frac{1}{4}$ cup (2 ounces)
<b>Mozzarella Cheese</b> Label states: 1 piece = 7g protein  <i>E.g. Brand: Sargento String Cheese</i>		$\frac{7}{24}$ of a cheese stick *see diagram on page 4

## Cow's Milk Equivalent 2000 mg Milk Protein

<b>Shredded Mozzarella Cheese</b> Label states: $\frac{1}{4}$ cup = 7g protein <i>E.g. brand:</i> <i>Kraft Natural Mozzarella Shredded Low Moisture Part Skim</i>		1 Tablespoon plus $\frac{1}{2}$ teaspoon *see Pizza recipe and serving suggestion below
<b>Parmesan Cheese Grated</b> Label states: 2tsp (5g) = 2g protein  <i>E.g. Kraft</i>		2 teaspoons
<b>Cream Cheese</b> Label states: 2 Tbsp = 2g protein  <i>E.g. Brand:</i> <i>Philadelphia Regular Cream Cheese</i>		2 Tablespoons
<b>Whipped Cream Cheese</b> Label states: 2 Tbsp = 1g protein  <i>E.g. Brand:</i> <i>Philadelphia Whipped Cream Cheese</i>		4 Tablespoons
<b>Non-Fat Plain Greek Yogurt</b> Label states: $\frac{3}{4}$ cup = 16g protein  <i>E.g. Brand: Chobani Greek Yogurt Non-Fat Plain (no fruit flavors)</i>		1 Tablespoon plus 1 and $\frac{1}{2}$ teaspoons ( or 1 and $\frac{1}{2}$ Tablespoons)
<b>Regular Yogurt</b> Label states: 6oz = 6g protein  <i>E.g. Brand:</i> <i>Yoplait Original</i>		4 Tablespoons
<b>Instant Nonfat Dry Milk</b> Label states: $\frac{1}{4}$ cup (23g) = 8g protein  <i>E.g. Brand:</i> <i>Carnation</i>		1 Tablespoon

## Cow's Milk Equivalent 2000 mg Milk Protein

<p><b>Ice Cream</b>  <b>Classic Vanilla Bean</b>  Label states:  2/3 cup = 3g protein</p> <p><i>E.g. Brand:  Edy's or Dryer's</i></p>		<p>¼ cup plus 3 Tablespoons</p>
<p><b>Milk Chocolate Chips</b>  Label states:  1 Tbsp = 1g protein  <b>Must use this brand:</b>  <i>Hershey's Milk Chocolate Chips</i></p>		<p>109 chips  (3 and ½ Tablespoons)</p> <p>The amount to eat is based on the specific allergen protein content and not the total protein content</p>

### \*Individual Pizza Recipe

#### Ingredients:

- 1 Tablespoon plus ½ teaspoon shredded part-skim mozzarella cheese
- Homemade pizza dough or 1 slice of premade pizza crust such as Market Pantry Original Pizza Crust (W) cut to the desirable size
- Olive oil (optional)



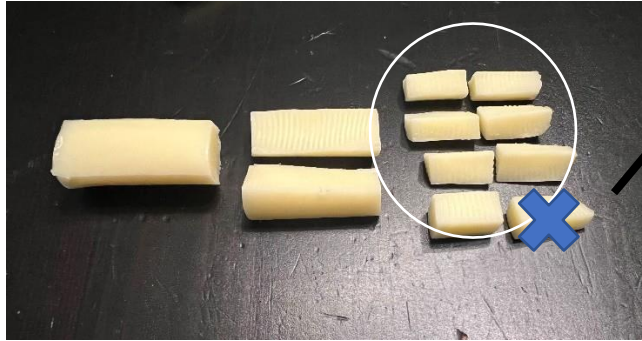
1. Wash hands.
2. Preheat oven to 400° F.
3. Place crust on a cookie sheet covered in cornmeal, parchment or aluminum foil for easy clean up. Brush crust with olive oil (optional).
4. Top the pizza crust with sauce and toppings of your choice.
5. Bake in the oven for 10-15 minutes until the toppings are heated through.
6. Remove from the oven.
7. Add shredded mozzarella cheese and return to the oven until the cheese is melted, approximately 3-5 minutes.
8. Let cool to desired temperature before eating.

W = contains wheat



## Cow's Milk Equivalent 2000 mg Milk Protein

### \* 7/24<sup>th</sup> of a Cheese Stick



#### 7/24<sup>th</sup> cheese stick

Divide cheese stick in three even pieces.

Next divide 1/3 of the cheese stick in half, lengthwise, and then cut each half in 4 pieces. Eat 7 of these pieces.

### 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

- Milk from other animals such as goat and sheep
  - Examples of products from other animals: goat's cheese, feta cheese, Romano cheese, buffalo mozzarella
- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.

### Serving Suggestions

- 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.

## Cow's Milk Equivalent 2000 mg Milk Protein

### Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size and grams of protein to ensure they match the chart above. For example, here is the milk label:

<b>Whole Milk</b>	
Serving Size 8 fl oz (240ml.)	
Servings Per Container 2	
Amount Per Serving	
Calories 150    Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

If you have any questions about the appropriateness of a product, contact the study team.

### You May Also Eat

- Products labeled with milk precautionary allergen labeling, as long as they do not contain any of your other allergens. Example labels include: "May contain milk" or "Manufactured in a facility that also processes milk."
- Butter which has a very small amount of milk protein: approximately 40 mg per teaspoon (or pat of butter).
- You may eat unlimited commercially baked products with milk as a minor ingredient in baked goods.

### Commercially baked products

Commercially baked products with milk as a minor ingredient can be eaten freely, in addition to the daily unheated, heated, and home-baked milk serving.

All "commercially baked items" must **meet this DEFINITION:**

- They must contain milk as the third ingredient or further down on the ingredient list.
- They must contain a grain ingredient (wheat flour or gluten-free flour) and be fully baked in the oven to form a dry crumb, baked-good texture.
- Examples include: muffin, cookie, cracker, bread, or roll.

## **Cow's Milk Equivalent**

### **2000 mg Milk Protein**

The following items **do NOT meet this definition** of allowed "commercially baked items":

- Baked products with milk listed as the first or second ingredient.
- Products that may have a milk ingredient listed that has not been baked, such as a cheese flavoring on a cracker. These flavorings may be applied after the product is baked, such as "flavor blasted" Goldfish, Doritos, Pirate's Booty, Cheetos, etc., and typically leave a cheese residue on the hands.
- Milk chocolate chips that will melt during baking but are not "baked"
- Frostings or fillings- the cake, muffin, or cookie will be baked but the frosting/filling is not
- French toast, pancakes, homemade waffles, puddings, macaroni and cheese - these are "cooked" milk ingredients
- Lasagna, pizza, or baked macaroni and cheese- these do not have a grain matrix and do not result in a dry crumb, baked-good texture.

## Cow's Milk Equivalent 4000 mg Milk Protein

You may eat the amount of milk product listed below either unheated, heated, or baked but continue to eat at least 300 mg as *unheated milk*.

### Definitions of Unheated, Heated and Baked Milk Products

#### Unheated Milk Product

- Milk-containing foods that are eaten unheated.
- Examples include fluid milk, powdered milk, yogurt, ice cream, cheese, or milk chocolate




#### Heated Milk Product

- Milk-containing foods that are eaten after being cooked on the stove or heated in a microwave
- Examples include cheese pizza, grilled cheese, hot cocoa, cooked pudding, stovetop macaroni and cheese, or quesadillas





#### Baked Milk Products

- A homemade baked good that contains a **measured amount** of milk that is baked in the oven at 350°F or higher and result in a dry crumb product
- Examples include homemade muffins or cakes

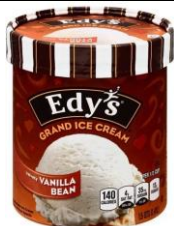

**Note:** Commercially baked products that contain milk as a minor ingredient do not count towards your 4000 mg daily milk amount. See the **Commercially baked products** section for products that contain milk, baked as a minor ingredient.

The amount listed is the <b>MAXIMUM</b> amount to eat per day. Foods in this list can be eaten unheated, heated or baked.		Amount to Eat
<b>Liquid Cow's Milk</b> Label states: 1 cup = 8g protein  <i>E.g. Brand: Dairy Pure 1% Fat Milk</i>		$\frac{1}{2}$ cup (4 ounces)
<b>Cow's Milk Shelf Stable</b> Label states: 8 ounces (236mL) = 8g protein  <i>E.g. Brand: Horizon Organic</i>		$\frac{1}{2}$ cup (4 ounces)
<b>Mozzarella Cheese</b> Label states: 1 piece = 7g protein  <i>E.g. Brand: Sargento String Cheese</i>		$\frac{7}{12}$ of a cheese stick *see diagram on page 4

## Cow's Milk Equivalent 4000 mg Milk Protein

<b>Shredded Mozzarella Cheese</b> Label states: $\frac{1}{4}$ cup = 7g protein <i>E.g. brand:</i> <i>Kraft Natural Mozzarella Shredded Low Moisture Part Skim</i>		2 Tablespoons plus 1 teaspoon  *see Pizza recipe and serving suggestion below
<b>Parmesan Cheese Grated</b> Label states: 2 tsp (5g) = 2g protein  <i>E.g. Kraft</i>		1 Tablespoon plus 1 teaspoon
<b>Cream Cheese</b> Label states: 2 Tbsp = 2g protein  <i>E.g. Brand:</i> <i>Philadelphia Regular Cream Cheese</i>		4 Tablespoons (1/4 cup)
<b>Whipped Cream Cheese</b> Label states: 2 Tbsp = 1g protein  <i>E.g. Brand:</i> <i>Philadelphia Whipped Cream Cheese</i>		8 Tablespoons (1/2 cup)
<b>Non-Fat Plain Greek Yogurt</b> Label states: $\frac{3}{4}$ cup = 16g protein <i>E.g. Brand: Chobani Greek Yogurt Non-Fat Plain (no fruit flavors)</i>		3 Tablespoons
<b>Regular Yogurt</b> Label states: 6 oz = 6g protein  <i>E.g. Brand:</i> <i>Yoplait Original</i>		4 ounces or $\frac{1}{2}$ cup
<b>Instant Nonfat Dry Milk</b> Label states: $\frac{1}{4}$ cup (23g) = 8g protein  <i>E.g. Brand:</i> <i>Carnation</i>		2 Tablespoons

## Cow's Milk Equivalent 4000 mg Milk Protein

<p><b>Ice Cream</b>  <b>Classic Vanilla Bean</b>  Label states:  2/3 cup = 3g protein</p> <p><i>E.g. Brand:  Edy's or Dreyer's</i></p>		<p>¾ cup plus 2 Tablespoons</p>
<p><b>Milk Chocolate Chips</b>  Label states:  1 Tbsp = 1g protein  <b>Must use this brand:</b>  <i>Hershey's Milk Chocolate Chips</i></p>		<p>217 chips  (¼ cup plus 3 Tablespoons)</p> <p>The amount to eat is based on the specific allergen protein content and not the total protein content</p>

### \*Individual Pizza Recipe

#### Ingredients:

- 2 Tablespoon plus 1 teaspoon shredded part-skim mozzarella cheese
- Homemade pizza dough or 1 slice of premade pizza crust such as Market Pantry Original Pizza Crust (W, S) cut to the desirable size
- Olive oil (optional)



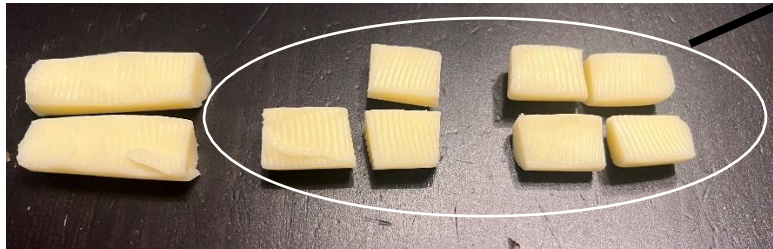
1. Wash hands.
2. Preheat oven to 400° F.
3. Place crust on a cookie sheet covered in cornmeal, parchment or aluminum foil for easy clean up. Brush crust with olive oil (optional).
4. Top the pizza crust with sauce and toppings of your choice.
5. Bake in the oven for 10-15 minutes until the toppings are heated through.
6. Remove from the oven.
7. Add shredded mozzarella cheese and return to the oven until the cheese is melted, approximately 3-5 minutes.
8. Let cool to desired temperature before eating.

W = contains wheat      S = contains soy



## Cow's Milk Equivalent 4000 mg Milk Protein

**\*7/12th of a cheese stick**



**7/12<sup>th</sup> cheese stick**

Divide cheese stick in three even pieces. Next divide each 1/3 of the cheese stick in half, lengthwise, then cut each half in 2 pieces resulting in 12 even pieces. Eat 7 of these pieces.

### 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

- Milk from other animals such as goat and sheep
  - Examples of products from other animals: goat's cheese, feta cheese, Romano cheese, buffalo mozzarella
- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.

### Serving Suggestions

- 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

### Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size and grams of protein to ensure they match the chart above. For example, here is the milk label:

<b>Whole Milk</b>	
Serving Size 8 fl oz (240ml)	
Servings Per Container 2	
Amount Per Serving	
Calories 150    Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

If you have any questions about the appropriateness of a product, contact the study team.

## **Cow's Milk Equivalent 4000 mg Milk Protein**

### **You May Also Eat**

- Products labeled with milk precautionary allergen labeling, as long as they do not contain any of your other allergens. Example labels include: "May contain milk" or "Manufactured in a facility that also processes milk."
- Butter which has a very small amount of milk protein: approximately 40 mg per teaspoon (or pat of butter).
- You may eat unlimited commercially baked products with milk as a minor ingredient in baked goods.

### **Commercially baked products**

**Commercially baked products with milk as a minor ingredient can be eaten freely,** in addition to the daily unheated, heated, and home-baked milk serving.

All "commercially baked items" must **meet this DEFINITION:**

- They must contain milk as the third ingredient or further down on the ingredient list.
- They must contain a grain ingredient (wheat flour or gluten-free flour) and be fully baked in the oven to form a dry crumb, baked-good texture.
- Examples include: muffin, cookie, cracker, bread, or roll.

The following items **do NOT meet this definition** of allowed "commercially baked items": \_

- Baked products with milk listed as the first or second ingredient.
- Products that may have a milk ingredient listed that has not been baked, such as a cheese flavoring on a cracker. These flavorings may be applied after the product is baked, such as "flavor blasted" Goldfish, Doritos, Pirate's Booty, Cheetos, etc., and typically leave a cheese residue on the hands.
- Milk chocolate chips that will melt during baking but are not "baked"
- Frostings or fillings- the cake, muffin, or cookie will be baked but the frosting/filling is not
- French toast, pancakes, homemade waffles, puddings, macaroni and cheese - these are "cooked" milk ingredients
- Lasagna, pizza, or baked macaroni and cheese- these do not have a grain matrix and do not result in a dry crumb, baked-good texture.

## Cow's Milk Equivalent 6000 mg Milk Protein

You may eat the amount of milk product listed below either unheated, heated, or baked but at least 300 mg of the daily milk amount must be eaten as *unheated milk*.

### Definitions of Unheated, Heated, and Baked Milk Products

#### Unheated Milk Product

- Milk-containing foods that are eaten unheated
- Examples include fluid milk, powdered milk, yogurt, ice cream, cheese, or milk chocolate




#### Heated Milk Product

- Milk-containing foods that are eaten after being cooked on the stove or heated in a microwave
- Examples include cheese pizza, grilled cheese, hot cocoa, cooked pudding, stovetop macaroni and cheese, or quesadillas








#### Baked Milk Product

- A homemade baked good that contains a **measured amount** of milk that is baked in the oven at 350°F or higher and result in a dry crumb product
- Examples include homemade muffins or cakes

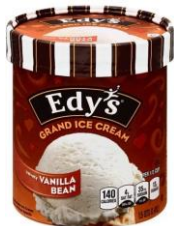

**Note:** Commercially baked products that contain milk as a minor ingredient do not count towards your 6000 mg daily milk amount. See the **Commercially baked products** section for products that contain milk, baked as a minor ingredient.

The amount listed is the <b>MAXIMUM</b> amount to eat per day. Foods in this list can be eaten unheated, heated, or baked.		Amount to Eat
<b>Liquid Cow's Milk</b> Label states: 1 cup = 8g protein  <i>E.g. Brand: Dairy Pure 1 % Fat Milk</i>		$\frac{3}{4}$ cup (6 ounces)
<b>Cow's Milk Shelf Stable</b> Label states: 8 ounces (236mL)= 8g protein  <i>E.g. Brand: Horizon Organic</i>		$\frac{3}{4}$ cup (6 ounces)
<b>Mozzarella Cheese</b> Label states: 1 piece = 7g protein  <i>E.g. Brand: Sargento String Cheese</i>		$\frac{5}{6}$ of a cheese stick *see diagram page 4

## Cow's Milk Equivalent 6000 mg Milk Protein

<p><b>Shredded Mozzarella Cheese</b> Label states: ¼ cup = 7g protein</p> <p><i>E.g. brand:</i> <i>Kraft Natural Mozzarella Shredded Low Moisture Part Skim</i></p>		<p>3 and 1/2 Tablespoons</p> <p><i>*see pizza recipe and serving suggestion below</i></p>
<p><b>Parmesan Cheese Grated</b> Label states: 2 tsp (5g) = 2g protein</p> <p><i>E.g. Kraft</i></p>		<p>2 Tablespoons</p>
<p><b>Cream Cheese</b> Label states: 2 Tbsp = 2g protein</p> <p><i>E.g. Brand:</i> <i>Philadelphia Regular Cream Cheese</i></p>		<p>6 Tablespoons</p>
<p><b>Whipped Cream Cheese</b> Label states: 2 Tbsp = 1g protein</p> <p><i>E.g. Brand:</i> <i>Philadelphia Whipped Cream Cheese</i></p>		<p>12 Tablespoons (3/4 cup)</p>
<p><b>Non-Fat Plain Greek Yogurt</b> Label states: ¾ cup = 16g protein</p> <p><i>E.g. Brand: Chobani Greek Yogurt Non-Fat Plain (no fruit flavors)</i></p>		<p>4 and ½ Tablespoons</p>
<p><b>Regular Yogurt</b> Label states: 6 oz = 6g protein</p> <p><i>E.g. Brand:</i> <i>Yoplait Original</i></p>		<p>1 single serve (6 oz) (¾ cup)</p>
<p><b>Instant Nonfat Dry Milk</b> Label states: ¼ cup (23g) = 8g protein</p> <p><i>E.g. Brand:</i> <i>Carnation</i></p>		<p>3 Tablespoons</p>

## Cow's Milk Equivalent 6000 mg Milk Protein

<p><b>Ice Cream</b>  <b>Classic Vanilla Bean</b>  Label states:  2/3 cup = 3g protein</p> <p><i>E.g. Brand:</i>  <i>Edy's or Dreyer's</i></p>		<p>1 and 1/3 cups</p>
<p><b>Milk Chocolate Chips</b>  Label states:  1 Tbsp = 1g protein</p> <p><b><i>Must use this brand:</i></b>  <i>Hershey's Milk Chocolate Chips</i></p>		<p>325 chips  (½ cup plus 2 ½ Tablespoons)</p> <p>The amount to eat is based on the specific allergen protein content and not the total protein content</p>

### \*Individual Pizza Recipe

#### Ingredients:

- 3 and ½ tablespoons shredded part-skim mozzarella cheese
- Homemade pizza dough or 1 slice of premade pizza crust such as Market Pantry Original Pizza Crust (W) cut to the desirable size
- Olive oil (optional)

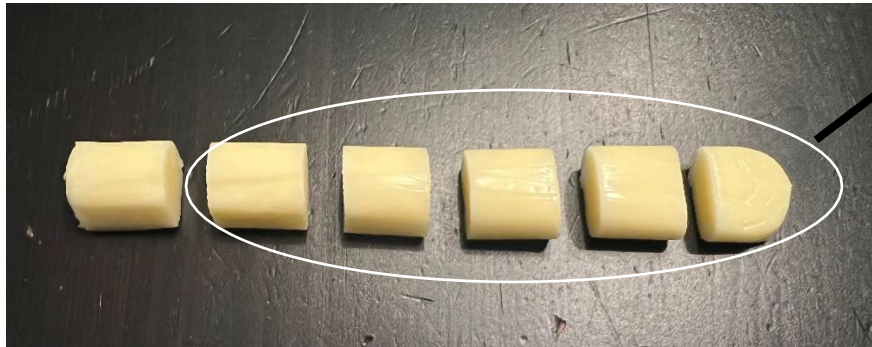


1. Wash hands.
2. Preheat oven to 400° F.
3. Place crust on a cookie sheet covered in cornmeal, parchment or aluminum foil tor easy clean up. Brush crust with olive oil (optional).
4. Top the pizza crust with sauce and toppings of your choice.
5. Bake in the oven for 10-15 minutes until the toppings are heated through.
6. Remove from the oven.
7. Add shredded mozzarella cheese and return to the oven until the cheese is melted, approximately 3-5 minutes.
8. Let cool to desired temperature before eating.

W = contains wheat

## Cow's Milk Equivalent 6000 mg Milk Protein

### \*5/6<sup>th</sup> Cheese Stick



### 5/6<sup>th</sup> Cheese stick

Divide cheese stick in 6 even pieces.  
Eat five of these pieces.

### 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:

- Milk from other animals such as goat and sheep
  - Examples of products from other animals: goat's cheese, feta cheese, Romano cheese, buffalo mozzarella
- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.

### Serving Suggestions

- 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

### Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size and grams of protein to ensure they match the chart above. For example, here is the milk label:

<b>Whole Milk</b>	
Serving Size 8 fl oz (240ml.)	
Servings Per Container 2	
Amount Per Serving	
Calories 150    Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

If you have any questions about the appropriateness of a product, contact the study team.



## Cow's Milk Equivalent 6000 mg Milk Protein

### You May Also Eat:

- Products labeled with milk precautionary allergen labeling, as long as they do not contain any of your other allergens. Example labels include: "May contain milk" or "Manufactured in a facility that also processes milk."
- Butter which has a very small amount of milk protein: approximately 40 mg per teaspoon (or pat of butter).
- You may eat unlimited commercially baked products with milk as a minor ingredient in baked goods.

### Commercially baked products

**Commercially baked products with milk as a minor ingredient can be eaten freely,** in addition to the daily unheated, heated, and home-baked milk serving.

All "commercially baked items" must **meet this DEFINITION:**

- They must contain milk as the third ingredient or further down on the ingredient list.
- They must contain a grain ingredient (wheat flour or gluten-free flour) and be fully baked in the oven to form a dry crumb, baked-good texture.
- Examples include: muffin, cookie, cracker, bread, or roll.

The following items **do NOT meet this definition** of allowed "commercially baked items":

- Baked products with milk listed as the first or second ingredient.
- Products that may have a milk ingredient listed that has not been baked, such as a cheese flavoring on a cracker. These flavorings may be applied after the product is baked, such as "flavor blasted" Goldfish, Doritos, Pirate's Booty, Cheetos, etc., and typically leave a cheese residue on the hands.
- Milk chocolate chips that will melt during baking but are not "baked"
- Frostings or fillings- the cake, muffin, or cookie will be baked but the frosting/filling is not
- French toast, pancakes, homemade waffles, puddings, macaroni and cheese - these are "cooked" milk ingredients
- Lasagna, pizza, or baked macaroni and cheese- these do not have a grain matrix and do not result in a dry crumb, baked-good texture.