Hazelnut Equivalent 300 mg Hazelnut Protein

	ese foods every day.	Amount to Eat
	IINIMUM amount to eat^.	
Hazelnuts*		
Label states:		
1 oz = 4g protein		1 and ½ nuts
E a Bassadi Asaut		
E.g. Brand: Aznut Roasted Hazelnuts		
Dry Roasted Hazelnuts		
(not roasted and salted)		
Label states:		
1 oz (28g) = 4g protein		2 nuts
1 01 (10g) 18 protein	MET WT. 807. SCR. Tyl	2
	The state of the s	
Brand: Ken and June		
Hazelnut Butter*		
Label states:		
2 Tbsp = 4g protein		
	HAZELNUT	½ teaspoon
E.g. Brand: Vor Pure Hazelnut	BUTTER	
Butter	With male room	
Hazelnuts must be the only nut		
listed in the ingredients.		
Nutella*		
Label States:		
2 Tbsp (37g) = 2g protein	The same of the sa	
	<u>nutella</u>	1 Tablespoon
Must use Ferrero brand-name		
Nutella		
Hazelnut Flour/Meal		
Label states:	Account to them.	
1 oz (28g) = 5g protein	Amoretti /	
	HAZELNUT FI OLIP	1 teaspoon
F. a. Brand: Amoratti or Ohnuta	Hazdinat Flour	
E.g. Brand: Amoretti or Ohnuts Hazelnut Flour	THE STATE OF THE S	
Hazelnut Flour/Meal	Se 400 (-	
Label states:		
No Nutrition Facts Label		
		½ teaspoon
	Hazehat Plour	
Brand: Holmquist		
Hazelnut Flour		
	<u> </u>	<u> </u>

Hazelnut Equivalent 300 mg Hazelnut Protein

Hazelnut Milk Label states: 8 fluid oz (240mL) = 2g protein E.g. Brand: Elmhurst Milked Hazelnuts Unsweetened

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

- Hazelnut 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 hazelnut milk for flavoring.

You May Also Eat

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

- If you are avoiding any other tree nut, continue to avoid products with tree nut precautionary allergen labeling. For example: "Manufactured in a facility that also processes tree nuts."
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

^{*}Whole nuts and clumps of nut butter may be choking hazards. Nut butter may be thinned for safety.

Hazelnut Equivalent 300 mg Hazelnut Protein

Reading a Food Label

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



Hazelnut Equivalent 600 mg Hazelnut Protein

	ese foods every day. 1AXIMUM amount to eat^.	Amount to Eat
Hazelnuts*	inalition amount to cat .	
Label states: 1 oz = 4g protein		2 and ½ nuts
E.g. Brand: Aznut Roasted Hazelnuts		
Dry Roasted Hazelnuts		
(not roasted and salted) Label states: 1 oz (28g) = 4g protein	MATTER SOLUTION TO	3 and ½ nuts
Brand: Ken and June		
Hazelnut Butter* Label states:		3/ teacheon and 1/9 teacheon
2 Tbsp = 4g protein E.g. Brand: Vor Pure Hazelnut	E BUTTER	¾ teaspoon and 1/8 teaspoon
Butter	ALL WITH.	
Hazelnuts must be the only nut listed in the ingredients.	with the closes	
Nutella* Label States:	- FERRELLA	
2 Tbsp (37g) = 2g protein	<u>nutella</u>	2 Tablespoons
Must use Ferrero brand-name Nutella	Tanket Tyron on Care	2 Tubicspoons
Hazelnut Flour/Meal	promote that	
Label states: 1 oz (28g) = 5g protein	Amorette HAZELNUT FLOUR	1 and ¾ teaspoons
E.g. Brand: Amoretti or Ohnuts Hazelnut Flour	Hadar Far	
Hazelnut Flour/Meal	at white	
Label states: No Nutrition Facts Label	Thomas Services	1 teaspoon
Brand: Holmquist Hazelnut Flour		

Hazelnut Equivalent 600 mg Hazelnut Protein

Hazelnut Milk

Label states: 8 fluid oz = 2g protein

E.g. Brand: Elmhurst Milked Hazelnuts Unsweetened



1/4 cup plus 1 Tablespoon

Read

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Serving Suggestions

- Hazelnut 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 hazelnut milk for flavoring.

You May Also Eat

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

- If you are avoiding any other tree nut, continue to avoid products with tree nut precautionary allergen labeling. For example: "Manufactured in a facility that also processes tree nuts."
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

^{*}Whole nuts and clumps of nut butter may be choking hazards. Nut butter may be thinned for safety.

Hazelnut Equivalent 600 mg Hazelnut Protein

Reading a Food Label

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



Hazelnut Equivalent 1000 mg Hazelnut Protein

	ese foods every day.	Amount to Eat
	1AXIMUM amount to eat^.	
HazeInuts*		
Label states:		
1 oz = 4g protein		4 and ½ nuts
E.g. Brand: Aznut Roasted		
Hazelnuts		
Dry Roasted Hazelnuts		
(not roasted and salted)	47.70	
	STATISTICAL DESIGNATION OF THE PARTY OF THE	6 nuts
Label states:	ANTELNUTS	
1 oz (28g) = 4g protein	NET WT. SQL (228.74)	
Brand: Ken and June		
Hazelnut Butter*		
Label states:		
2 Tbsp = 4g protein	HAZELNUT	1 and ½ teaspoons
	BUTTER	
E.g. Brand: Vor Pure Hazelnut	MAL MOTERN WE ARREST SHARE WARREST SHARE	
Butter	WT WILDS	
Hazelnuts must be the only nut	19 11	
listed in the ingredients.		
Nutella*		
Label States:		
2 Tbsp (37g) = 2g protein	nutella	3 Tablespoons
Must use Ferrero brand-name		
Nutella		
Hazelnut Flour/Meal	Branch Artes	
Label states:	Amoretti	
1 oz (28g) = 5g protein	HAZELNUT FLOUR	1 Tablespoon
	D. L. Flor	
E.g. Brand: Amoretti or Ohnuts	Halant	
Hazelnut Flour	and the same of th	
Hazelnut Flour/Meal		
Label states:	1 6 4 W ()	
No Nutrition Facts Label		
		1 and ½ teaspoons
Brand: Holmquist	Hazelout Poor	
Hazelnut Flour	The same of the sa	

Hazelnut Equivalent 1000 mg Hazelnut Protein

Hazelnut Milk Label states: 8 fluid oz = 2g protein 1/2 cup (4 ounces) E.g. Brand: Elmhurst Milked Hazelnuts Unsweetened

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

- Hazelnut 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 hazelnut milk for flavoring.

You May Also Eat

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

- If you are avoiding any other tree nut, continue to avoid products with tree nut precautionary allergen labeling. For example: "Manufactured in a facility that also processes tree nuts."
- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

^{*}Whole nuts and clumps of nut butter may be choking hazards. Nut butters may be thinned for safety.

Hazelnut Equivalent 1000 mg Hazelnut Protein

Reading a Food Label

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



Hazelnut Equivalent 2000 mg Hazelnut Protein

	ese foods every day.	Amount to Eat
	IAXIMUM amount to eat^.	
HazeInuts*		
Label states:		
1 oz = 4g protein		9 nuts
E.g. Brand: Aznut Roasted		
Hazelnuts		
Dry Roasted Hazelnuts		
(not roasted and salted)		
	S. Mariana	12 nuts
Label states:	TELNUTS	
1 oz (28g) = 4g protein	MET WY. BOZ. GZB. THI	
	(1)	
Brand: Ken and June		
Hazelnut Butter*		
Label states:		
2 Tbsp = 4g protein	HAZELNUT	1 Tablespoon
	9 RALLEK	
E.g. Brand: Vor Pure Hazelnut	A CARRIET TO SERVICE T	
Butter	The state of the s	
Hazelnuts must be the only nut		
listed in the ingredients.		
Nutella*		
Label States:		
2 Tbsp (37g) = 2g protein	<u>nutella</u>	6 Tablespoons
	Manufacture device of Class	
Must use Ferrero brand-name		
Nutella		
Hazelnut Flour/Meal	- and a second	
Label states:	Almorello	
1 oz (28g) = 5g protein	FLOUR	2 Tablespoons
	39	
E.g. Brand: Amoretti or Ohnuts	Hazalul rou	
Hazelnut Flour		
Hazelnut Flour/Meal	10 410 (F	
Label states:	1	
No Nutrition Facts Label		4 = 11
		1 Tablespoon
	Bazelad Flour	plus 1/8 th teaspoon
Brand: Holmquist		
Hazelnut Flour		

Hazelnut Equivalent 2000 mg Hazelnut Protein

Hazelnut Milk Label states: 8 fluid oz = 2g protein 1 cup (8 ounces) E.g. Brand: Elmhurst Unsweetened Milked Hazelnuts

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

- Hazelnut 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 hazelnut milk for flavoring.

You May Also Eat

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

- If you are avoiding any other tree nuts, continue to avoid products with tree nut precautionary allergen labeling. For example: "Manufactured in a facility that also processes tree nuts."
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

^{*}Whole nuts and clumps of nut butter may be choking hazards. Nut butters may be thinned for safety.

Hazelnut Equivalent 2000 mg Hazelnut Protein

Reading a Food Label

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



Hazelnut Equivalent 4000 mg Hazelnut Protein

	ese foods every day.	Amount to Eat
	IAXIMUM amount to eat^.	,
Hazelnuts*		
Label states:		
1 oz = 4g protein		18 nuts
E.g. Brand: Aznut Roasted		
Hazelnuts		
Dry Roasted Hazelnuts		
(not roasted and salted)		22.1/
Labal states	Ong Care	23 ½ nuts
Label states:	TAZELNUK MET WIT, 402, 512, 743	
1 oz (28g) = 4g protein		
Brand: Ken and June		
Brana. Ken ana Jane		
Hazelnut Butter*		
Label states:		
2 Tbsp = 4g protein	HAZELNUT	2 Tablespoons
	BUTTER	·
E.g. Brand: Vor Pure Hazelnut	S GARRIS SAN No ARROLL SAN No ARROLL SAN	
Butter		
Hazelnuts must be the only nut		
listed in the ingredients.		
Nutella*		
Label States:		
2 Tbsp (37g) = 2g protein	nutella	3/ gun plus 1 Tablespaen
Must use Ferrero brand-name		¾ cup plus 1 Tablespoon
Nutella	Immand Spread with Comm.	
Natella		
Hazelnut Flour/Meal	· · · · · · · · · · · · · · · · · · ·	
Label states:	Amerette	
1 oz (28g) = 5 g protein	HAZELNUT	¼ cup
3, - 3, - 3,		- 1-
E.g. Brand: Amoretti or Ohnuts	Hardwa Floor	
Hazelnut Flour	and once	
Hazelnut Flour/Meal	6.400	
Label states:	The state of the s	
No Nutrition Facts Label		2 - 11
	Camp	2 Tablespoons
Down do 11 1	Ancelear Paral Paran Paral Paran Paral Paran Paral Paran Paral Paran Paral Paran Paral Paral Paral Paral Paran Paral Paran Paral Paral Paran Par	plus ¼ teaspoon
Brand: Holmquist		
Hazelnut Flour		

Hazelnut Equivalent 4000 mg Hazelnut Protein

Hazelnut Milk Label states: 8 fluid oz = 2g protein 2 cups (16 ounces) E.g. Brand: Elmhurst Unsweetened Milked Hazelnuts

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

- Hazelnut 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 hazelnut milk for flavoring.

You May Also Eat

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

- If you are avoiding any other tree nuts, continue to avoid products with tree nut precautionary allergen labeling. For example: "Manufactured in a facility that also processes tree nuts."
- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

^{*}Whole nuts and clumps of nut butter may be choking hazards. Nut butters may be thinned for safety.

Hazelnut Equivalent 4000 mg Hazelnut Protein

Reading a Food Label

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



Hazelnut Equivalent 6000mg Hazelnut Protein

	ese foods every day.	Amount to Eat
	IAXIMUM amount to eat^.	
Hazelnuts*		
Label states:		
1 oz = 4 g protein		27 nuts
5 5 44 .5 .4		
E.g. Brand: Aznut Roasted Hazelnuts		
Dry Roasted Hazelnuts		
(not roasted and salted)		
(not roasted and saited)		35 nuts
Label states:		33 11413
1 oz (28g) = 4g protein	NET WIT. BOZ. 228. 74	
1 02 (20g) – 4g protein	The state of the s	
Brand: Ken and June		
Branar nem ana sane		
Hazelnut Butter*		
Label states:		
2 Tbsp = 4g protein	HAZELNUT	3 Tablespoons
E.g. Brand: Vor Pure Hazelnut	BUTTER	·
Butter	ALL MUTUR.	
Hazelnuts must be the only nut	WINT THE CHOOL NO AMERICA	
listed in the ingredients.		
Nutella*		
Label States:		
2 Tbsp (37g) = 2g protein	The same of the sa	
	<u>nutella</u>	1 cup plus 3 Tablespoons
Must use Ferrero brand-name		
Nutella	Hazalina' Spraed with Cooks	
Hazelnut Flour/Meal	-	
Label states:	to become at the second	
1 oz (28g) = 5g protein	Amorette premium natural	¼ cup plus 2 Tablespoons
	FLOUR	
E.g. Brand: Amoretti or Ohnuts	E. A. Flor	
Hazelnut Flour	Handay	
	Will start	
Hazelnut Flour/Meal	60406	
Label states:		
No Nutrition Facts Label		
	Common Services	3 Tablespoons plus ¼ teaspoon
D	Hazeland Flour	
Brand: Holmquist		
Hazelnut Flour		
		1

Hazelnut Equivalent 6000mg Hazelnut Protein

Hazelnut Milk Label states: 8 fluid oz = 2g protein 3 cups (24 ounces) E.g. Brand: Elmhurst Milked Hazelnuts Unsweetened

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

- Hazelnut 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 hazelnut milk for flavoring.

You May Also Eat

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

- If you are avoiding any other tree nuts, continue to avoid products with tree nut precautionary allergen labeling. For example: "Manufactured in a facility that also processes tree nuts."
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

^{*}Whole nuts and clumps of nut butter may be choking hazards. Nut butter may be thinned for safety.

Hazelnut Equivalent 6000mg Hazelnut Protein

Reading a Food Label

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

