







Hazelnut Equivalent 300 mg Hazelnut Protein

Consume one of these foods every day. The amount listed is the MINIMUM amount to eat [^] .		Amount to Eat
<p>Hazelnuts* Label states: 1 oz = 4g protein</p> <p><i>E.g. Brand: Aznut Roasted Hazelnuts</i></p>		1 and ½ nuts
<p>Dry Roasted Hazelnuts (not roasted and salted) Label states: 1 oz (28g) = 4g protein</p> <p><i>Brand: Ken and June</i></p>		2 nuts
<p>Hazelnut Butter* Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. Brand: Vor Pure Hazelnut Butter</i></p> <p>Hazelnuts must be the only nut listed in the ingredients.</p>		½ teaspoon
<p>Nutella* Label States: 2 Tbsp (37g) = 2g protein</p> <p>Must use Ferrero brand-name Nutella</p>		1 Tablespoon
<p>Hazelnut Flour/M Meal Label states: 1 oz (28g) = 5g protein</p> <p><i>E.g. Brand: Amoretti or Ohnuts Hazelnut Flour</i></p>		1 teaspoon
<p>Hazelnut Flour/M Meal Label states: No Nutrition Facts Label</p> <p><i>Brand: Holmquist Hazelnut Flour</i></p>		½ teaspoon

Hazelnut Equivalent 300 mg Hazelnut Protein

<p>Hazelnut Milk Label states: 8 fluid oz (240mL) = 2g protein</p> <p><i>E.g. Brand: Elmhurst Milked Hazelnuts Unsweetened</i></p>		<p>2 and ½ Tablespoons</p>
---	---	----------------------------

^ 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.**

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.”

Avoid

- 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.

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:



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

Hazelnut Equivalent 600 mg Hazelnut Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hazelnuts* Label states: 1 oz = 4g protein</p> <p><i>E.g. Brand: Aznut Roasted Hazelnuts</i></p>		2 and ½ nuts
<p>Dry Roasted Hazelnuts (not roasted and salted)</p> <p>Label states: 1 oz (28g) = 4g protein</p> <p><i>Brand: Ken and June</i></p>		3 and ½ nuts
<p>Hazelnut Butter* Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. Brand: Vor Pure Hazelnut Butter</i></p> <p>Hazelnuts must be the only nut listed in the ingredients.</p>		¾ teaspoon and 1/8 teaspoon
<p>Nutella* Label States: 2 Tbsp (37g) = 2g protein</p> <p>Must use Ferrero brand-name Nutella</p>		2 Tablespoons
<p>Hazelnut Flour/M Meal Label states: 1 oz (28g) = 5g protein</p> <p><i>E.g. Brand: Amoretti or Ohnuts Hazelnut Flour</i></p>		1 and ¾ teaspoons
<p>Hazelnut Flour/M Meal Label states: No Nutrition Facts Label</p> <p><i>Brand: Holmquist Hazelnut Flour</i></p>		1 teaspoon

Hazelnut Equivalent 600 mg Hazelnut Protein

<p>Hazelnut Milk Label states: 8 fluid oz = 2g protein</p> <p><i>E.g. Brand: Elmhurst Milked Hazelnuts Unsweetened</i></p>		<p>1/4 cup plus 1 Tablespoon</p>
---	---	----------------------------------

^ 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.**

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.”

Avoid

- 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.

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:



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

Hazelnut Equivalent 1000 mg Hazelnut Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hazelnuts* Label states: 1 oz = 4g protein</p> <p><i>E.g. Brand: Aznut Roasted Hazelnuts</i></p>		4 and ½ nuts
<p>Dry Roasted Hazelnuts (not roasted and salted)</p> <p>Label states: 1 oz (28g) = 4g protein</p> <p><i>Brand: Ken and June</i></p>		6 nuts
<p>Hazelnut Butter* Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. Brand: Vor Pure Hazelnut Butter</i> Hazelnuts must be the only nut listed in the ingredients.</p>		1 and ½ teaspoons
<p>Nutella* Label States: 2 Tbsp (37g) = 2g protein</p> <p>Must use Ferrero brand-name Nutella</p>		3 Tablespoons
<p>Hazelnut Flour/M Meal Label states: 1 oz (28g) = 5g protein</p> <p><i>E.g. Brand: Amoretti or Ohnuts Hazelnut Flour</i></p>		1 Tablespoon
<p>Hazelnut Flour/M Meal Label states: No Nutrition Facts Label</p> <p><i>Brand: Holmquist Hazelnut Flour</i></p>		1 and ½ teaspoons

Hazelnut Equivalent 1000 mg Hazelnut Protein

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

^ 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.**

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.”

Avoid

- 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.

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:



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

Hazelnut Equivalent 2000 mg Hazelnut Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hazelnuts* Label states: 1 oz = 4g protein</p> <p><i>E.g. Brand: Aznut Roasted Hazelnuts</i></p>		9 nuts
<p>Dry Roasted Hazelnuts (not roasted and salted)</p> <p>Label states: 1 oz (28g) = 4g protein</p> <p><i>Brand: Ken and June</i></p>		12 nuts
<p>Hazelnut Butter* Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. Brand: Vor Pure Hazelnut Butter</i> Hazelnuts must be the only nut listed in the ingredients.</p>		1 Tablespoon
<p>Nutella* Label States: 2 Tbsp (37g) = 2g protein</p> <p>Must use Ferrero brand-name Nutella</p>		6 Tablespoons
<p>Hazelnut Flour/M Meal Label states: 1 oz (28g) = 5g protein</p> <p><i>E.g. Brand: Amoretti or Ohnuts Hazelnut Flour</i></p>		2 Tablespoons
<p>Hazelnut Flour/M Meal Label states: No Nutrition Facts Label</p> <p><i>Brand: Holmquist Hazelnut Flour</i></p>		1 Tablespoon plus 1/8 th teaspoon

Hazelnut Equivalent 2000 mg Hazelnut Protein

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

^ 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.**

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.”

Avoid

- 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.

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:



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

Hazelnut Equivalent 4000 mg Hazelnut Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hazelnuts* Label states: 1 oz = 4g protein</p> <p><i>E.g. Brand: Aznut Roasted Hazelnuts</i></p>		18 nuts
<p>Dry Roasted Hazelnuts (not roasted and salted)</p> <p>Label states: 1 oz (28g) = 4g protein</p> <p><i>Brand: Ken and June</i></p>		23 ½ nuts
<p>Hazelnut Butter* Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. Brand: Vor Pure Hazelnut Butter</i> Hazelnuts must be the only nut listed in the ingredients.</p>		2 Tablespoons
<p>Nutella* Label States: 2 Tbsp (37g) = 2g protein</p> <p>Must use Ferrero brand-name Nutella</p>		¾ cup plus 1 Tablespoon
<p>Hazelnut Flour/M Meal Label states: 1 oz (28g) = 5 g protein</p> <p><i>E.g. Brand: Amoretti or Ohnuts Hazelnut Flour</i></p>		¼ cup
<p>Hazelnut Flour/M Meal Label states: No Nutrition Facts Label</p> <p><i>Brand: Holmquist Hazelnut Flour</i></p>		2 Tablespoons plus ¼ teaspoon

Hazelnut Equivalent 4000 mg Hazelnut Protein

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

^ 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.**

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.”

Avoid

- 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.

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:



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

Hazelnut Equivalent 6000mg Hazelnut Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hazelnuts* Label states: 1 oz = 4 g protein</p> <p><i>E.g. Brand: Aznut Roasted Hazelnuts</i></p>		27 nuts
<p>Dry Roasted Hazelnuts (not roasted and salted)</p> <p>Label states: 1 oz (28g) = 4g protein</p> <p><i>Brand: Ken and June</i></p>		35 nuts
<p>Hazelnut Butter* Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. Brand: Vor Pure Hazelnut Butter</i></p> <p>Hazelnuts must be the only nut listed in the ingredients.</p>		3 Tablespoons
<p>Nutella* Label States: 2 Tbsp (37g) = 2g protein</p> <p>Must use Ferrero brand-name Nutella</p>		1 cup plus 3 Tablespoons
<p>Hazelnut Flour/Meal Label states: 1 oz (28g) = 5g protein</p> <p><i>E.g. Brand: Amoretti or Ohnuts Hazelnut Flour</i></p>		¼ cup plus 2 Tablespoons
<p>Hazelnut Flour/Meal Label states: No Nutrition Facts Label</p> <p><i>Brand: Holmquist Hazelnut Flour</i></p>		3 Tablespoons plus ¼ teaspoon

Hazelnut Equivalent 6000mg Hazelnut Protein

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

^ 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.**

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.”

Avoid

- 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.

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:



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