	ese foods every day.	Amount to Eat
	/INIMUM amount to eat^.	
Mini Pretzels*	SNYDERS	
Label states:	FAMILY SIZE!	2
30g (about 20 minis) = 3g	Mini Mini	2 mini pretzels
protein		
E.g. Brand: Snyder's of Hanover		
Mini Pretzels	EARC according	
Contains malt syrup (trace barley)		
Pretzel Rod*	SNYDERS	
Label states:	SI DEAS	,
30g (3 pretzels) = 3g protein	Rods	1/3 pretzel rod
	The state of the s	
E.g. Brand: Snyder's of Hanover	SERIE	
Pretzel Rods Saltine or Soda Crackers*		
Label states:	PREMIUM	
	miginal topped with sea salt	1 cracker
5 crackers (16g) = 1g protein	PREMIUM	1 cracker
E.g. Brand: Nabisco Original	SALTINE CRACKERS.	
Premium		
Contains malted barley flour		
Whole Wheat Ritz Crackers*	M.D. Assert	
Label states:		
5 crackers = 1g protein	KIIL S	1 and ½ crackers
	wanted to Wheat	
E.g. Brand: Whole Wheat Ritz	Whole WHILE GALL	
Oyster Crackers*		
Label states:		
22 crackers = 1g protein	DDEMILIM	5 crackers
II or derivers I I protein	SOUP & OYSTER	o ordeners
MUST USE:	CRACKERS	
Nabisco Premium Soup & Oyster	are to make	
Crackers		
Graham Crackers*	(classes	
Label states:		
1 sheet = 1g protein	Honey	1 and ¼ crackers
	The state of the s	
	Honey	
E.g. Brand: Nabisco Honey	STRAIN .	
Maid Graham Crackers	1 rectangular sheet=4 crackers	
1 1 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2		

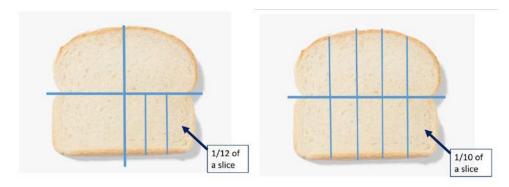
28Mar2022

		1
Wheat Chex Label states: 1 cup (59g) = 6g protein Brand: General Mills	Chex	6 Chex pieces
Shredded Wheat Label states: 25 biscuits = 5g protein Brand: Kellogg's Frosted Mini Wheats	FAMILY SIZE FOSTER 1904 110	1 and 1/2 biscuits
White Bread 3g/slice* Label states: 1 slice = 3g protein E.g. Brand: Freihofer's Country White	Country	1/10 of a slice See diagram on page 3
Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein E.g. Brand: Nature's Own 100% Whole Wheat Bread	S. C. Hand Wheet	1/12 of a slice See diagram on page 3
Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta MUST USE: DeCecco-Dry Elbow Pasta no. 81	DECECCO Figure 10. 41 Elbows 10. 4	10 elbow noodles
Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta MUST USE: DeCecco-Dry Spaghetti Pasta no. 12	DECECCO Spaghetti no. 12 Spag	2 spaghetti noodles

Wheat Flour** Label states: 1/4 cup = 3g protein E.g. Brand: Pillsbury All Purpose Flour	Pilsbury BEST AI PURPOSE HILLIE	1 and 1/4 teaspoons
Whole Wheat Flour** Label states: 1/4 cup = 4g protein E.g. Brand: King Arthur 100% Whole Wheat Flour	WHOLE WHEAT FLOUR O 11 THAT IN THE	1 teaspoon

[^] Many ingredients contribute to the total protein content of a food; for instance, many breads contain milk, egg or soy. The amount to eat is based on the specific allergen protein content and not the total protein content.
*If choosing a product that is not listed, choose **plain** pretzels, crackers, and bread. "Whole wheat" is also permitted if the nutrition information matches (see "Reading a Food Label" below). Do not choose flavored, multigrain, glutenfree or any other variety.

Cutting a slice of bread:



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.

You May Also Eat

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

^{**}Wheat flour can be used in cooking, for example to thicken a sauce or soup. Wheat flour should not be eaten without cooking.

Avoid

- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.
- If you are allergic to **barley**, please continue to check ingredient lists and avoid any products with:
 - Barley
 - Malt (flavoring, extract, etc.)

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. Here is the mini pretzels label:

Mini Pretzels:



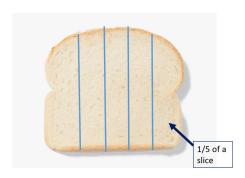
	ese foods every day.	Amount to Eat
The amount listed is the N	MAXIMUM amount to eat^.	Amount to Eat
Mini Pretzels*	auction from their year	
Label states:	SNYDER'S	
30g (about 20 minis) = 3g	FAMILY SIZE!	4 mini pretzels
protein	Mini	
E.g. Brand: Snyder's of Hanover		
Mini Pretzels	TARRES CALIFORN	
Contains malt syrup (trace barley)	The state of the s	
Pretzel Rod*	manuface have fine man	
Label states:	SNYDER'S	
30g (3 pretzels) = 3g protein	Rods	3/5 pretzel rod
		See diagram on page 3
		J . J
E.g. Brand: Snyder's of Hanover	CARC MARKET	
Pretzel Rods		
Saltine or Soda Crackers*	PREMIUM	
Label states:	miginal topped with see sait	
5 crackers (16g) = 1g protein	PREMIUM	2 crackers
E.g. Brand: Nabisco Original	SALTINE CITACKEPS	
Premium		
Contains malted barley flour		
Whole Wheat Ritz Crackers*	10	
Label states:		
5 crackers = 1g protein	The second secon	
5 5 4 144 4 144 150	Whole Wheat	3 crackers
E.g. Brand: Whole Wheat Ritz	SALES REGISTANCE	
Oyster Crackers*		
Label states:	DDEMIIIM	9 crackers
22 crackers = 1g protein	SOUP & OVSTER	9 Crackers
MUST USE: Nabisco Premium Soup	CRACKERS Watchesters	
& Oyster Crackers	and having	
Graham Crackers*	100 mg - 100	
Label states:	- Fall	
1 sheet = 1g protein	Hone	2 and 1/2 crackers
	Honey	,
E.g. Brand:		
Nabisco Honey Maid Graham	THE	
Crackers	1 rectangular sheet=4 crackers	
Wheat Chex	B irm.	
Label states:	Chex	
1 cup (59g) = 6g protein	No.	
		12 Chex pieces
	gracite o believe	
Brand: General Mills		

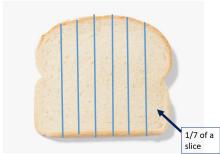
Shredded Wheat Label states: 25 biscuits = 5g protein Brand: Kellogg's Frosted Mini	FAMILY SIZE FROSE FROSE FROSE FROM FR	3 biscuits
Wheats White Bread 3g/slice*	29 0000	
Label states: 1 slice = 3g protein	Country	1/5 of a slice
E.g. Brand: Freihofer's Country White	WHITE I	See diagram on page 3
Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein	TOWN TO SHARE THE PARTY OF THE	1/7 of a slice
E.g. Brand: Nature's Own 100% Whole Wheat Bread	TECHTES ON White Constitution of the Constitut	See diagram on page 3
Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta	DE CECCO The second se	19 elbow noodles
Must use : DeCecco-Dry Elbow Pasta no. 81	19 (8) g g	
Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Spaghetti Pasta no. 12	DECECCO Spaghetti no.12 April 100 April 10	4 spaghetti noodles
Wheat Flour** Label states: 1/4 cup = 3g protein E.g. Brand: Pillsbury All Purpose	Pillsbury BEST WALL PURPOSE THE STATE OF THE	2 and 1/2 teaspoons
Flour	GENOTAL	10/0
Whole Wheat Flour** Label states: 1/4 cup = 4g protein	WHOLE WHEAT FLOUR	1 and 3/4 teaspoons
E.g. Brand: King Arthur 100% Whole Wheat Flour	20	

^ Many ingredients contribute to the total protein content of a food; for instance, many breads contain milk, egg or soy. The amount to eat is based on the specific allergen protein content and not the total protein content.
*If choosing a product that is not listed, choose **plain** pretzels, crackers, and bread. "Whole wheat" is also permitted if the nutrition information matches (see "Reading a Food Label" below). Do not choose flavored, multigrain, glutenfree or any other variety.

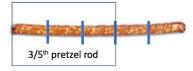
**Wheat flour can be used in cooking, for example to thicken a sauce or soup. Wheat flour should not be eaten without cooking.

Cutting a slice of bread:





Cutting a pretzel rod:



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.

You May Also Eat

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

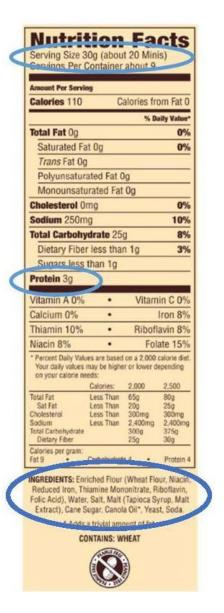
Avoid

- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.
- If you are allergic to barley, please continue to check ingredient lists and avoid any products with:
 - Barley
 - Malt (flavoring, extract, etc.)

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. Here is the mini pretzels label:

Mini Pretzels:



	ese foods every day.	Amount to Eat
	IAXIMUM amount to eat [^] .	,ouiit to Lut
Mini Pretzels*	Space in Price Bases War rigor	
Label states:	SNYDER'S	
30g (about 20 minis) = 3g	FAMILY SIZE!	7 mini pretzels
protein	Mini	
E.g. Brand: Snyder's of Hanover		
Mini Pretzels	TARRES MANAGEMENT	
Contains malt syrup (trace barley)		
Pretzel Rod*	mental hand hand has filter	
Label states:	SNYDERS	
30g (3 pretzels) = 3g protein	Rods	1 pretzel rod
		·
E.g. Brand: Snyder's of Hanover	State	
Pretzel Rods		
Saltine or Soda Crackers*	PREMIUM	
Label states:	original topped with sea sait	
5 crackers (16g) = 1g protein	PREMIUM	3 and ½ crackers
5 a Based Making Original	SALTINE CRACKERS	
E.g. Brand: Nabisco Original Premium	CHLORISE	
Contains malted barley flour		
Whole Wheat Ritz Crackers*	The second with States.	
Label states:		
5 crackers = 1g protein	(KIIZ) 🥯	
5 cruckers – 1g protein	and the Wheat	5 crackers
	Whole Wheth	S Graditers
E.g. Brand: Whole Wheat Ritz	STATE STATE OF STATE	
Oyster Crackers*		
Label states:	DDFMILIM	1.C. ava alva va
22 crackers = 1g protein	PREMIUM	16 crackers
MUST USE: Nabisco Premium Soup	CRACKERS	
& Oyster Crackers	西京中部	
Graham Crackers*	War	
Label states:	tanev	
1 sheet = 1g protein	Maid	4 crackers
	Höney	(1 rectangular sheet)
E.g. Brand: Nabisco Honey Maid		' '
Graham Crackers	states	
NATION OF THE PROPERTY OF	1 rectangular sheet=4 crackers	
Wheat Chex	a sheat	
Label states:	Chex	
1 cup (59g) = 6g protein		21 Chay piasas
		21 Chex pieces
Brand: General Mills	SECULIA O STATE OF	

Shredded Wheat Label states: 25 biscuits = 5g protein Brand: Kellogg's Frosted Mini	FAMILY SIZE	5 biscuits
Wheats	28 0000	
White Bread 3g/slice* Label states: 1 slice = 3g protein E.g. Brand: Freihofer's Country White	Country	1/3 of a slice
Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein E.g. Brand: Nature's Own 100% Whole Wheat Bread	2 EBUE 2 EBUE	1/4 of a slice
Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Elbow Pasta no. 81	DE CECCO EIBOWS no. 81 TO THE CONTROL OF THE CONT	32 elbow noodles
Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Spaghetti Pasta no. 12	DECECCO Spaghetti no. 12 Online data Onlin	7 spaghetti noodles
Wheat Flour** Label states: 1/4 cup = 3g protein E.g. Brand: Pillsbury All Purpose Flour	Pillsbury BEST ALI PHINSS I COLUMN	1 Tablespoon plus 1 teaspoon
Whole Wheat Flour** Label states: 1/4 cup = 4g protein	WHOLE WHEAT FLOUR	1 Tablespoon
E.g. Brand: King Arthur 100% Whole Wheat Flour	und)	

- ^ Many ingredients contribute to the total protein content of a food; for instance, many breads contain milk, egg or soy. The amount to eat is based on the specific allergen protein content and not the total protein content.
- *If choosing a product that is not listed, choose **plain** pretzels, crackers, and bread. "Whole wheat" is also permitted if the nutrition information matches (see "Reading a Food Label" below). Do not choose flavored, multigrain, gluten-free or any other variety.
- **Wheat flour can be used in cooking, for example to thicken a sauce or soup. Wheat flour should not be eaten without cooking.

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.

You May Also Eat

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

Avoid

- Continue to read product labels (ingredients, contains statements and precautionary allergenlabels) to avoid any additional allergens.
- If you are allergic to barley, please continue to check ingredient lists and avoid any products with:
 - Barley
 - Malt (Flavoring, extract, etc.)

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. Here is the mini pretzels label:

Mini Pretzels:



	ese foods every day. MAXIMUM amount to eat.	Amount to Eat
Mini Pretzels*	MANAGEM AMOUNT TO Eat.	
Label states:	SNYDER'S.	
30g (about 20 minis) = 3g	FAMILY SIZE!	14 mini pretzels
protein	Mini Pretude By 201	14 mm pretzeis
·	The state of the s	
E.g. Brand: Snyder's of Hanover		
Mini Pretzels	ALL AND THE PARTY OF THE PARTY	
Contains malt syrup (trace barley)	-	
Pretzel Rod* Label states:	SNYDERS	
	OF HARKOVER	2 protect rode
30g (3 pretzels) = 3g protein	Rods Provide 1	2 pretzel rods
E.g. Brand: Snyder's of Hanover	The state of the s	
Pretzel Rods	-0.2C	
Saltine or Soda Crackers*		
Label states:	PREMIUM	
5 crackers (16g) = 1g protein	Miginal topped with sea salt	6 and ½ crackers
	PREIVION	
E.g. Brand: Nabisco Original	GROUNE	
Premium		
Contains malted barley flour		
Whole Wheat Ritz Crackers*	10 A	
Label states:		
5 crackers = 1g protein	CHOOSE	10 crackers
	Whole Wheat	
E.g. Brand: Whole Wheat Ritz	ERRE WITHTOU	
Oyster Crackers*	All areas and a second	
Label states:		
22 crackers = 1g protein	PREMIUM &	31 crackers
	SOUP & OYSTER CRACKERS	
MUST USE: Nabisco Premium Soup	Service Services	
& Oyster Crackers		
Graham Crackers*		
Label states:	Honey	Q ava also va
1 sheet = 1g protein	Men	8 crackers
	Höney	(2 rectangular sheets)
E.g. Brand: Nabisco Honey Maid	Frant	
Graham Crackers	1 rectangular sheet=4 crackers	
Wheat Chex		
Label states:	Wheat	
1 cup (59 g) = 6g protein	CHEX	
		1/3 cup (41 Chex pieces)
		, , ,
Brand: General Mills	The state of the s	
Brana. Scheral IVIIII	SERVENCE OF THE PARTY OF THE PA	

Shredded Wheat Label states: 25 biscuits = 5g protein Brand: Kellogg's Frosted Mini Wheats	FAMILY SIZE	10 biscuits
White Bread 3 g/slice* Label states: 1 slice = 3g protein E.g. Brand: Freihofer's Country White	Country	2/3 of a slice
Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein E.g. Brand: Nature's Own 100% Whole Wheat Bread	28 Hara	1/2 of a slice
Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Elbow	DECECCO	¼ cup cooked elbow noodles (63 elbow noodles)
Pasta no. 81 Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Spaghetti	DECECCO Spaghetti no 12 Spaghetti no 12	13 spaghetti noodles
Pasta no. 12 Wheat Flour** Label states: 1/4 cup = 3g protein E.g. Brand: Pillsbury All Purpose Flour	Pillsbury BEST NI PURPOSE LIGHTS	2 Tablespoons plus 2 teaspoons

Whole Wheat Flour** Label states: 1/4 cup = 4g protein

E.g. Brand: King Arthur 100% Whole Wheat Flour



2 Tablespoons plus ¼ teaspoons

- ^ Many ingredients contribute to the total protein content of a food; for instance, many breads contain milk, egg or soy. The amount to eat is based on the specific allergen protein content and not the total protein content.
- *If choosing a product that is not listed, choose **plain** pretzels, crackers, and bread. "Whole wheat" is also permitted if the nutrition information matches (see "Reading a Food Label" below). Do not choose flavored, multigrain, gluten-free or any other variety.
- **Wheat flour can be used in cooking, for example to thicken a sauce or soup. Wheat flour should not be eaten without cooking.

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.

You May Also Eat

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

Serving Suggestions

Use a variety of foods to meet your daily serving goals. Choosing only candy, crackers, 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.

Avoid

- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.
- If you are allergic to **barley,** please continue to check ingredient lists and avoid any products with:
 - Barley
 - Malt (flavoring, extract, etc.)

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. Here is the mini pretzels label:

Mini Pretzels:



	ese foods every day.	Amount to Eat
	IAXIMUM amount to eat [^] .	
Mini Pretzels* Label states: 30g (about 20 minis) = 3g protein	SNYDER'S FAMILY SIZE! Mini	27 mini pretzels
E.g. Brand: Snyder's of Hanover Mini Pretzels Contains malt syrup (trace barley)	Tage array	
Pretzel Rod* Label states: 30g (3 pretzels) = 3g protein E.g. Brand: Snyder's of Hanover	SNYDERS	4 pretzel rods
Pretzel Rods		
Saltine or Soda Crackers* Label states: 5 crackers (16g) = 1g protein	PREMIUM PATRE-DUSCES SALINE-DUSCES SALINE-DUSCES	13 crackers
E.g. Brand: Nabisco Original Premium Contains malted barley flour		
Whole Wheat Ritz Crackers* Label states: 5 crackers = 1g protein	Whole Wheat Whole Wheat Special Control Special Contro	20 crackers
E.g. Brand: Whole Wheat Ritz		
Oyster Crackers* Label states: 22 crackers = 1g protein	DDEMILIM	62 crackers
MUST USE: Nabisco Premium Soup & Oyster Crackers	SOUP & OYSTER CRACKERS CRACKERS DESCRIPTION	
Graham Crackers* Label states: 1 sheet = 1g protein E.g. Brand: Nabisco Honey Maid Graham Crackers	Honey Maid Sioney	16 crackers (4 rectangular sheets)
Granam Crackers	1 rectangular sheet=4 crackers	

Wheat Chex Label states: 1 cup (59g) = 6g protein Brand: General Mills	Chex Wheat	2/3 cup (82 Chex pieces)
Shredded Wheat Label states: 25 biscuits = 5g protein Brand: Kellogg's Frosted Mini	FAMILY SIZE	20 biscuits
Wheats White Bread 3g/slice* Label states: 1 slice = 3g protein E.g. Brand: Freihofer's Country White	Country WHITE	1 and 1/3 of a slice
Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein E.g. Brand: Nature's Own 100% Whole Wheat Bread	TOWN TO THE PARTY OF THE PARTY	1 slice
Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Elbow Pasta no. 81	DECECCO Elbows no. 11	½ cup cooked elbow noodles (125 elbow noodles)
Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta	DECECCO Spaghetti no. 12 Spag	25 spaghetti noodles
Must use : DeCecco-Dry Spaghetti Pasta no. 12		
Wheat Flour** Label states: 1/4 cup = 3g protein	Pillsbury BEST BURROS RIGHT	1/3 cup
E.g. Brand: Pillsbury All Purpose Flour	Window	

Whole Wheat Flour** Label states: 1/4 cup = 4g protein E.g. Brand: King Arthur 100%

Whole Wheat Flour

Many ingradients contribute to the total prote

- ^ Many ingredients contribute to the total protein content of a food; for instance, many breads contain milk, egg or soy. The amount to eat is based on the specific allergen protein content and not the total protein content.
- *If choosing a product that is not listed, choose **plain** pretzels, crackers, and bread. "Whole wheat" is also permitted if the nutrition information matches (see "Reading a Food Label" below). Do not choose flavored, multigrain, gluten-free or any other variety.
- **Wheat flour can be used in cooking, for example to thicken a sauce or soup. Wheat flour should not be eaten without cooking.

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.

You May Also Eat

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

Serving Suggestions

Use a variety of foods to meet your daily serving goals. Choosing only candy, crackers, 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.

Avoid

- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.
- If you are allergic to **barley,** please continue to check ingredient lists and avoid any products with:
 - Barley
 - Malt (flavoring, extract, etc.)

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. Here is the mini pretzels label:

Mini Pretzels:



	ese foods every day.	Amount to Eat
	1AXIMUM amount to eat [^] .	760.110 00 240
Mini Pretzels*	nearing house flavor time	
Label states:	SNYDER'S.	
30g (about 20 minis) = 3g	FAMILY SIZE!	40 mini pretzels
protein	Mini	
E.g. Brand: Snyder's of Hanover		
Mini Pretzels	TABLE AND STATE OF	
Contains malt syrup (trace barley)		
Pretzel Rod*	and the same of	
Label states:	SNYDER'S	
30g (3 pretzels) = 3g protein	Rods	6 pretzel rods
		•
E.g. Brand: Snyder's of Hanover		
Pretzel Rods	CORC MANNESS	
Saltine or Soda Crackers*	PREMIUM	
Label states:	eviginal topped with sea salt	
5 crackers (16g) = 1g protein	PREMIUM	20 crackers
F. a. Busind, Mahisas Quininal	SALTINE CRACKERS	
E.g. Brand: Nabisco Original Premium	CHACKER	
Contains malted barley flour		
Whole Wheat Ritz Crackers*	ATT	
Label states:		
5 crackers = 1g protein		
2 orasiners _58 broseni	whole Wheat	30 crackers
	Whole WHATE GAM	000.000
E.g. Brand: Whole Wheat Ritz		
Oyster Crackers*		
Label states:		
22 crackers = 1g protein	FREMII IM	92 crackers
	SOUP & OYSTER	
	CRACKERS	
MUST USE: Nabisco Premium Soup	the statement of the st	
& Oyster Crackers		
Graham Crackers*		
Label states:	Honey	24 our aliana
1 sheet = 1g protein	Maria	24 crackers
E.g. Brand:	Honey	(6 rectangular sheets)
Nabisco Honey Maid Graham	ESMR	
Crackers	1 rectangular sheet=4 crackers	
CIUCKEIS	2 rectangular sheet-4 cluckers	

	T	,
Wheat Chex Label states: 1 cup (59g) = 6g protein Brand: General Mills	Chex Chex	1 cup (122 Chex pieces)
Shredded Wheat	FAMILY SIZE	
Label states: 25 biscuits = 5g protein Brand: Kellogg's Frosted Mini	Fredrick Control of the Control of t	30 biscuits
Wheats	23 2000	
White Bread 3g/slice* Label states: 1 slice = 3g protein E.g. Brand: Freihofer's Country White	Country WHITE	2 slices
Bread 4g/slice* Label states: 1 slice = 4g protein	2 CHILE.	1 and 1/2 slices
E.g. Brand: Nature's Own 100% Whole Wheat Bread	CON Whole Wheat	
Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Elbow Pasta no. 81	DE CECCO ST S	3/4 cup cooked elbow noodles (188 elbow noodles)
Spaghetti Label states: ½ cup (56 g) = 8g protein This is for uncooked pasta Must use: DeCecco-Dry Spaghetti	DECECCO Spaghetti no. 12 Spag	38 spaghetti noodles
Pasta no. 12		
Wheat Flour** Label states:		
1/4 cup = 3g protein	Pillsbury BEST NIT PURPOSE FIGURE	1/2 cup
E.g. Brand: Pillsbury All Purpose Flour	1811331	

Whole Wheat Flour** Label states: 1/4 cup = 4g protein



6 Tablespoons

E.g. Brand: King Arthur 100% Whole Wheat Flour

- ^ Many ingredients contribute to the total protein content of a food; for instance, many breads contain milk, egg or soy. The amount to eat is based on the specific allergen protein content and not the total protein content.
- *If choosing a product that is not listed, choose **plain** pretzels, crackers, and bread. "Whole wheat" is also permitted if the nutrition information matches (see "Reading a Food Label" below). Do not choose flavored, multigrain, gluten-free or any other variety.
- **Wheat flour can be used in cooking, for example to thicken a sauce or soup. Wheat flour should not be eaten without cooking.

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.

You May Also Eat

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

Serving Suggestions

• Use a variety of foods to meet your daily serving goals. Choosing only candy, crackers, 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.

Avoid

- Continue to read product labels (ingredients, contains statements and precautionary allergen labels) to avoid any additional allergens.
- If you are allergic to **barley,** please continue to check ingredient lists and avoid any products with:
 - Barley
 - Malt (flavoring, extract, etc.)

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. Here is the mini pretzels label:

Mini Pretzels:

