

Wheat Equivalent 300 mg Wheat Protein

Consume one of these foods every day. The amount listed is the MINIMUM amount to eat [^] .		Amount to Eat
<p>Mini Pretzels* Label states: 30g (about 20 minis) = 3g protein <i>E.g. Brand: Snyder's of Hanover Mini Pretzels</i> Contains malt syrup (trace barley)</p>		2 mini pretzels
<p>Pretzel Rod* Label states: 30g (3 pretzels) = 3g protein <i>E.g. Brand: Snyder's of Hanover Pretzel Rods</i></p>		1/3 pretzel rod
<p>Saltine or Soda Crackers* Label states: 5 crackers (16g) = 1g protein <i>E.g. Brand: Nabisco Original Premium</i> Contains malted barley flour</p>		1 cracker
<p>Whole Wheat Ritz Crackers* Label states: 5 crackers = 1g protein <i>E.g. Brand: Whole Wheat Ritz</i></p>		1 and ½ crackers
<p>Oyster Crackers* Label states: 22 crackers = 1g protein MUST USE: <i>Nabisco Premium Soup & Oyster Crackers</i></p>		5 crackers
<p>Graham Crackers* Label states: 1 sheet = 1g protein <i>E.g. Brand: Nabisco Honey Maid Graham Crackers</i></p>	 1 rectangular sheet=4 crackers	1 and ¼ crackers

**Wheat Equivalent
300 mg Wheat Protein**

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

Wheat Equivalent 300 mg Wheat Protein

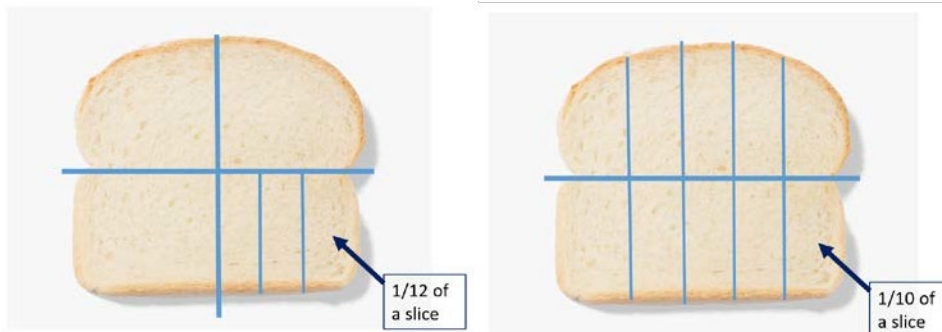
<p>Wheat Flour** Label states: 1/4 cup = 3g protein</p> <p><i>E.g. Brand: Pillsbury All Purpose Flour</i></p>		<p>1 and 1/4 teaspoons</p>
<p>Whole Wheat Flour** Label states: 1/4 cup = 4g protein</p> <p><i>E.g. Brand: King Arthur 100% Whole Wheat Flour</i></p>		<p>1 teaspoon</p>

^ 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.

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 Equivalent 300 mg Wheat Protein

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:

Nutrition Facts
Serving Size 30g (about 20 Minis)
Servings Per Container about 9

Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%
Thiamin 10%	• Riboflavin 8%
Niacin 8%	• Folate 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g








Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil*, Yeast, Soda.


CONTAINS: WHEAT

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

Wheat Equivalent 600 mg Wheat Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Mini Pretzels* Label states: 30g (about 20 minis) = 3g protein</p> <p><i>E.g. Brand: Snyder's of Hanover Mini Pretzels</i> Contains malt syrup (trace barley)</p>		4 mini pretzels
<p>Pretzel Rod* Label states: 30g (3 pretzels) = 3g protein</p> <p><i>E.g. Brand: Snyder's of Hanover Pretzel Rods</i></p>		3/5 pretzel rod <i>See diagram on page 3</i>
<p>Saltine or Soda Crackers* Label states: 5 crackers (16g) = 1g protein</p> <p><i>E.g. Brand: Nabisco Original Premium</i> Contains malted barley flour</p>		2 crackers
<p>Whole Wheat Ritz Crackers* Label states: 5 crackers = 1g protein</p> <p><i>E.g. Brand: Whole Wheat Ritz</i></p>		3 crackers
<p>Oyster Crackers* Label states: 22 crackers = 1g protein</p> <p>MUST USE: Nabisco Premium Soup & Oyster Crackers</p>		9 crackers
<p>Graham Crackers* Label states: 1 sheet = 1g protein</p> <p><i>E.g. Brand: Nabisco Honey Maid Graham Crackers</i></p>	 <i>1 rectangular sheet=4 crackers</i>	2 and 1/2 crackers
<p>Wheat Chex Label states: 1 cup (59g) = 6g protein</p> <p><i>Brand: General Mills</i></p>		12 Chex pieces

Wheat Equivalent 600 mg Wheat Protein

<p>Shredded Wheat Label states: 25 biscuits = 5g protein</p> <p><i>Brand: Kellogg's Frosted Mini Wheats</i></p>		<p>3 biscuits</p>
<p>White Bread 3g/slice* Label states: 1 slice = 3g protein</p> <p><i>E.g. Brand: Freihofer's Country White</i></p>		<p>1/5 of a slice</p> <p><i>See diagram on page 3</i></p>
<p>Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein</p> <p><i>E.g. Brand: Nature's Own 100% Whole Wheat Bread</i></p>		<p>1/7 of a slice</p> <p><i>See diagram on page 3</i></p>
<p>Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta</p> <p><i>Must use: DeCecco-Dry Elbow Pasta no. 81</i></p>		<p>19 elbow noodles</p>
<p>Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta</p> <p><i>Must use: DeCecco-Dry Spaghetti Pasta no. 12</i></p>		<p>4 spaghetti noodles</p>
<p>Wheat Flour** Label states: 1/4 cup = 3g protein</p> <p><i>E.g. Brand: Pillsbury All Purpose Flour</i></p>		<p>2 and 1/2 teaspoons</p>
<p>Whole Wheat Flour** Label states: 1/4 cup = 4g protein</p> <p><i>E.g. Brand: King Arthur 100% Whole Wheat Flour</i></p>		<p>1 and 3/4 teaspoons</p>

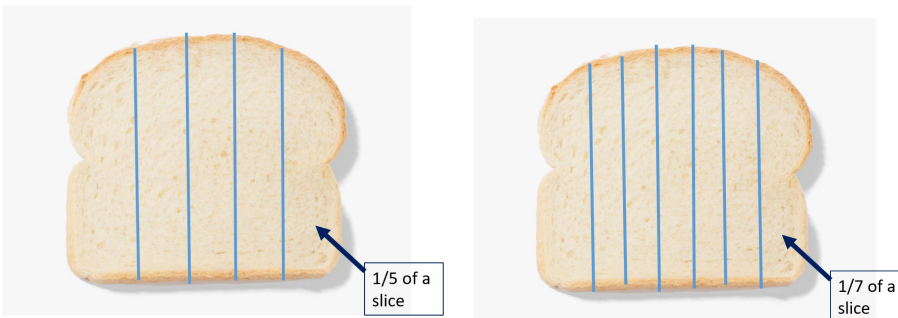
Wheat Equivalent 600 mg Wheat Protein

^ 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.

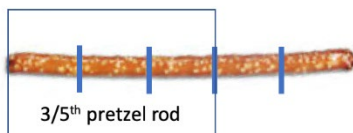
*If choosing a product that is not listed, choose **plain** pretzels, crackers, and bread. "Whole wheat" is also permitted if the nutrition information matches (see "Reading a Food Label" below). Do not choose flavored, multigrain, gluten-free or any other variety.

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

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."

Wheat Equivalent 600 mg Wheat Protein

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:

Nutrition Facts	
Serving Size 30g (about 20 Minis)	
Cups Per Container about 9	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Thiamin 10%	Riboflavin 8%
Niacin 8%	Folate 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil*, Yeast, Soda.	
* Adds a trivial amount of fat.	
CONTAINS: WHEAT	

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

**Wheat Equivalent
1000 mg Wheat Protein**

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Mini Pretzels* Label states: 30g (about 20 minis) = 3g protein <i>E.g. Brand: Snyder's of Hanover Mini Pretzels</i> Contains malt syrup (trace barley)</p>		7 mini pretzels
<p>Pretzel Rod* Label states: 30g (3 pretzels) = 3g protein <i>E.g. Brand: Snyder's of Hanover Pretzel Rods</i></p>		1 pretzel rod
<p>Saltine or Soda Crackers* Label states: 5 crackers (16g) = 1g protein <i>E.g. Brand: Nabisco Original Premium</i> Contains malted barley flour</p>		3 and ½ crackers
<p>Whole Wheat Ritz Crackers* Label states: 5 crackers = 1g protein <i>E.g. Brand: Whole Wheat Ritz</i></p>		5 crackers
<p>Oyster Crackers* Label states: 22 crackers = 1g protein MUST USE: Nabisco Premium Soup & Oyster Crackers</p>		16 crackers
<p>Graham Crackers* Label states: 1 sheet = 1g protein <i>E.g. Brand: Nabisco Honey Maid Graham Crackers</i></p>	 1 rectangular sheet=4 crackers	4 crackers (1 rectangular sheet)
<p>Wheat Chex Label states: 1 cup (59g) = 6g protein <i>Brand: General Mills</i></p>		21 Chex pieces

Wheat Equivalent 1000 mg Wheat Protein

<p>Shredded Wheat Label states: 25 biscuits = 5g protein</p> <p><i>Brand: Kellogg's Frosted Mini Wheats</i></p>		<p>5 biscuits</p>
<p>White Bread 3g/slice* Label states: 1 slice = 3g protein</p> <p><i>E.g. Brand: Freihofer's Country White</i></p>		<p>1/3 of a slice</p>
<p>Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein</p> <p><i>E.g. Brand: Nature's Own 100% Whole Wheat Bread</i></p>		<p>1/4 of a slice</p>
<p>Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta</p> <p>Must use: DeCecco-Dry Elbow Pasta no. 81</p>		<p>32 elbow noodles</p>
<p>Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta</p> <p>Must use: DeCecco-Dry Spaghetti Pasta no. 12</p>		<p>7 spaghetti noodles</p>
<p>Wheat Flour** Label states: 1/4 cup = 3g protein</p> <p><i>E.g. Brand: Pillsbury All Purpose Flour</i></p>		<p>1 Tablespoon plus 1 teaspoon</p>
<p>Whole Wheat Flour** Label states: 1/4 cup = 4g protein</p> <p><i>E.g. Brand: King Arthur 100% Whole Wheat Flour</i></p>		<p>1 Tablespoon</p>

Wheat Equivalent

1000 mg Wheat Protein

^ 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 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.)

Wheat Equivalent 1000 mg Wheat 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. Here is the mini pretzels label:

Mini Pretzels:







Nutrition Facts	
Serving Size 30g (about 20 Minis)	
Servings Per Container about 9	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Thiamin 10%	Riboflavin 8%
Niacin 8%	Folate 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Salt Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil*, Yeast, Soda	
* Adds a trivial amount of fat.	
CONTAINS: WHEAT	

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Wheat Equivalent 2000 mg Wheat Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat.		Amount to Eat
<p>Mini Pretzels*</p> <p>Label states: 30g (about 20 minis) = 3g protein</p> <p><i>E.g. Brand: Snyder's of Hanover Mini Pretzels</i></p> <p>Contains malt syrup (trace barley)</p>		14 mini pretzels
<p>Pretzel Rod*</p> <p>Label states: 30g (3 pretzels) = 3g protein</p> <p><i>E.g. Brand: Snyder's of Hanover Pretzel Rods</i></p>		2 pretzel rods
<p>Saltine or Soda Crackers*</p> <p>Label states: 5 crackers (16g) = 1g protein</p> <p><i>E.g. Brand: Nabisco Original Premium</i></p> <p>Contains malted barley flour</p>		6 and ½ crackers
<p>Whole Wheat Ritz Crackers*</p> <p>Label states: 5 crackers = 1g protein</p> <p><i>E.g. Brand: Whole Wheat Ritz</i></p>		10 crackers
<p>Oyster Crackers*</p> <p>Label states: 22 crackers = 1g protein</p> <p>MUST USE: Nabisco Premium Soup & Oyster Crackers</p>		31 crackers
<p>Graham Crackers*</p> <p>Label states: 1 sheet = 1g protein</p> <p><i>E.g. Brand: Nabisco Honey Maid Graham Crackers</i></p>	 1 rectangular sheet=4 crackers	8 crackers (2 rectangular sheets)
<p>Wheat Chex</p> <p>Label states: 1 cup (59 g) = 6g protein</p> <p><i>Brand: General Mills</i></p>		1/3 cup (41 Chex pieces)

Wheat Equivalent 2000 mg Wheat Protein

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

Wheat Equivalent 2000 mg Wheat Protein

<p>Whole Wheat Flour** Label states: 1/4 cup = 4g protein</p> <p><i>E.g. Brand: King Arthur 100% Whole Wheat Flour</i></p>		<p>2 Tablespoons plus ¼ teaspoons</p>
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^ 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.

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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.)

Wheat Equivalent 2000 mg Wheat Protein

Reading a Food Label



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Mini Pretzels:

Nutrition Facts	
Serving Size 30g (about 20 Minis)	
Servings Per Container about 9	
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% Daily Value*	
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Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Thiamin 10%	Riboflavin 8%
Niacin 8%	Folate 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil*, Yeast, Soda.	
* Adds a trivial amount of fat.	
CONTAINS: WHEAT	

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

Wheat Equivalent 4000 mg Wheat Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Mini Pretzels* Label states: 30g (about 20 minis) = 3g protein <i>E.g. Brand: Snyder's of Hanover Mini Pretzels</i> Contains malt syrup (trace barley)</p>		27 mini pretzels
<p>Pretzel Rod* Label states: 30g (3 pretzels) = 3g protein <i>E.g. Brand: Snyder's of Hanover Pretzel Rods</i></p>		4 pretzel rods
<p>Saltine or Soda Crackers* Label states: 5 crackers (16g) = 1g protein <i>E.g. Brand: Nabisco Original Premium</i> Contains malted barley flour</p>		13 crackers
<p>Whole Wheat Ritz Crackers* Label states: 5 crackers = 1g protein <i>E.g. Brand: Whole Wheat Ritz</i></p>		20 crackers
<p>Oyster Crackers* Label states: 22 crackers = 1g protein MUST USE: Nabisco Premium Soup & Oyster Crackers</p>		62 crackers
<p>Graham Crackers* Label states: 1 sheet = 1g protein <i>E.g. Brand: Nabisco Honey Maid Graham Crackers</i></p>	 1 rectangular sheet=4 crackers	16 crackers (4 rectangular sheets)

Wheat Equivalent 4000 mg Wheat Protein

<p>Wheat Chex Label states: 1 cup (59g) = 6g protein</p> <p><i>Brand: General Mills</i></p>		<p>2/3 cup (82 Chex pieces)</p>
<p>Shredded Wheat Label states: 25 biscuits = 5g protein</p> <p><i>Brand: Kellogg's Frosted Mini Wheats</i></p>		<p>20 biscuits</p>
<p>White Bread 3g/slice* Label states: 1 slice = 3g protein</p> <p><i>E.g. Brand: Freihofer's Country White</i></p>		<p>1 and 1/3 of a slice</p>
<p>Whole Wheat Bread 4g/slice* Label states: 1 slice = 4g protein</p> <p><i>E.g. Brand: Nature's Own 100% Whole Wheat Bread</i></p>		<p>1 slice</p>
<p>Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta</p> <p><i>Must use: DeCecco-Dry Elbow Pasta no. 81</i></p>		<p>½ cup cooked elbow noodles (125 elbow noodles)</p>
<p>Spaghetti Label states: ½ cup (56g) = 8g protein This is for uncooked pasta</p> <p><i>Must use: DeCecco-Dry Spaghetti Pasta no. 12</i></p>		<p>25 spaghetti noodles</p>
<p>Wheat Flour** Label states: 1/4 cup = 3g protein</p> <p><i>E.g. Brand: Pillsbury All Purpose Flour</i></p>		<p>1/3 cup</p>

Wheat Equivalent 4000 mg Wheat Protein

<p>Whole Wheat Flour** Label states: 1/4 cup = 4g protein</p> <p><i>E.g. Brand: King Arthur 100% Whole Wheat Flour</i></p>		<p>¼ cup</p>
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^ 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.)

Wheat Equivalent 4000 mg Wheat 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. Here is the mini pretzels label:

Mini Pretzels:

Nutrition Facts	
Serving Size 30g (about 20 Minis)	
Servings Per Container about 9	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Thiamin 10%	Riboflavin 8%
Niacin 8%	Folate 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil*, Yeast, Soda.	
* Adds a trivial amount of fat.	
CONTAINS: WHEAT	

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

**Wheat Equivalent
6000 mg Wheat Protein**

<p align="center">Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat[^].</p>		<p align="center">Amount to Eat</p>
<p>Mini Pretzels* Label states: 30g (about 20 minis) = 3g protein <i>E.g. Brand: Snyder's of Hanover Mini Pretzels</i> Contains malt syrup (trace barley)</p>		<p>40 mini pretzels</p>
<p>Pretzel Rod* Label states: 30g (3 pretzels) = 3g protein <i>E.g. Brand: Snyder's of Hanover Pretzel Rods</i></p>		<p>6 pretzel rods</p>
<p>Saltine or Soda Crackers* Label states: 5 crackers (16g) = 1g protein <i>E.g. Brand: Nabisco Original Premium</i> Contains malted barley flour</p>		<p>20 crackers</p>
<p>Whole Wheat Ritz Crackers* Label states: 5 crackers = 1g protein <i>E.g. Brand: Whole Wheat Ritz</i></p>		<p>30 crackers</p>
<p>Oyster Crackers* Label states: 22 crackers = 1g protein MUST USE: Nabisco Premium Soup & Oyster Crackers</p>		<p>92 crackers</p>
<p>Graham Crackers* Label states: 1 sheet = 1g protein <i>E.g. Brand: Nabisco Honey Maid Graham Crackers</i></p>	 <i>1 rectangular sheet=4 crackers</i>	<p>24 crackers (6 rectangular sheets)</p>

Wheat Equivalent 6000 mg Wheat Protein

<p>Wheat Chex Label states: 1 cup (59g) = 6g protein</p> <p><i>Brand: General Mills</i></p>		<p>1 cup (122 Chex pieces)</p>
<p>Shredded Wheat Label states: 25 biscuits = 5g protein</p> <p><i>Brand: Kellogg's Frosted Mini Wheats</i></p>		<p>30 biscuits</p>
<p>White Bread 3g/slice* Label states: 1 slice = 3g protein</p> <p><i>E.g. Brand: Freihofer's Country White</i></p>		<p>2 slices</p>
<p>Bread 4g/slice* Label states: 1 slice = 4g protein</p> <p><i>E.g. Brand: Nature's Own 100% Whole Wheat Bread</i></p>		<p>1 and 1/2 slices</p>
<p>Elbow Pasta Label states: ½ cup (56g) = 8g protein This is for uncooked pasta</p> <p>Must use: DeCecco-Dry Elbow Pasta no. 81</p>		<p>¾ cup cooked elbow noodles (188 elbow noodles)</p>
<p>Spaghetti Label states: ½ cup (56 g) = 8g protein This is for uncooked pasta</p> <p>Must use: DeCecco-Dry Spaghetti Pasta no. 12</p>		<p>38 spaghetti noodles</p>
<p>Wheat Flour** Label states: ¼ cup = 3g protein</p> <p><i>E.g. Brand: Pillsbury All Purpose Flour</i></p>		<p>1/2 cup</p>

Wheat Equivalent 6000 mg Wheat Protein

<p>Whole Wheat Flour** Label states: 1/4 cup = 4g protein</p> <p><i>E.g. Brand: King Arthur 100% Whole Wheat Flour</i></p>		<p>6 Tablespoons</p>
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^ 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.

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- If you are allergic to **barley**, please continue to check ingredient lists and avoid any products with:
 - Barley
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Wheat Equivalent 6000 mg Wheat Protein

Reading a Food Label

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Mini Pretzels:

Nutrition Facts
Serving Size 30g (about 20 Minis)
Servings Per Container about 9

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg			0%
Sodium 250mg			10%
Total Carbohydrate 25g			8%
Dietary Fiber less than 1g			3%
Sugars less than 1g			
Protein 3g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 8%	
Thiamin 10%	•	Riboflavin 8%	
Niacin 8%	•	Folate 15%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt (Tapioca Syrup, Malt Extract), Cane Sugar, Canola Oil[†], Yeast, Soda.
[†] Adds a trivial amount of fat.

CONTAINS: WHEAT

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