






## Walnut Equivalent 300 mg Walnut Protein

Consume one of these foods every day. The amount listed is the <b>MINIMUM</b> amount to eat <sup>^</sup> .		Amount to Eat
<p><b>Walnut*</b> Label states: 1 oz. (28g) = 4.6g protein</p> <p><i>E.g. Brand: Oh! Nuts</i></p>		<p style="text-align: center;">1 walnut half</p> <p style="text-align: center;">This is half a walnut. It has a flat side.</p>
<p><b>Walnut*</b> Label states: Snack size: 43g = 6g protein Or ¼ cup (28g) = 4g protein</p> <p><i>Brand: Primavera walnuts</i></p>		<p style="text-align: center;">¾ walnut half</p> <p style="text-align: center;">First find ½ a walnut (as in the picture above) then remove ¼ of the walnut half (as in photo below)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">Remove ¼ walnut half</div> <div style="text-align: center;">  </div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto; text-align: center;">¾ walnut half serving</div>
<p><b>Walnut Butter*</b> Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. brand: Crazy Go Nuts Plain Walnut Butter w/ Sea Salt</i></p> <p>Walnuts must be the only nut listed in the ingredients.</p>		<p style="text-align: center;">½ teaspoon</p>
<p><b>Walnut Meal</b> Label states: 1.1 ounce (30g) = 5g protein</p> <p><i>E.g. Brand: Nuts.com</i></p>		<p style="text-align: center;">1 teaspoon</p>

## Walnut Equivalent 300 mg Walnut Protein

<p><b>Walnut Milk</b> Label states: 8 fluid ounces (240mL) = 3g protein</p> <p><i>E.g. Brand:</i> <i>Elmhurst Unsweetened Milked</i> <i>Walnuts</i></p>		<p>1 Tablespoon plus 2 teaspoons</p>
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^ 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

- Walnut 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 walnut milk for flavoring.
- Candied or herbed walnuts (see recipe suggestions below)

### You May Also Eat

- You may eat products labeled with walnut precautionary allergen labeling, if they do not contain any of your other allergens. Examples include: “May contain walnut” and “Manufactured in a facility that also processes walnut.”

### 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.

## Walnut Equivalent 300 mg Walnut Protein

### Reading a Food Label

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

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>2 TBSP (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 0mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WALNUTS, SEA SALT

CONTAINS: WALNUTS

MANUFACTURED BY: CRAZY GO NUTS  
FOWLER, CA 93625  
PRODUCT OF THE USA

MANUFACTURED IN A FACILITY THAT ALSO  
PROCESSES: MILK, EGG, COCONUT

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

## Walnut Equivalent 300 mg Walnut Protein

### Recipes:

#### Candied Walnuts

##### Ingredients

2 cups walnuts  
½ cup brown sugar  
2 tablespoons butter, plant based margarine or vegetable oil

##### Instructions

1. Line a baking sheet with parchment paper.
2. Heat butter or plant based margarine in a large non-stick frying pan over medium heat until it is completely melted. Alternatively, add oil to frying pan and heat over medium heat.
3. Add brown sugar and walnuts to the frying pan and mix.
4. Cook, stirring every 30 seconds, until the sugar is completely dissolved (about 4 minutes).
5. Remove walnuts from the frying pan onto the parchment lined baking sheet. Spread them apart in a single layer so they are not touching and don't stick together. Let them cool for 30 minutes.
6. Once walnuts are cooled, store in an airtight container at room temperature.

#### Herbed Walnuts






##### Ingredients

2 cups walnuts  
2 tablespoons olive oil  
1 tablespoon chopped thyme, rosemary or oregano or combination of herbs  
½ teaspoon kosher salt

##### Instructions

1. Preheat oven to 350°
2. Toss walnuts, oil, herb(s) (thyme, rosemary, oregano or combination) and salt on a rimmed baking sheet until salt and herbs are evenly distributed.
3. Bake until walnuts are golden brown and fragrant, 10–15 minutes.
4. Remove from the oven and let cool. Store in an airtight container at room temperature.

## Walnut Equivalent 600 mg Walnut Protein

Consume one of these foods every day. The amount listed is the <b>MAXIMUM</b> amount to eat <sup>^</sup> .		Amount to Eat
<p><b>Walnut*</b> Label states: 1 oz. = 4.6g protein</p> <p><i>E.g. Brand: Oh! Nuts</i></p>		<p>2 walnut halves</p> <p>This is half a walnut. It has a flat side.</p>
<p><b>Walnut*</b> Label states: Snack size: 43g = 6g protein Or ¼ cup (28g) = 4g protein</p> <p><i>Brand: Primavera walnuts</i></p>		<p>1 and ½ walnut halves</p> 
<p><b>Walnut Butter*</b> Label states: 2 Tbsp = 4g protein <i>E.g. brand: Crazy Go Nuts Plain Walnut Butter w/ Sea Salt</i></p> <p>Walnuts must be the only nut listed in the ingredients.</p>		<p>1 teaspoon</p>
<p><b>Walnut Meal</b> Label states: 1.1 ounce (30g) = 5g protein</p> <p><i>E.g. Brand: Nuts.com</i></p>		<p>2 teaspoons</p>
<p><b>Walnut Milk</b> Label states: 8 fluid ounces (240mL) = 3g protein</p> <p><i>E.g. Brand: Elmhurst Unsweetened Milked Walnuts</i></p>		<p>3 Tablespoons plus 1 teaspoon</p>

## **Walnut Equivalent**

### **600 mg Walnut Protein**

^ 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**

- Walnut 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 walnut milk for flavoring.
- Candied or herbed walnuts (see recipe suggestions below)

### **You May Also Eat**

- You may eat products labeled with walnut precautionary allergen labeling, if they do not contain any of your other allergens. Examples include: “May contain walnut” and “Manufactured in a facility that also processes walnut.”

### **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.

## Walnut Equivalent 600 mg Walnut Protein

### Reading a Food Label

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

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>2 TBSP (28g)</b>
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<small>% Daily Value*</small>	
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Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
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CONTAINS: WALNUTS

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PROCESSES: MILK, EGG, COCONUT

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## Walnut Equivalent

### 600 mg Walnut Protein

#### Recipes:

##### Candied Walnuts

##### Ingredients

2 cups walnuts  
½ cup brown sugar  
2 tablespoons butter, plant based margarine or vegetable oil

##### Instructions

1. Line a baking sheet with parchment paper.
2. Heat butter or plant based margarine in a large non-stick frying pan over medium heat until it is completely melted. Alternatively, add oil to frying pan and heat over medium heat.
3. Add brown sugar and walnuts to the frying pan and mix.
4. Cook, stirring every 30 seconds, until the sugar is completely dissolved (about 4 minutes).
5. Remove walnuts from the frying pan onto the parchment lined baking sheet. Spread them apart in a single layer so they are not touching and don't stick together. Let them cool for 30 minutes.
6. Once walnuts are cooled, store in an airtight container at room temperature.

##### Herbed Walnuts

##### Ingredients

2 cups walnuts  
2 tablespoons olive oil  
1 tablespoon chopped thyme, rosemary or oregano or combination of herbs  
½ teaspoon kosher salt

##### Instructions

1. Preheat oven to 350°
2. Toss walnuts, oil, herb(s) (thyme, rosemary, oregano or combination) and salt on a rimmed baking sheet until salt and herbs are evenly distributed.
3. Bake until walnuts are golden brown and fragrant, 10–15 minutes.
4. Remove from the oven and let cool. Store in an airtight container at room temperature.



## Walnut Equivalent 1000 mg Walnut Protein

Consume one of these foods every day. The amount listed is the <b>MAXIMUM</b> amount to eat <sup>^</sup> .		Amount to Eat
<p><b>Walnut*</b></p> <p>Label states: 1 oz. = 4.6g protein</p> <p><i>E.g. Brand: Oh! Nuts</i></p>		<p>3 walnut halves</p> <p>This is half a walnut. It has a flat side.</p>
<p><b>Walnut*</b></p> <p>Label states: Snack size: 43g = 6g protein Or ¼ cup (28g) = 4g protein</p> <p><i>Brand: Primavera walnuts</i></p>		<p>2 and ½ walnut halves</p>
<p><b>Walnut Butter*</b></p> <p>Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. brand: Crazy Go Nuts Plain Walnut Butter w/ Sea Salt</i></p> <p>Walnuts must be the only nut listed in the ingredients.</p>		<p>1 and ½ teaspoons</p>
<p><b>Walnut Meal</b></p> <p>Label states: 1.1 ounce (30g) = 5g protein</p> <p><i>E.g. Brand: Nuts.com</i></p>		<p>3 and ¼ teaspoons</p>
<p><b>Walnut Milk</b></p> <p>Label states: 8 fluid ounces (240 mL) = 3g protein</p> <p><i>E.g. Brand: Elmhurst Unsweetened Milked Walnuts</i></p>		<p>1/3 cup (2 and 2/3 ounces)</p>

<sup>^</sup> 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.**

## **Walnut Equivalent**

### **1000 mg Walnut Protein**

#### **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**

- Walnut 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 walnut milk for flavoring.
- Candied or herbed walnuts (see recipe suggestions below)

#### **You May Also Eat**

- You may eat products labeled with walnut precautionary allergen labeling, if they do not contain any of your other allergens. Examples include: “May contain walnut” and “Manufactured in a facility that also processes walnut.”

#### **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.

## Walnut Equivalent 1000 mg Walnut Protein

### Reading a Food Label

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

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>2 TBSP (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 0mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: WALNUTS, SEA SALT

CONTAINS: WALNUTS

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

## Walnut Equivalent 1000 mg Walnut Protein

### Candied Walnuts

#### Ingredients

2 cups walnuts  
½ cup brown sugar  
2 tablespoons butter, plant based margarine or vegetable oil

#### Instructions

1. Line a baking sheet with parchment paper.
2. Heat butter or plant based margarine in a large non-stick frying pan over medium heat until it is completely melted. Alternatively, add oil to frying pan and heat over medium heat.
3. Add brown sugar and walnuts to the frying pan and mix.
4. Cook, stirring every 30 seconds, until the sugar is completely dissolved (about 4 minutes).
5. Remove walnuts from the frying pan onto the parchment lined baking sheet. Spread them apart in a single layer so they are not touching and don't stick together. Let them cool for 30 minutes.
6. Once walnuts are cooled, store in an airtight container at room temperature.

### Herbed Walnuts






#### Ingredients

2 cups walnuts  
2 tablespoons olive oil  
1 tablespoon chopped thyme, rosemary or oregano or combination of herbs  
½ teaspoon kosher salt

#### Instructions

1. Preheat oven to 350°
2. Toss walnuts, oil, herb(s) (thyme, rosemary, oregano or combination) and salt on a rimmed baking sheet until salt and herbs are evenly distributed.
3. Bake until walnuts are golden brown and fragrant, 10–15 minutes.
4. Remove from the oven and let cool. Store in an airtight container at room temperature.

## Walnut Equivalent 2000 mg Walnut Protein

Consume one of these foods every day. The amount listed is the <b>MAXIMUM</b> amount to eat <sup>^</sup> .		Amount to Eat
<p><b>Walnut*</b> Label states: 1 oz. = 4.6g protein</p> <p><i>E.g. Brand: Oh! Nuts</i></p>		<p>7 walnut halves</p> <p>This is half a walnut. It has a flat side.</p>
<p><b>Walnut*</b> Label states: Snack size: 43g = 6g protein Or ¼ cup (28g) = 4g protein</p> <p><i>Brand: Primavera walnuts</i></p>		<p>4 and ½ walnut halves</p> 
<p><b>Walnut butter*</b> Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. brand: Crazy Go Nuts Plain Walnut Butter w/ Sea Salt</i></p> <p>Walnuts must be the only nut listed in the ingredients.</p>		<p>1 Tablespoon</p>
<p><b>Walnut Meal</b> Label states: 1.1 ounce (30g) = 5g protein</p> <p><i>E.g. Brand: Nuts.com</i></p>		<p>2 Tablespoons plus ½ teaspoon</p>
<p><b>Walnut Milk</b> Label states: 8 fluid ounces (240mL) = 3g protein</p> <p><i>E.g. Brand: Elmhurst Unsweetened Milked Walnuts</i></p>		<p>2/3 cup (5 and 1/3 ounces)</p>

<sup>^</sup> 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.**

## **Walnut Equivalent**

### **2000 mg Walnut Protein**

#### **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**

- Walnut 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 walnut milk for flavoring.
- Candied or herbed walnuts (see recipe suggestions below)

#### **You May Also Eat**

- You may eat products labeled with walnut precautionary allergen labeling, if they do not contain any of your other allergens. Examples include: “May contain walnut” and “Manufactured in a facility that also processes walnut.”

#### **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.

## Walnut Equivalent 2000 mg Walnut Protein

### Reading a Food Label

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

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>2 TBSP (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
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INGREDIENTS: WALNUTS, SEA SALT

CONTAINS: WALNUTS

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## Walnut Equivalent 2000 mg Walnut Protein

### Recipes:

#### Candied Walnuts

##### Ingredients

2 cups walnuts  
½ cup brown sugar  
2 tablespoons butter, plant based margarine or vegetable oil

##### Instructions

1. Line a baking sheet with parchment paper.
2. Heat butter or plant based margarine in a large non-stick frying pan over medium heat until it is completely melted. Alternatively, add oil to frying pan and heat over medium heat.
3. Add brown sugar and walnuts to the frying pan and mix.
4. Cook, stirring every 30 seconds, until the sugar is completely dissolved (about 4 minutes).
5. Remove walnuts from the frying pan onto the parchment lined baking sheet. Spread them apart in a single layer so they are not touching and don't stick together. Let them cool for 30 minutes.
6. Once walnuts are cooled, store in an airtight container at room temperature.

#### Herbed Walnuts

##### Ingredients






2 cups walnuts  
2 tablespoons olive oil  
1 tablespoon chopped thyme, rosemary or oregano or combination of herbs  
½ teaspoon kosher salt

##### Instructions

1. Preheat oven to 350°
2. Toss walnuts, oil, herb(s) (thyme, rosemary, oregano or combination) and salt on a rimmed baking sheet until salt and herbs are evenly distributed.
3. Bake until walnuts are golden brown and fragrant, 10–15 minutes.
4. Remove from the oven and let cool. Store in an airtight container at room temperature.



## Walnut Equivalent 4000 mg Walnut Protein

Consume one of these foods every day. The amount listed is the <b>MAXIMUM</b> amount to eat <sup>^</sup> .		Amount to Eat
<p><b>Walnut*</b> Label states: 1 oz. = 4.6g protein</p> <p><i>E.g. Brand: Oh! Nuts</i></p>		<p>13 walnut halves</p> <p>This is half a walnut. It has a flat side.</p>
<p><b>Walnut*</b> Label states: Snack size: 43g = 6g protein Or ¼ cup (28g) = 4g protein</p> <p><i>Brand: Primavera walnuts</i></p>		<p>9 walnut halves</p>
<p><b>Walnut Butter*</b> Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. brand: Crazy Go Nuts Plain Walnut Butter w/ Sea Salt</i></p> <p>Walnuts must be the only nut listed in the ingredients.</p>		<p>2 Tablespoons</p>
<p><b>Walnut Meal</b> Label states: 1.1 ounce (30g) = 5g protein</p> <p><i>E.g. Brand: Nuts.com</i></p>		<p>¼ cup</p>
<p><b>Walnut Milk</b> Label states: 8 fluid ounces (240mL) = 3g protein</p> <p><i>E.g. Brand: Elmhurst Unsweetened Milked Walnuts</i></p>		<p>1 and 1/3 cups (10 and 2/3 ounces)</p>

<sup>^</sup> 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.**

## **Walnut Equivalent**

### **4000 mg Walnut Protein**

#### **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**

- Walnut 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 walnut milk for flavoring.
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#### **You May Also Eat**

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#### **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.”
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## Walnut Equivalent 4000 mg Walnut Protein

### Reading a Food Label

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<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 0mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WALNUTS, SEA SALT

CONTAINS: WALNUTS

MANUFACTURED BY: CRAZY GO NUTS  
FOWLER, CA 93625  
PRODUCT OF THE USA

MANUFACTURED IN A FACILITY THAT ALSO  
PROCESSES: MILK, EGG, COCONUT

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

## Walnut Equivalent 4000 mg Walnut Protein

### Recipes:

#### Candied Walnuts

##### Ingredients

2 cups walnuts  
½ cup brown sugar  
2 tablespoons butter, plant based margarine or vegetable oil

##### Instructions

1. Line a baking sheet with parchment paper.
2. Heat butter or plant based margarine in a large non-stick frying pan over medium heat until it is completely melted. Alternatively, add oil to frying pan and heat over medium heat.
3. Add brown sugar and walnuts to the frying pan and mix.
4. Cook, stirring every 30 seconds, until the sugar is completely dissolved (about 4 minutes).
5. Remove walnuts from the frying pan onto the parchment lined baking sheet. Spread them apart in a single layer so they are not touching and don't stick together. Let them cool for 30 minutes.
6. Once walnuts are cooled, store in an airtight container at room temperature.

#### Herbed Walnuts






##### Ingredients

2 cups walnuts  
2 tablespoons olive oil  
1 tablespoon chopped thyme, rosemary or oregano or combination of herbs  
½ teaspoon kosher salt

##### Instructions

1. Preheat oven to 350°
2. Toss walnuts, oil, herb(s) (thyme, rosemary, oregano or combination) and salt on a rimmed baking sheet until salt and herbs are evenly distributed.
3. Bake until walnuts are golden brown and fragrant, 10–15 minutes.
4. Remove from the oven and let cool. Store in an airtight container at room temperature.

## Walnut Equivalent 6000 mg Walnut Protein

Consume one of these foods every day. The amount listed is the <b>MAXIMUM</b> amount to eat <sup>^</sup> .		Amount to Eat
<p><b>Walnut*</b> Label states: 1 oz. = 4.6g protein</p> <p><i>E.g. Brand: Oh! Nuts</i></p>		<p>20 walnut halves</p> <p>This is half a walnut. It has a flat side.</p>
<p><b>Walnut*</b> Label states: Snack size: 43g = 6g protein Or ¼ cup (28g) = 4g protein</p> <p><i>Brand: Primavera walnuts</i></p>		<p>14 walnut halves</p>
<p><b>Walnut Butter*</b> Label states: 2 Tbsp = 4g protein</p> <p><i>E.g. brand: Crazy Go Nuts Plain Walnut Butter w/ Sea Salt</i></p> <p>Walnuts must be the only nut listed in the ingredients.</p>		<p>3 Tablespoons</p>
<p><b>Walnut Meal</b> Label states: 1.1 ounce (30g) = 5g protein</p> <p><i>E.g. Brand: Nuts.com</i></p>		<p>¼ cup plus 2 Tablespoons</p>
<p><b>Walnut Milk</b> Label states: 8 fluid ounces (240mL) = 3g protein</p> <p><i>E.g. Brand: Elmhurst Unsweetened Milked Walnuts</i></p>		<p>2 cups (16 ounces)</p>

<sup>^</sup> 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.**

## **Walnut Equivalent**

### **6000 mg Walnut Protein**

#### **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**

- Walnut 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 walnut milk for flavoring.
- Candied or herbed walnuts (see recipe suggestions below)

#### **You May Also Eat**

- You may eat products labeled with walnut precautionary allergen labeling, if they do not contain any of your other allergens. Examples include: “May contain walnut” and “Manufactured in a facility that also processes walnut.”

#### **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.

## Walnut Equivalent 6000 mg Walnut Protein

### Reading a Food Label

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

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>2 TBSP (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
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## Walnut Equivalent 6000 mg Walnut Protein

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