

Cashew Equivalent 300 mg Cashew Protein

Consume one of these foods every day. The amount listed is the MINIMUM amount to eat [^] .		Amount to Eat [^]
<p>Whole Cashew*</p> <p>The cashew size is approximately 1 inch long.</p> <p>This whole nut is made up of two halves facing each other.</p> <p>Label states: ¼ cup (30g) = 6g protein</p> <p><i>E.g. Brand: Sunshine</i></p>		1 cashew
<p>Cashew Flour/Meal</p> <p>Label states: 1/4 cup (28g) = 5g protein</p> <p><i>E.g. Brand: nuts.com</i></p>		¾ teaspoon
<p>Cashew Flour</p> <p>Label States: ¼ cup (32g) = 6g protein</p> <p><i>Brand: Hearthly Cashew Flour</i></p>		2/3 teaspoon
<p>Cashew Butter*</p> <p>Label states: 2 Tbsp = 5g protein</p> <p><i>E.g. Brand: Kevala Cashew Butter</i></p> <p>Cashew must be the only nut listed in the ingredients.</p>		1/3 teaspoon
<p>Cashew Milk</p> <p>Label states: 8 oz or 240mL = 4g protein</p> <p><i>E.g. Brand: Elmhurst Milked Cashews Sweetened or Unsweetened</i></p>		4 teaspoons
<p>Cashew Yogurt</p> <p>Label states: 5.3 oz = 3g protein</p> <p><i>E.g. Brand: Forager Vanilla Bean or Plain Organic</i></p>		1 Tablespoon

Cashew Equivalent

300 mg Cashew 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 chunks 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

- Cashew 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 cashew milk for flavoring.
- Fruit and other flavorings may be added to cashew yogurt.

You May Also Eat

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

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.

Cashew Equivalent 300 mg Cashew 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. Here are examples of cashew butter and cashew flour labels:

Cashew Butter

The image shows a Nutrition Facts label for cashew butter. The label is oriented vertically. At the top, it says "Nutrition Facts" in large bold letters. Below that, it says "About 11 servings per container" and "Serving size 2 Tbsp (32g)". The "Amount per serving" section shows "Calories 210". The "Total Fat" section lists: Total Fat 17g (22%), Saturated Fat 4g (20%), and Trans Fat 0g. The "Cholesterol" section lists: Cholesterol 0mg (0%). The "Sodium" section lists: Sodium 35mg (2%). The "Total Carbohydrate" section lists: Total Carbohydrate 9g (3%), Dietary Fiber 1g (4%), and Total Sugars 2g. The "Includes 0g Added Sugars" section lists: Includes 0g Added Sugars (0%). The "Protein" section lists: Protein 5g (6%). At the bottom, it lists: Vitamin D 0mcg (0%), Calcium 0mg (0%), Iron 1.4mg (8%), and Potassium 90mg (2%). The label also includes a distributor address and phone number on the left, and ingredients and allergen information on the right.

Nutrition Facts	
About 11 servings per container	
Serving size 2 Tbsp (32g)	
Amount per serving	
Calories 210	
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.4mg	8%
Potassium 90mg	2%

Cashew Flour

The image shows a Nutrition Facts label for cashew flour. The label is oriented horizontally. At the top, it says "Nutrition Facts" in large bold letters. Below that, it says "Serving Size 28g (1 oz)" and "Approx. 16.2 Servings/Pound". The "Amount Per Serving" section shows "Calories 155" and "Calories From Fat 11". The "Total Fat" section lists: Total Fat 12g (19%), Saturated Fat 2g (11%), and Cholesterol 0mg (0%). The "Sodium" section lists: Sodium 3mg (0%). The "Total Carbohydrate" section lists: Total Carbohydrate 3g (3%), Dietary Fiber 1g (3%), and Sugars 2g. The "Protein" section lists: Protein 5g. At the bottom, it lists: Vitamin A 0%, Vitamin C 0%, Calcium 1%, and Iron 11%. The label also includes a note about the percent daily values and a note about the facility.

Nutrition Facts	
Serving Size 28g (1 oz)	
Approx. 16.2 Servings/Pound	
Amount Per Serving	
Calories 155	
Calories From Fat 11	
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	3%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 11%

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

Cashew Equivalent 600 mg Cashew Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Whole Cashew* The cashew size is approximately 1 inch long This whole nut is made up of two halves facing each other. Label states: ¼ cup (30g) = 6g protein</p> <p><i>E.g. Brand: Sunshine</i></p>		2 cashews
<p>Cashew Flour/Meal Label states: 1/4 cup (28g) = 5g protein</p> <p><i>E.g. Brand: nuts.com</i></p>		1 and ½ teaspoons
<p>Cashew Flour Label States: ¼ cup (32g) = 6g protein</p> <p><i>Brand: Hearthy Cashew Flour</i></p>		1 and ¼ teaspoons
<p>Cashew Butter* Label states: 2 Tbsp = 5g protein</p> <p><i>E.g. Brand: Kevala Cashew Butter</i> Cashew must be the only nut listed in the ingredients.</p>		3/4 teaspoon
<p>Cashew Milk Label states: 8 oz or 240 mL = 4g protein</p> <p><i>E.g. Brand: Elmhurst Milked Cashews</i> Sweetened or Unsweetened</p>		2 Tablespoons plus 1 teaspoon
<p>Cashew Yogurt Label states: 5.3 oz = 3g protein</p> <p><i>E.g. Brand: Forager Vanilla Bean or Plain Organic</i></p>		2 Tablespoons

Cashew Equivalent

600 mg Cashew 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 chunks 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

- Cashew 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 cashew milk for flavoring.
- Fruit and other flavorings may be added to cashew yogurt.

You May Also Eat

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

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.

Cashew Equivalent 600 mg Cashew 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. Here are examples of cashew butter and cashew flour labels:

Cashew Butter:

Nutrition Facts	
About 11 servings per container	
Serving size	2 Tbsp (32g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.4mg	8%
Potassium 90mg	2%

DISTRIBUTED BY: JUSTINS, LLC • BOULDER, CO 80302 USA • 1-844-448-0800 • JUSTINS.COM
INGREDIENTS: Dry Roasted Cashews, Palm Oil.
Contains cashews. Produced in a facility that also contains tree nuts.

Cashew Flour:

Nutrition Facts	
Serving Size 28g (1 oz)	
Approx. 16.2 Servings/Pound	
Amount Per Serving	
Calories 155	Calories From Fat 111
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	3%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.
Packed in the same facility as peanuts, tree nuts, soy, and milk.

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

Cashew Equivalent 1000 mg Cashew Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Whole Cashew* The cashew size is approximately 1 inch long. This whole nut is made up of two halves facing each other. Label states: ¼ cup (30g) = 6g protein <i>E.g. Brand: Sunshine</i></p>		3 and ½ cashews
<p>Cashew Flour/M Meal Label states: 1/4 cup (28g) = 5g protein <i>E.g. Brand: nuts.com</i></p>		2 and ½ teaspoons
<p>Cashew Flour Label States: ¼ cup (32g) = 6g protein <i>Brand: Hearthly Cashew Flour</i></p>		2 teaspoons
<p>Cashew Butter* Label states: 2 Tbsp = 5g protein <i>E.g. Brand: Kevala Cashew Butter</i> Cashew must be the only nut listed in the ingredients.</p>		1 and 1/4 teaspoons
<p>Cashew Milk Label states: 8 oz or 240 mL = 4g protein <i>E.g. Brand: Elmhurst Milked Cashews Sweetened or Unsweetened</i></p>		¼ cup (2 ounces)
<p>Cashew Yogurt Label states: 5.3 oz = 3g protein <i>E.g. Brand: Forager Vanilla Bean or Plain Organic</i></p>		3 Tablespoons plus 1 teaspoon

Cashew Equivalent

1000 mg Cashew 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 chunks 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

- Cashew 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 cashew milk for flavoring.
- Fruit and other flavorings may be added to cashew yogurt.

You May Also Eat

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

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.

Cashew Equivalent 1000 mg Cashew 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. Here are examples of cashew butter and cashew flour labels:

Cashew Butter

Nutrition Facts	
About 11 servings per container	
Serving size	2 Tbsp (32g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	6%
Vitamin D 0mcg	0%
Iron 1.4mg	8%
Calcium 0mg	0%
Potassium 90mg	2%

DISTRIBUTED BY: JUSTINS, LLC • BOULDER, CO 80302 USA • 1-844-448-0300 • JUSTINS.COM

INGREDIENTS: Dry Roasted Cashews, Palm Oil.

* 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.

Cashew Flour

Nutrition Facts	
Serving Size 28g (1 oz)	
Approx. 16.2 Servings/Pound	
Amount Per Serving	
Calories 155	Calories From Fat 111
% Daily Value**	
Total Fat 12g	19%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	3%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.
Packed in the same facility as peanuts, tree nuts, soy, and milk.

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

Cashew Equivalent 2000 mg Cashew Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Whole Cashew* The cashew size is approximately 1 inch long. This whole nut is made up of two halves facing each other. Label states: ¼ cup (30g) = 6g protein</p> <p><i>E.g. Brand: Sunshine</i></p>		7 cashews
<p>Cashew Flour/Meal Label states: 1/4 cup (28g) = 5g protein</p> <p><i>E.g. Brand: nuts.com</i></p>		1 Tablespoon plus 2 teaspoons
<p>Cashew Flour Label States: ¼ cup (32g) = 6g protein</p> <p><i>Brand: Hearthy Cashew Flour</i></p>		1 Tablespoon plus 1 teaspoon
<p>Cashew Butter* Label states: 2 Tbsp = 5g protein</p> <p><i>E.g., Brand: Kevala Cashew Butter</i> Cashew must be the only nut listed in the ingredients.</p>		2 and 1/2 teaspoons
<p>Cashew Milk Label states: 8 oz or 240 mL = 4g protein</p> <p><i>E.g., Brand: Elmhurst Milked Cashews</i> <i>Sweetened or Unsweetened</i></p>		½ cup (4 ounces)
<p>Cashew Yogurt Vanilla Bean or Plain Organic Label states: 5.3 oz = 3g protein</p> <p><i>E.g., Brand: Forager</i> <i>Vanilla Bean or Plain Organic</i></p>		¼ cup plus 2 ½ Tablespoons

Cashew Equivalent

2000 mg Cashew 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 chunks 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

- Cashew 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 cashew milk for flavoring.
- Fruit and other flavorings may be added to cashew yogurt.

You May Also Eat

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

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.

Cashew Equivalent 2000 mg Cashew 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. Here are examples of cashew butter and cashew flour labels:

Cashew Butter:

Nutrition Facts	
About 11 servings per container	
Serving size	2 Tbsp (32g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	6%
Vitamin D 0mcg	0%
Iron 1.4mg	8%
Calcium 0mg	0%
Potassium 90mg	2%

DISTRIBUTED BY: JUSTINS, LLC • BOULDER, CO 80302 USA • 1-844-448-0303 • JUSTINS.COM
INGREDIENTS: Dry Roasted Cashews, Palm Oil.
Contains cashews. Produced on equipment that also processes tree nuts.

Cashew Flour:

Nutrition Facts	
Serving Size 28g (1 oz)	
Approx. 16.2 Servings/Pound	
Amount Per Serving	
Calories 155	Calories From Fat 111
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	3%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.
Packed in the same facility as peanuts, tree nuts, soy, and milk.

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

Cashew Equivalent 4000 mg Cashew Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Whole Cashew* The cashew size is approximately 1 inch long This whole nut is made up of two halves facing each other. Label states: ¼ cup (30g) = 6g protein</p> <p><i>E.g. Brand: Sunshine</i></p>		15 cashews
<p>Cashew Flour/M Meal Label states: 1/4 cup (28g) = 5g protein</p> <p><i>E.g. Brand: nuts.com</i></p>		3 Tablespoons plus 1 teaspoon
<p>Cashew Flour Label States: ¼ cup (32g) = 6g protein</p> <p><i>Brand: Hearthly Cashew Flour</i></p>		2 Tablespoons plus 2 teaspoons
<p>Cashew Butter* Label states: 2 Tbsp = 5g protein</p> <p><i>E.g. Brand: Kevala Cashew Butter</i> Cashew must be the only nut listed in the ingredients.</p>		4 and 3/4 teaspoons
<p>Cashew Milk Label states: 8 oz or 240 mL = 4g protein</p> <p><i>E.g. Brand: Elmhurst Milked Cashews Sweetened or Unsweetened</i></p>		1 cup (8 ounces)
<p>Cashew Yogurt Vanilla Bean or Plain Organic Label states: 5.3 oz = 3g protein</p> <p><i>E.g. Brand: Forager Vanilla Bean or Plain Organic</i></p>		¾ cup plus 1 Tablespoon

Cashew Equivalent

4000 mg Cashew 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 chunks 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

- Cashew 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 cashew milk for flavoring.
- Fruit and other flavorings may be added to cashew yogurt.

You May Also Eat

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

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.

Cashew Equivalent 4000 mg Cashew 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. Here are examples of cashew butter and cashew flour labels:

Cashew Butter:

Nutrition Facts	
About 11 servings per container	
Serving size	2 Tbsp (32g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	6%
Vitamin D 0mcg	0%
Iron 1.4mg	8%
Calcium 0mg	0%
Potassium 90mg	2%

DISTRIBUTED BY: JUSTINS, LLC • BOULDER, CO 80302 USA • 1-844-448-0000 • JUSTINS.COM
INGREDIENTS: Dry Roasted Cashews, Palm Oil.
Contains cashew. Produced on equipment that also processes tree nuts.

Cashew Flour:

Nutrition Facts	
Serving Size 28g (1 oz)	
Approx. 16.2 Servings/Pound	
Amount Per Serving	
Calories 155	Calories From Fat 111
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	3%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.
Packed in the same facility as peanuts, tree nuts, soy, and milk.

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

Cashew Equivalent 6000 mg Cashew Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Whole Cashew* The cashew size is approximately 1 inch long This whole nut is made up of two halves facing each other. Label states: ¼ cup (30 g) = 6g protein</p> <p><i>E.g. Brand: Sunshine</i></p>		22 cashews
<p>Cashew Flour/Meal Label states: 1/4 cup (28g) = 5g protein <i>E.g. Brand: nuts.com</i></p>		5 Tablespoons
<p>Cashew Flour Label States: ¼ cup (32g) = 6g protein</p> <p><i>Brand: Hearthly Cashew Flour</i></p>		¼ cup
<p>Cashew Butter* Label states: 2 Tbsp = 5g protein</p> <p><i>E.g. Brand: Kevala Cashew Butter</i> Cashew must be the only nut listed in the ingredients.</p>		2 and ½ Tablespoons
<p>Cashew Milk Label states: 8 oz or 240mL = 4g protein</p> <p><i>E.g. Brand: Elmhurst Milked Cashews Sweetened or Unsweetened</i></p>		1 ½ cups (12 ounces)
<p>Cashew Yogurt Label states: 5.3 oz = 3g protein</p> <p><i>E.g. Brand: Forager Vanilla Bean or Plain Organic</i></p>		1 and ¼ cup

Cashew Equivalent

6000 mg Cashew Protein

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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

- Cashew 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 cashew milk for flavoring.
- Fruit and other flavorings may be added to cashew yogurt.

You May Also Eat

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

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.”
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Cashew Equivalent 6000 mg Cashew 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. Here are examples of the cashew butter and cashew flour labels:

Cashew Butter:

Nutrition Facts
About 11 servings per container
Serving size 2 Tbsp (32g)
Amount per serving
Calories 210
% Daily Value*

Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	6%

Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 1.4mg 8% • Potassium 90mg 2%

* 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.

DISTRIBUTED BY: JUSTINS, LLC • BOULDER, CO 80302 USA • 1-844-448-0300 • JUSTINS.COM
INGREDIENTS: Dry Roasted Cashews, Palm Oil.
Contains cashews. Produced on equipment that also processes tree nuts.

Cashew Flour:

Nutrition Facts
Serving Size 28g (1 oz)
Approx. 16.2 Servings/Pound
Amount Per Serving
Calories 155 Calories From Fat 111
% Daily Value*

Total Fat 12g	19%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	3%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 5g	

Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.
Packed in the same facility as peanuts, tree nuts, soy, and milk.

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