

Table E1. Wheat Food Protein Equivalents

Food	300mg	600mg	1000mg	2000mg	4000mg	6000mg
Mini Pretzels Snyder's	2 minis	4 minis	7 minis	14 minis	27 minis	40 minis
Pretzel Rod Snyder's	1/3 rod	3/5 rod	1 rod	2 rods	4 rods	6 rods
Saltine or Soda Crackers Nabisco Original Premium	1 cracker	2 crackers	3 and ½ crackers	6 and ½ crackers	13 crackers	20 crackers
Whole Wheat Ritz Crackers Ritz	1 and ½ crackers	3 crackers	5 crackers	10 crackers	20 crackers	30 crackers
Oyster Crackers Nabisco Premium Soup and Oyster Crackers	5 crackers	9 crackers	16 crackers	31 crackers	62 crackers	92 crackers
Graham Crackers* Nabisco Honey Maid Graham Crackers	1 and ¼ crackers	2 and ½ crackers	4 crackers (1 sheet)	8 crackers (2 sheets)	16 crackers (4 sheets)	24 crackers (6 sheets)
Wheat Chex General Mills	6 pieces	12 pieces	21 pieces	41 pieces (1/3 cup)	82 pieces (2/3 cup)	122 pieces (1 cup)
Shredded Wheat (mini) Kellogg's frosted mini wheats	1 and ½ minis	3 minis	5 minis	10 minis	20 minis	30 minis
White Bread (3g pro/slice) Freihofer's Country White	1/10 slice	1/5 slice	1/3 slice	2/3 slice	1 and 1/3 slice	2 slices
Whole Wheat Bread (4g pro/slice) Nature's Own 100% Whole Wheat Bread	1/12 slice	1/7 slice	¼ slice	½ slice	1 slice	1 and ½ slices
Elbow Pasta DeCecco Dry Elbow Pasta no. 81	10 elbows	19 elbows	32 elbows	63 elbows (¼ cup cooked)	125 elbows (½ cup)	188 elbows (¾ cup)
Spaghetti DeCecco Dry Spaghetti no. 12	2 spaghetti	4 spaghetti	7 spaghetti	13 spaghetti	25 spaghetti	38 spaghetti
Wheat Flour Pillsbury All Purpose Flour	1 and ¼ teaspoons	2 and ½ teaspoons	1 Tablespoon plus 1 teaspoon	2 Tablespoons plus 2 teaspoons	1/3 cup	½ cup
Whole Wheat Flour King Arthur 100% Whole Wheat	1 teaspoon	1 and ¾ teaspoons	1 Tablespoon	2 Tablespoons plus ¼ teaspoon	¼ cup	6 Tablespoons

*One rectangular sheet = 4 crackers.

Table E2. Walnut Food Protein Equivalents

Food	300mg	600mg	1000mg	2000mg	4000mg	6000mg
Walnuts Generic	1 walnut half	2 walnut halves	3 walnut halves	7 walnut halves	13 walnut halves	20 walnut halves
Walnuts Primavera	3/4 walnut half	1 and ½ walnut halves	2 and 1/2 walnut halves	4 and 1/2 walnut halves	9 walnut halves	14 walnut halves
Walnut Butter Crazy Go Nuts	1/2 teaspoon	1 teaspoon	1 and 1/2 teaspoons	1 Tablespoon	2 Tablespoons	3 Tablespoons
Walnut Meal Nuts.com	1 teaspoon	2 teaspoons	3 and 1/4 teaspoons	2 Tablespoons plus 1/2 teaspoon	1/4 cup	1/4 cup plus 2 Tablespoons
Walnut Milk Elmhurst	1 Tablespoon plus 2 teaspoons	3 Tablespoons plus 1 teaspoon	1/3 cup (2 and 2/3 fluid ounces)	2/3 cup (5 and 1/3 fluid ounces)	1 and 1/3 cups (10 and 2/3 fluid ounces)	2 cups (16 fluid ounces)

Table E3 Cashew Food Protein Equivalents

Food	300mg	600mg	1000mg	2000mg	4000mg	6000mg
Whole Cashew Sunshine	1 cashew	2 cashews	3 and ½ cashews	7 cashews	15 cashews	22 cashews
Cashew Flour/Meal Nuts.com	¾ teaspoon	1 and ½ teaspoons	2 and ½ teaspoons	1 Tablespoon plus 2 teaspoons	3 Tablespoon plus 1 teaspoon	5 Tablespoons
Cashew Flour Hearthly	⅔ teaspoon	1 and ¼ teaspoons	2 teaspoons	1 Tablespoon plus 1 teaspoon	2 Tablespoon plus 2 teaspoons	¼ cup
Cashew Butter Kevala	⅓ teaspoon	¾ teaspoon	1 and ¼ teaspoons	2 and ½ teaspoons	4 and ¾ teaspoons	2 and ½ Tablespoons
Cashew Milk Elmhurst	4 teaspoons	2 Tablespoons plus 1 teaspoon	¼ cup (2 fluid ounces)	½ cup (4 fluid ounces)	1 cup (8 fluid ounces)	1 and ½ cups (12 fluid ounces)
Cashew Yogurt Forager	1 Tablespoon	2 Tablespoons	3 Tablespoon plus 1 teaspoon	¼ cup plus 2½ Tablespoons	¾ cup plus 1 Tablespoon	1 and ¼ cups

Table E4. Hazelnut Food Protein Equivalents

Food	300mg	600mg	1000mg	2000mg	4000mg	6000mg
Whole Hazelnut Generic	1 and ½ nuts	2 and ½ nuts	4 and ½ nuts	9 nuts	18 nuts	27 nuts
Dry Roasted Hazelnuts Ken & June	2 nuts	3 and ½ nuts	6 nuts	12 nuts	23 and ½ nuts	35 nuts
Hazelnut Butter Vor Pure	½ teaspoon	¾ and ⅛ teaspoons	1 and ½ teaspoons	1 Tablespoon	2 Tablespoons	3 Tablespoons
Hazelnut Spread Nutella	1 Tablespoon	2 Tablespoons	3 Tablespoons	6 Tablespoons	¾ cup plus 1 Tablespoon	1 cup plus 3 Tablespoons
Hazelnut Flour Amoretti or Ohnuts	1 teaspoon	1 and ¾ teaspoons	1 Tablespoon	2 Tablespoons	¼ cup	¼ cup plus 2 Tablespoons
Hazelnut Flour Holmquist	½ teaspoon	1 teaspoon	1 and ½ teaspoons	1 Tablespoon plus ⅛ teaspoon	2 Tablespoons plus ¼ teaspoon	3 Tablespoons plus ¼ teaspoon
Hazelnut Milk Elmhurst	2 and ½ Tablespoons	¼ cup plus 1 Tablespoon	½ cup (4 fluid ounces)	1 cup (8 fluid ounces)	2 cups (16 fluid ounces)	3 cups (24 fluid ounces)

Table E5. Retail Food Equivalent Product Changes*

PRODUCT	ACTION TAKEN	REASON FOR CHANGE
Bread	Deleted and new brand added	Milk powder was added to formulation
Ice Cream	Deleted and new brand added	Protein content changed without change in volume/ serving and protein content was inconsistent regionally
Smooth Yogurt Cups	Deleted and new brand added	Product no longer available
Cheese Cubes	Deleted	Product no longer available
Cashew Yogurt	Added	New product available
Cashew Flour	Added	Product does not have risk of cross contact with other tree nuts
Hazelnut Flour	Added	Product does not have risk of cross contact with other tree nuts
Organic peanut butter	Added	Participant request for organic product
Peanut candy	Added	Participant request for milk-free candy

*after annual review

E. FIGURE Legends E1-E8

Figures E1-E8 Provide participant education handouts for each allergen protein equivalent serving size from 300-6000mg

Figure E1. Peanut Participant Education Handouts

Figure E2. Peanut-limited milk-Participant Education Handouts

Figure E3. Milk Participant Education Handouts

Figure E4. Egg Participant Education Handouts

Figure E5. Wheat Participant Education Handouts

Figure E6. Walnut Participant Education Handouts

Figure E7. Cashew Participant Education Handouts

Figure E8. Hazelnut Education Handout

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