



# Oral Immunotherapy(OIT) Food Guidelines: Peanut OIT home dosing sheet (for the patient)

You passed a challenge allowing you to tolerate \_\_\_ mg of peanut protein.  
 You must consume the equivalent of this amount of peanut daily.  
 The table lists products you may eat. Choose one option on any given day

Products	Amount
<b>Peanut butter</b> <i>Brand: Skippy or Jif (smooth)</i>	_____ teaspoon
<b>Peanut Flour</b> <i>Brand: Peanut-Byrd Mill Light 28% fat flour)</i> <a href="http://byrdmill.com/">http://byrdmill.com/</a>	_____ teaspoon
<b>PB2</b> <i>Brand: Bell Plantation Powdered Peanut butter</i>	_____ teaspoon
<b>Peanut Butter Cereal</b> <i>Brand: Captain Crunch</i>	_____ pieces

\*The amounts are based on brands listed. Please use only the brands listed.

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