



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

Your child passed a challenge allowing them to tolerate ___ mg of peanut protein.

They must consume the equivalent of this amount of peanut daily.

The table lists products they may eat. Choose one option on any given day.

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

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

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