



Food Sensitivity Test

Patient Name: SAMPLE RESULT

Test Date: 09 Dec 2010

Healthcare Provider: SAMPLE RESULT

File #: 85909 (150)

Severe Intolerance

APPLE
KELP

Moderate Intolerance

ACORN SQUASH
AVOCADO
BRAZIL NUT
CELERY
CRAB
CURRY POWDER
EGG YOLK
KALE
MACKEREL
MAPLE SUGAR
PINE NUT

Mild Intolerance

BLACK CURRANT*
BLACK PEPPER*
BOK CHOY*
CABBAGE*
CANTALOUPE*
CAROB*
CASHEW*
CAULIFLOWER*
CHILI PEPPER*
CORIANDER*
CUCUMBER*
EGG WHITE*
EGGPLANT*
ENDIVE*
FLOUNDER*
GINGER*
GREEN PEPPER*
LAMB*
LIME*
LIVER (BEEF)*
LOBSTER*
MACADAMIA*
OLIVE*
OREGANO*
PARSLEY*
PEAR*
PINEAPPLE*
PINTO BEAN*
POMEGRANATE*
RHUBARB*
RICE*
ROSEMARY*
SESAME*
SHRIMP*
SOYBEAN*
SPINACH*
SQUASH (Yellow)*
SWEET POTATO*
TOMATO*
TUNA*
VANILLA*
VENISON*
WATERCRESS*

VEGETABLES / LEGUMES

ASPARAGUS
FAVA BEAN
JALAPENO PEPPER
MUSTARD
ROMAINE LETTUCE
ZUCCHINI

BROCCOLI
FENNEL
LEEK
OKRA
STRING BEAN

BRUSSEL SPROUTS
GREEN PEA
MUNG BEAN
ONION
SWISS CHARD

CARROT
ICEBERG LETTUCE
MUSHROOM
PARSNIP
WHITE POTATO

FRUITS

BANANA
GRAPE
ORANGE
WATERMELON

BLUEBERRY
GRAPEFRUIT
PEACH

CHERRY
LEMON
PLUM

CRANBERRY
NECTARINE
STRAWBERRY

MEAT

BEEF
QUAIL

CHICKEN
TURKEY

PHEASANT
PORK

DAIRY

SEAFOOD

ANCHOVY
CRAYFISH
SCALLOP
SWORDFISH

CATFISH
HALIBUT
SNAPPER

CLAM
MUSSEL
SOLE

CODFISH
SALMON
SQUID

GRAINS

CORN
MILLET
QUINOA

HERBS / SPICES

ANISE SEED
LIQUORICE

BASIL
SAFFRON

CARDAMOM
TARRAGON

CINNAMON
TURMERIC

NUTS/ OILS AND MISC. FOODS

ALMOND
CANE SUGAR
COFFEE
HONEY
PSYLLIUM

BAKER'S YEAST
CHAMOMILE
COTTONSEED
HOPS

BLK/GREEN TEA
COCOA
FRUCTOSE
PEANUT

BREWER'S YEAST
COCONUT
GARLIC
PECAN

You have no reaction to Candida Albicans.

You have no reaction to Gluten and moderate reaction to Gliadin, avoid these foods:

BARLEY	OAT	RYE
SPELT	WHEAT	

You have no reaction to Whey and moderate reaction to Casein, avoid these foods:

COW'S MILK*	GOAT'S MILK*	SHEEP'S MILK
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RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months YELLOW indicates a mild intolerance and these foods should be avoided if possible ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months GREEN indicates acceptable foods / no reaction



Food Sensitivity Test
4 Day Rotation Diet

Patient Name: SAMPLE RESULT

Test Date: 12/9/2010

Healthcare Provider: SAMPLE RESULT

File #: 85909

DAY 1

STARCH

WHITE POTATO

VEGETABLES/LEGUMES

CARROT
EGGPLANT*
GREEN PEPPER*
ICEBERG LETTUCE
PARSLEY*
ROMAINE LETTUCE
TOMATO*

FRUIT

BANANA
BLACK CURRANT*
GRAPE
STRAWBERRY

PROTEIN

BEEF
CODFISH
FAVA BEAN
FLOUNDER*
LAMB*
SNAPPER
SWORDFISH

MISCELLANEOUS

CASHEW*
CHAMOMILE
CHILI PEPPER*
COCONUT
CORIANDER*
HONEY
LIQUORICE
ROSEMARY*
TURMERIC

DAY 2

STARCH

MILLET

VEGETABLES

BOK CHOY*
BROCCOLI
BRUSSEL SPROUTS
CABBAGE*
CAULIFLOWER*
ENDIVE*
MUSHROOM
MUSTARD
ZUCCHINI

FRUIT

BLUEBERRY
CRANBERRY
PEAR*
PINEAPPLE*
POMEGRANATE*

PROTEIN

CATFISH
CHICKEN
EGG WHITE*
PHEASANT
QUAIL
SQUID
TUNA*

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CANE SUGAR
CINNAMON
GARLIC
GINGER*
HOPS
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SWEET POTATO*

VEGETABLES

ASPARAGUS
FENNEL
GREEN PEA
LEEK
ONION
PINTO BEAN*
STRING BEAN

FRUIT

CHERRY
LIME*
NECTARINE
PEACH
PLUM

PROTEIN

ANCHOVY
CRAYFISH
HALIBUT
MUNG BEAN
PORK
SOLE
SOYBEAN*

MISCELLANEOUS

ALMOND
CARDAMOM
COCOA
COFFEE
COTTONSEED
MACADAMIA*
OREGANO*
PEANUT
PSYLLIUM
TARRAGON

DAY 4

STARCH

RICE*

VEGETABLES

CUCUMBER*
JALAPENO PEPPER
OKRA
PARSNIP
RHUBARB*
SPINACH*
SQUASH (Yellow)*
SWISS CHARD

FRUIT

CANTALOUPE*
GRAPEFRUIT
LEMON
OLIVE*
ORANGE
WATERMELON

PROTEIN

CLAM
LIVER (BEEF)*
LOBSTER*
MUSSEL
SALMON
SCALLOP
SHRIMP*
TURKEY
VENISON*

MISCELLANEOUS

ANISE SEED
BLACK PEPPER*
BLK/GREEN TEA
CAROB*
FRUCTOSE
PECAN
SESAME*
VANILLA*

Foods To Avoid

File: 85909

Date: 12/9/2010

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ACORN SQUASH



Acorn squash is most commonly baked, but can also be microwaved, sauteed, and steamed. It can be eaten by baking with brown sugar, and serving with cooked bacon crumbles. The seeds can be toasted and eaten (similar to pumpkin seeds). Although considered a "winter" squash, acorn squash belongs to the same species as all "summer" squashes (including zucchini and yellow crookneck squash). The most common variety is dark green in color. For reintroduction into diet, place into day:3

APPLE



Apples can be canned, juiced, and optionally fermented to produce apple juice, cider, and pectin. Apples are an important ingredient in many winter desserts, for example apple pie, apple crumble, apple crisp and apple cake. Puréed apples are generally known as apple sauce. Apples are also made into apple butter and apple jelly. They are also used (cooked) in meat dishes. For reintroduction into diet, place into day: 2

AVOCADO



The avocado is very popular in vegetarian cuisine, making an excellent substitute for meats in sandwiches and salads because of its high fat content. The fruit is not sweet, but fatty, strongly flavored, and of smooth, almost creamy texture. It is used as the base for the Mexican dip, guacamole, as well as a filling for several kinds of sushi, including California rolls. Avocado is popular in chicken dishes and as a spread on toast, served with salt and pepper. In Brazil and Vietnam, avocados are considered sweet fruits, so are frequently used for milk-shakes and occasionally added to ice cream and other desserts. For reintroduction into diet, place into day: 2

BRAZIL NUT



Brazil nut is a large nut with brown skin, and can be used in recipes that call for coconut or macadamia nuts, as they are high in fat content resulting in a rich flavor. Brazil nuts are high in Selenium. For reintroduction, place on day 3.

CELERY



Several varieties of celery. Available all year round, either fresh (in heads or loose sticks) or canned. Celery is eaten raw or cooked. Avoid also celery seed, celeriac root and celery juice. For reintroduction into diet, place into Day 1.

CRAB



Crabs are found in all of the world's oceans. Additionally, there are also many freshwater and terrestrial crabs, particularly in tropical regions. Also avoid seafood soups, seafood salads, imitation crab and crab cakes. For reintroduction into diet, place into day: 1

CURRY POWDER



Most recipes and producers of curry powder usually include coriander, turmeric, cumin, and others. Depending upon the recipe, additional ingredients such as ginger, garlic, fennel seed, cinnamon, clove, mustard seed, green cardamom, black cardamom, mace, nutmeg, red pepper, long pepper, and black pepper may also be added. For reintroduction into diet, place into day:4

EGG YOLK



An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking (for mayonnaise, custard, hollandaise sauce, crème brûlée, avgolemono, and ovos-moles). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodles, and egg pasta. Eggs can also be a hidden ingredient in glazes and margarine. Egg can also be used in some ice creams. Egg can be listed as ovalbumin or lecithin. For reintroduction into diet, place into day: 2.

KALE



Kale or Borecole is a form of cabbage, green in color, in which the central leaves do not form a head. Kale greens can provide an intense addition to salads. For reintroduction into diet, place into day: 1

KELP



Alginate, a kelp-derived carbohydrate, is used to thicken products such as ice cream, jelly, salad dressing, and toothpaste, as well as an ingredient in exotic dog food and in manufactured goods. Several Pacific species of kelp are very important ingredients in Japanese cuisine. It is used to flavor broths and stews, as a savory garnish for rice and other dishes, as a vegetable. Transparent sheets of kelp are also used as an edible decorative wrapping for rice and other foods. For reintroduction into diet, place into day: 2

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.

Foods To Avoid

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MACKEREL



Mackerel is an oily-fleshed sea fish found throughout the oceans of the world. For reintroduction into diet, place into day: 2

MAPLE SYRUP



A sugar made by boiling down maple syrup. Can be used in place of white or brown sugar in recipes, sprinkled on hot or cold cereal or in coffee or tea. For reintroduction into diet, place into day: 2

PINE NUT



Pine nuts are frequently added to meat, fish, and vegetable dishes. In Italian culture they are called pinoli and are an essential component of Italian pesto sauce. Pine nut coffee, known as piñón is a specialty found in the southwest United States, especially New Mexico, and is typically a dark roast coffee having a deep, nutty flavor. Pine nuts are also used in chocolates and desserts such as baklava. For reintroduction into diet, place into day: 4

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