



Food Sensitivity Test

Patient Name: SAMPLE PATIENT

Test Date: 02 Dec 2008

Healthcare Provider: SAMPLE PATIENT

File #: 49190 (50)

Severe Intolerance

SOYBEAN

Moderate Intolerance

APPLE
BANANA
BLACK PEPPER
CABBAGE
CANTALOUPE
SQUASH (Yellow)

Mild Intolerance

BAKER'S YEAST*
CORN*
ONION*
PEAR*
RICE*
TURKEY*
WHEAT*

VEGETABLES / LEGUMES

BROCCOLI CARROT CAULIFLOWER GREEN PEA
ICEBERG LETTUCE MUSTARD STRING BEAN SWEET POTATO
TOMATO WHITE POTATO

FRUITS

GRAPE LEMON ORANGE STRAWBERRY

MEAT

BEEF CHICKEN LAMB PORK

DAIRY

COW'S MILK EGG WHITE EGG YOLK

SEAFOOD

SHRIMP TUNA

GRAINS

BARLEY OAT

HERBS / SPICES

CINNAMON

NUTS/ OILS AND MISC. FOODS

CANE SUGAR COCOA COTTONSEED FRUCTOSE
GARLIC PEANUT VANILLA

You have no reaction to Gluten or Gliadin.

Foods To Avoid

File: 49190

Date: 12/2/2008

Patient: SAMPLE PATIENT

Clinic/Doctor: SAMPLE PATIENT

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

BANANA



Bananas can be eaten raw though some varieties are cooked first. Unripe or green bananas and plantains are used for cooking various dishes and are the staple starch of many tropical populations. Banana chips are a snack produced from dehydrated or fried banana or, preferably, plantain slices, which have a dark brown color and an intense banana taste. Bananas have also been used in the making of jam. Also avoid: Banana bread, Banana chips, Banana cream pie, Bananas Foster, Banana pudding, Banana sauce, Banana split. For reintroduction into diet, place into day: 1

BLACK PEPPER



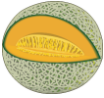
Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine. Ground black peppercorn, usually referred to simply as "pepper", may be found on nearly every dinner table in some parts of the world, often alongside table salt. For reintroduction into diet, place into day: 4

CABBAGE



Avoid also savoy cabbage, roundhead cabbage, spring cabbage, chinese cabbage, collard greens, kale, kohlrabi, purple cabbage, red cabbage, white cabbage, pak choi, pe-tsai & sauerkraut, indonesian relish and pickled red cabbage. For reintroduction into diet, place into Day 2.

CANTALOUPE



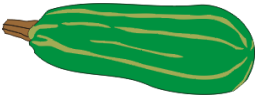
Cantaloupe is normally eaten as a fresh fruit, as a salad, or as a dessert with ice-cream or custard. Melon pieces wrapped in prosciutto are a familiar modern antipasto. For reintroduction into diet, place into day: 4

SOYBEAN



Avoid also soy cheese, soy flour, soy grits, soy milk, soy sauce, tenpe, soybean oil, tamari sauce, tofu, chocolate, hot dogs, mayonnaise, miso & processed foods. Used in delicate noodles called harusame and used to make flavouring pastes, and condiments. The shoots of the soybean can be eaten raw (known as bean sprouts). For reintroduction into diet, place into Day 3.

SQUASH (Yellow)



Summer squashes, such as zucchini, pattypan and yellow crookneck are harvested while the skin is still tender and the fruit relatively small; they are consumed almost immediately and require little or no cooking. Squash seeds can be eaten directly, ground into paste or pressed for vegetable oil. For reintroduction into diet, place into day:4