



Food Sensitivity Test

Patient Name: SAMPLE PATIENT

Test Date: 09 Dec 2010

Healthcare Provider: SAMPLE PATIENT

File #: 85881 (100)

Severe Intolerance

SPINACH
WHITE POTATO

Moderate Intolerance

BLK/GREEN TEA
BREWER'S YEAST
GREEN PEA
MUSHROOM
TUNA

Mild Intolerance

BLUEBERRY*
CARROT*
CASHEW*
CELERY*
COFFEE*
COTTONSEED*
GOAT'S MILK*
GRAPE*
GREEN PEPPER*
OREGANO*
PEANUT*
PECAN*
PINTO BEAN*
SESAME*
SNAPPER*
SOLE*
SQUASH (Yellow)*

VEGETABLES / LEGUMES

ASPARAGUS BROCCOLI BRUSSEL SPROUTS CABBAGE
CAULIFLOWER CUCUMBER EGGPLANT ICEBERG LETTUCE
MUSTARD ONION SOYBEAN STRING BEAN
SWEET POTATO TOMATO

FRUITS

APPLE AVOCADO BANANA CANTALOUPE
CHERRY CRANBERRY GRAPEFRUIT LEMON
LIME OLIVE ORANGE PEACH
PEAR PINEAPPLE PLUM STRAWBERRY
WATERMELON

MEAT

BEEF CHICKEN LAMB PORK
TURKEY

DAIRY

COW'S MILK EGG WHITE EGG YOLK

SEAFOOD

CLAM CODFISH CRAB HALIBUT
LOBSTER SALMON SCALLOP SHRIMP

GRAINS

CORN MILLET RICE

HERBS / SPICES

BASIL BLACK PEPPER CINNAMON GINGER
PARSLEY

NUTS/ OILS AND MISC. FOODS

ALMOND CAROB COCOA COCONUT
GARLIC HOPS PSYLLIUM VANILLA

You have a mild reaction to Candida Albicans, also limit these foods:

BAKER'S YEAST	CANE SUGAR	FRUCTOSE
HONEY		

You have a mild reaction to Gluten and moderate reaction to Gliadin, avoid these foods:

BARLEY	OAT	RYE
WHEAT		

You have no reaction to Casein or Whey.



Food Sensitivity Test
4 Day Rotation Diet

Patient Name: SAMPLE PATIENT
Healthcare Provider: SAMPLE PATIENT

Test Date: 12/9/2010
File #: 85881

DAY 1

STARCH

VEGETABLES/LEGUMES

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

FRUIT

BANANA
GRAPE*
STRAWBERRY

PROTEIN

BEEF
CODFISH
CRAB
LAMB
SNAPPER*

MISCELLANEOUS

CASHEW*
COCONUT
COW'S MILK

DAY 2

STARCH

MILLET

VEGETABLES

BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CAULIFLOWER
MUSTARD

FRUIT

APPLE
AVOCADO
BLUEBERRY*
CRANBERRY
PEAR
PINEAPPLE

PROTEIN

CHICKEN
EGG WHITE
EGG YOLK

MISCELLANEOUS

BASIL
CINNAMON
GARLIC
GINGER
GOAT'S MILK*
HOPS

DAY 3

STARCH

CORN
SWEET POTATO

VEGETABLES

ASPARAGUS
ONION
PINTO BEAN*
STRING BEAN

FRUIT

CHERRY
LIME
PEACH
PLUM

PROTEIN

HALIBUT
PORK
SOLE*
SOYBEAN

MISCELLANEOUS

ALMOND
COCOA
COFFEE*
COTTONSEED*
OREGANO*
PEANUT*
PSYLLIUM

DAY 4

STARCH

RICE

VEGETABLES

CUCUMBER
SQUASH (Yellow)*

FRUIT

CANTALOUPE
GRAPEFRUIT
LEMON
OLIVE
ORANGE
WATERMELON

PROTEIN

CLAM
LOBSTER
SALMON
SCALLOP
SHRIMP
TURKEY

MISCELLANEOUS

BLACK PEPPER
CAROB
PECAN*
SESAME*
VANILLA

Foods To Avoid

File: 85881

Date: 12/9/2010

Patient: SAMPLE PATIENT

Clinic/Doctor: SAMPLE PATIENT

BLK/GREEN TEA



Avoid also black tea, green tea, oolong tea, tea ice cream, tea soufflé, orange pekoe tea & pekoe tea. For reintroduction into diet, place into Day 4.

BREWER'S YEAST



Avoid also alcoholic beverages, apple cider, apple cider vinegar, processed foods, processed juices, processed meats & soy sauce, vinegar. May also be used as an ingredient in vitamin tablets. For reintroduction into diet, place into Day 2.

GREEN PEA



Fresh peas are often eaten boiled as a side dish vegetable. Commonly used in many different Chinese and Indian foods. Peas are also used in pot pies, salads and casseroles. Also avoid cream peas, split peas, frozen mixed vegetables. For reintroduction into diet, place into day: 3

MUSHROOM



Edible mushrooms are used extensively in cooking, in many cuisines. Avoid mushroom salad, pate, truffles and pickled mushrooms. Also avoid mushroom soups and sauces. For reintroduction into diet, place into day: 2

SPINACH



Eaten raw in salads or lightly cooked. The word "Florentine" denotes its use in recipes. For reintroduction into diet, place into Day 4.

TUNA



Avoid also albacore tuna, mahi mahi & wahoo. Used in "salad Niçoise", pizza and salads. For reintroduction into diet, place into Day 2.

WHITE POTATO



Avoid potato salad, potato chips/crisps, mashed potatoes, baked potatoes, steamed potatoes, French-fried potatoes, and potato pancakes. Also avoid potato flour, potato starch, red potato and yellow potato. For reintroduction into diet, place into day: 1

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.