

Severe Intolerance
COTTONSEED

Moderate Intolerance
APRICOT
BASIL
BLACKBERRY
CARAWAY
CARROT
EGG YOLK
HOPS
LIMA BEAN
OAT

Mild Intolerance
ARTICHOKE*
AVOCADO*
BAY LEAF*
BLACK-EYED PEAS*
CANTALOUPE*
CAROB*
CAYENNE PEPPER*
CHERRY*
CHICK PEA*
CRANBERRY*
DUCK*
EGGPLANT*
FLAXSEED*
FRUCTOSE*
GREEN PEA*
HAZELNUT*
KIDNEY BEAN*
LAMB*
LEMON*
OREGANO*
PAPRIKA*
PECAN*
PINEAPPLE*
PINTO BEAN*
RADISH*
SARDINE*
SHRIMP*
SPINACH*
SUNFLOWER*
TAPIOCA*
TOMATO*
TROUT*
TURNIP*
WATERMELON*

VEGETABLES / LEGUMES
ASPARAGUS
CABBAGE
GREEN PEPPER
MUSTARD
SQUASH (Yellow)
BEET
CAULIFLOWER
ICEBERG LETTUCE
NAVY BEAN
STRING BEAN
BROCCOLI
CELERY
LENTIL BEAN
ONION
SWEET POTATO
BRUSSEL SPROUTS
CUCUMBER
MUSHROOM
SOYBEAN
WHITE POTATO

FRUITS
APPLE
FIG
KIWI
ORANGE
PLUM
BANANA
GRAPE
LIME
PAPAYA
PUMPKIN
BLUEBERRY
GRAPEFRUIT
MANGO
PEACH
RASPBERRY
DATE
HONEYDEW (MELON)
OLIVE
PEAR
STRAWBERRY

MEAT
BEEF
VEAL
CHICKEN
PORK
TURKEY

DAIRY
COW'S MILK
EGG WHITE
GOAT'S MILK

SEAFOOD
BASS
HADDOCK
OYSTER
SOLE
CLAM
HALIBUT
SALMON
TILAPIA
CODFISH
HERRING
SCALLOP
TUNA
CRAB
LOBSTER
SNAPPER

GRAINS
BARLEY
MILLET
BUCKWHEAT
RICE
CORN
RYE
MALT
WHEAT

HERBS / SPICES
BLACK PEPPER
DILL
PARSLEY
CINNAMON
GINGER
SAGE
CLOVE
MINT
THYME
CUMIN
NUTMEG

NUTS/ OILS AND MISC. FOODS
ALMOND
BREWER'S YEAST
COCONUT
PEANUT
SESAME
BAKER'S YEAST
CANE SUGAR
COFFEE
PISTACHIO
VANILLA
BEET SUGAR
CASHEW
GARLIC
PSYLLIUM
WALNUT
BLK/GREEN TEA
COCOA
HONEY
SAFFLOWER

You have no reaction to Candida Albicans.

You have no reaction to Gluten or Gliadin.

You have no reaction to Casein or Whey.



Food Sensitivity Test
4 Day Rotation Diet

Patient Name: SAMPLE PATIENT

Test Date: 12/9/2010

Healthcare Provider: SAMPLE RESULTS

File #: 85815

DAY 1

STARCH

TAPIOCA*
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS*
CELERY
EGGPLANT*
GREEN PEPPER
ICEBERG LETTUCE
PARSLEY
TOMATO*

FRUIT

BANANA
DATE
FIG
GRAPE
KIWI
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BEEF
CHICK PEA*
CODFISH
CRAB
HERRING
LAMB*
OYSTER
SARDINE*
SNAPPER
VEAL

MISCELLANEOUS

BAY LEAF*
CASHEW
COCONUT
COW'S MILK
CUMIN
FLAXSEED*
HONEY
PISTACHIO
SAFFLOWER

DAY 2

STARCH

BARLEY
MILLET
RYE
WHEAT

VEGETABLES

BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CAULIFLOWER
MUSHROOM
MUSTARD

FRUIT

APPLE
AVOCADO*
BLUEBERRY
CRANBERRY*
PEAR
PINEAPPLE*

PROTEIN

BASS
CHICKEN
EGG WHITE
LENTIL BEAN
TILAPIA
TUNA

MISCELLANEOUS

BAKER'S YEAST
BREWER'S YEAST
CANE SUGAR
CAYENNE PEPPER*
CINNAMON
CLOVE
GARLIC
GINGER
GOAT'S MILK
HAZELNUT*
MINT
PAPRIKA*

DAY 3

STARCH

CORN
SWEET POTATO

VEGETABLES

ASPARAGUS
GREEN PEA*
ONION
PINTO BEAN*
RADISH*
STRING BEAN

FRUIT

CHERRY*
LIME
PEACH
PLUM
RASPBERRY

PROTEIN

DUCK*
HALIBUT
KIDNEY BEAN*
NAVY BEAN
PORK
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND
COCOA
COFFEE
DILL
MALT
OREGANO*
PEANUT
PSYLLIUM
THYME

DAY 4

STARCH

BUCKWHEAT
RICE

VEGETABLES

BEEF
CUCUMBER
SPINACH*
SQUASH (Yellow)
TURNIP*

FRUIT

CANTALOUPE*
GRAPEFRUIT
HONEYDEW (MELON)
LEMON*
OLIVE
ORANGE
PUMPKIN
WATERMELON*

PROTEIN

CLAM
HADDOCK
LOBSTER
SALMON
SCALLOP
SHRIMP*
TROUT*
TURKEY

MISCELLANEOUS

BEEF SUGAR
BLACK PEPPER
BLK/GREEN TEA
CAROB*
FRUCTOSE*
NUTMEG
PECAN*
SAGE
SESAME
SUNFLOWER*
VANILLA
WALNUT

Foods To Avoid

File: 85815

Date: 12/9/2010

Patient: SAMPLE PATIENT

Clinic/Doctor: SAMPLE RESULTS

APRICOT



The fruit can be consumed fresh, dried, frozen or processed as canned product, as juice, or as baby food (pureed). Also avoid apricot oil, apricot chutneys. For reintroduction into diet, place into day: 3

BASIL



Basil is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. Basil is one of the main ingredients in pesto, a green Italian oil-and-herb sauce. Basil is also used in soups and other foods. It is sometimes used with fresh fruit and in fruit jams and sauces, in particular with strawberries, but also raspberries or dark-colored plums. For reintroduction into diet, place into day: 2

BLACKBERRY



The soft fruit is popular for use in desserts, jams, jellies and sometimes wine. Since the many species form hybrids easily, there are many cultivars with more than one species in their ancestry. Also avoid boysenberry, dewberry and loganberry. For reintroduction into diet, place into day: 3

CARAWAY



Caraway is used as a spice in breads especially rye bread, which is denser because of the yeast-killing properties of the essential oil, limonene. Caraway is also used in liquors, casseroles, and other foods, especially in Central European and Scandinavian cuisine, for instance sauerkraut. It is also used to add flavor to cheeses such as havarti. For reintroduction into diet, place into day: 1

CARROT



Carrots are often chopped and boiled, fried or steamed, and cooked in soups and stews, as well as baby and pet foods. Together with onion and celery, carrots are one of the primary vegetables used to make various broths. Carrot juice is also widely marketed, especially as a health drink, either stand-alone or blended with fruits and other vegetables. For reintroduction into diet, place into day: 1

COTTONSEED



Cottonseed oil is a vegetable oil extracted from the seeds of the cotton plant after the cotton lint has been removed. Cottonseed oil is commonly used in manufacturing potato chips and other snack foods. Along with soybean oil, it is very often partially or fully hydrogenated. Cottonseed oil was the first oil to be hydrogenated in mass production, originally intended for candle production, and soon also as a food (Crisco). Also avoid mayonnaise and certain salad dressings. For reintroduction, place on day 3.

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.

HOPS



They are used primarily as a flavoring and stability agent in beer, and also for other beverages and in herbal medicine. For reintroduction into diet, place into day: 2

LIMA BEAN



Avoid also butter beans & Madagascar beans. Can be found in salads. For reintroduction into diet, place into Day 3.

OAT



Avoid also oat bran, oat flour, porridge, oatmeal (ingredient in haggis, oat cakes and the whisky drink Athol Brose), oat gum (used to prolong the shelf life of sweets, cream and butter, and used as a thickener and stabilizer in cream cheese and cheese spreads), roasted ranch oats & whole oats. 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.