



Food Sensitivity Test

Patient Name: SAMPLE RESULT

Test Date: 01 Jun 2011

Healthcare Provider: SAMPLE RESULTS

File #: 99202 (200)

Severe Intolerance

GREEN PEPPER
LIVER (BEEF)
MANGO

Moderate Intolerance

ALMOND
CLAM
COFFEE
CUCUMBER
CURRY POWDER
DILL
FRUCTOSE (HFCS)
GARLIC
GRAPEFRUIT
KALE
KELP
KIWI
LOBSTER
MALT
OKRA
ORANGE
PAPRIKA
PEAR
PINTO BEAN
ROSEMARY
RYE
SNAPPER
SOYBEAN
THYME
WALNUT

Mild Intolerance

ANCHOVY*
BANANA*
BLACK CURRANT*
BLACK PEPPER*
BRAZIL NUT*
CABBAGE*
CASHEW*
CATFISH*
CLOVE*
COCONUT*
CRAB*
EGG WHITE*
ENDIVE*
FLOUNDER*
GRAPE*
GREEN PEA*
HERRING*
KIDNEY BEAN*
LEMON*
LIMA BEAN*
LIME*
MUSSEL*
MUSTARD*
NAVY BEAN*
PEANUT*
PHEASANT*
PINEAPPLE*
PORK*
PSYLLIUM*
PUMPKIN*
SHRIMP*
SWEET POTATO*
SWORDFISH*
TARRAGON*
TILAPIA*
TROUT*
VEAL*
VENISON*
WATERMELON*

VEGETABLES / LEGUMES

ACORN SQUASH
BLACK-EYED PEAS
CARROT
EGGPLANT
JALAPENO PEPPER
ONION
ROMAINE LETTUCE
SWISS CHARD
WHITE POTATO

ARTICHOKE
BOK CHOY
CAULIFLOWER
FAVA BEAN
LEEK
PARSNIP
SPINACH
TOMATO
ZUCCHINI

ASPARAGUS
BROCCOLI
CELERY
FENNEL
LENTIL BEAN
RADISH
SQUASH (Yellow)
TURNIP

BEET
BRUSSEL SPROUTS
CHICK PEA
ICEBERG LETTUCE
MUNG BEAN
RHUBARB
STRING BEAN
WATERCRESS

FRUITS

APPLE
BLUEBERRY
DATE
OLIVE
POMEGRANATE

APRICOT
CANTALOUPE
FIG
PAPAYA
RASPBERRY

AVOCADO
CHERRY
HONEYDEW (MELON)
PEACH
STRAWBERRY

BLACKBERRY
CRANBERRY
NECTARINE
PLUM

MEAT

BEEF
QUAIL

CHICKEN
TURKEY

DUCK
LAMB

DAIRY

EGG YOLK

SEAFOOD

BASS
HALIBUT
SARDINE
TUNA

CODFISH
MACKEREL
SCALLOP

CRAYFISH
OYSTER
SOLE

HADDOCK
SALMON
SQUID

GRAINS

BUCKWHEAT
RICE

CORN
TAPIOCA

MILLET
QUINOA

HERBS / SPICES

ANISE SEED
CAYENNE PEPPER
CUMIN
NUTMEG
SAGE

BASIL
CHILI PEPPER
GINGER
OREGANO
TURMERIC

BAY LEAF
CINNAMON
LIQUORICE
PARSLEY

CARDAMOM
CORIANDER
MINT
SAFFRON

NUTS/ OILS AND MISC. FOODS

BAKER'S YEAST
CAROB
FLAXSEED
PECAN
SESAME

BLK/GREEN TEA
CHAMOMILE
HAZELNUT
PINE NUT
SUNFLOWER

BREWER'S YEAST
COCOA
HOPS
PISTACHIO
VANILLA

CARAWAY
COTTONSEED
MACADAMIA
SAFFLOWER

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

BEET SUGAR	CANE SUGAR	HONEY*
MAPLE SUGAR	MUSHROOM	

You have a moderate reaction to Gluten and severe reaction to Gliadin, eliminate these foods:

BARLEY	OAT	SPELT
WHEAT		

You have a mild reaction to Casein and Whey, limit these foods:

COW'S MILK	GOAT'S MILK	SHEEP'S MILK
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Food Sensitivity Test
4 Day Rotation Diet

Patient Name: SAMPLE RESULT

Test Date: 6/1/2011

Healthcare Provider: SAMPLE RESULTS

File #: 99202

DAY 1

STARCH

TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE
BLACK-EYED PEAS
CARROT
CELERY
EGGPLANT
ICEBERG LETTUCE
PARSLEY
ROMAINE LETTUCE
TOMATO

FRUIT

BANANA*
BLACK CURRANT*
DATE
FIG
GRAPE*
PAPAYA
STRAWBERRY

PROTEIN

BEEF
CHICK PEA
CODFISH
CRAB*
FAVA BEAN
FLOUNDER*
HERRING*
LAMB
OYSTER
SARDINE
SWORDFISH*
VEAL*

MISCELLANEOUS

BAY LEAF
CARAWAY
CASHEW*
CHAMOMILE
CHILI PEPPER
COCONUT*
CORIANDER
CUMIN
FLAXSEED
LIQUORICE
PISTACHIO
SAFFLOWER
TURMERIC

DAY 2

STARCH

MILLET

VEGETABLES

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

FRUIT

APPLE
AVOCADO
BLUEBERRY
CRANBERRY
PINEAPPLE*
POMEGRANATE

PROTEIN

BASS
CATFISH*
CHICKEN
EGG WHITE*
EGG YOLK
LENTIL BEAN
MACKEREL
PHEASANT*
QUAIL
SQUID
TILAPIA*
TUNA

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CAYENNE PEPPER
CINNAMON
CLOVE*
GINGER
HAZELNUT
HOPS
MINT
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SWEET POTATO*

VEGETABLES

ACORN SQUASH
ASPARAGUS
FENNEL
GREEN PEA*
LEEK
LIMA BEAN*
ONION
RADISH
STRING BEAN

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME*
NECTARINE
PEACH
PLUM
RASPBERRY

PROTEIN

ANCHOVY*
CRAYFISH
DUCK
HALIBUT
KIDNEY BEAN*
MUNG BEAN
NAVY BEAN*
PORK*
SOLE

MISCELLANEOUS

BRAZIL NUT*
CARDAMOM
COCOA
COTTONSEED
MACADAMIA
OREGANO
PEANUT*
PSYLLIUM*
TARRAGON*

DAY 4

STARCH

BUCKWHEAT
RICE

VEGETABLES

BEEET
JALAPENO PEPPER
PARSNIP
RHUBARB
SPINACH
SQUASH (Yellow)
SWISS CHARD
TURNIP

FRUIT

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

PROTEIN

HADDOCK
MUSSEL*
SALMON
SCALLOP
SHRIMP*
TROUT*
TURKEY
VENISON*

MISCELLANEOUS

ANISE SEED
BLACK PEPPER*
BLK/GREEN TEA
CAROB
NUTMEG
PECAN
PINE NUT
SAGE
SESAME
SUNFLOWER
VANILLA

Foods To Avoid

File: 99202

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ALMOND



While the almond is most often eaten on its own, raw or toasted, it is used in some dishes. It, along with other nuts, is often sprinkled over desserts, particularly sundaes and other ice cream based dishes. It is also used in making baklava and nougat. There is also almond butter, a spread similar to peanut butter, popular with peanut allergy sufferers and for its less salty taste. Also avoid almond milk, marzipan and amaretto. For reintroduction into diet, place into day: 3

CLAM



Clams can be eaten raw, steamed, boiled, baked or fried; the method of preparation depends partly on size and species. Clam chowder is a popular soup in the U.S. and Canada. In Italy, clams are often an ingredient of mixed seafood dishes, or are eaten together with pasta. For reintroduction into diet, place into day: 4

COFFEE



Coffee may be presented in a variety of ways, drip brewed, percolated or French-pressed. It may be served with no additives (black) or with sugar, milk or cream. Also avoid iced coffee and espresso. For reintroduction into diet, place into day: 3

CUCUMBER



Not generally thought of as a squash, the cucumber belongs to the same family. Maybe eaten raw or cooked. Two types: long, thin, smooth variety grown under glass known as hot-house, greenhouse or frame cucumber. The other thick, rough-skinned variety known as ridge cucumber because it is grown on raised ridges of soil. Avoid also indonesian relish. For reintroduction into diet, place into Day 4.

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

DILL



Dill is a short-lived annual herb. Its seeds, dill seed are used as a spice, and its fresh leaves, dill, and its dried leaves, dill weed, are used as herbs. Its fernlike leaves are aromatic, and are used to flavor many foods, such as gravlax (cured salmon), borscht and other soups, and pickles (where sometimes the dill flower is used). For reintroduction into diet, place into day: 3

FRUCTOSE (HFCS)



Also known as fruit sugar or levulose. This carbohydrate and simple sugar (monosaccharide) occurs naturally in honey and fresh fruits. Avoid any products containing it such as fructose sweetened desserts and high-fructose corn syrup. For Reintroduction into diet, place on day:4

GARLIC



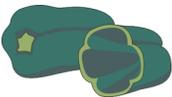
Can be dried and used as flakes or ground into powder. Some French dishes can contain many cloves of garlic. Avoid also garlic bread, garlic oil and garlic tablets. Garlic oil may be used to flavour chewing gum, ice cream and fruit drinks. For reintroduction into diet, place into Day 2.

GRAPEFRUIT



Also avoid Grapefruit juice, fruit juice blends and canned fruit cocktail. For reintroduction into diet, place into day: 4

GREEN PEPPER



Bell peppers are green while developing and then ripen to a variety of colors, of which red and yellow are the most common but purple and orange are also found. Bell peppers are commonly added to salads, pizza, stir-fry, and sweet and sour. For reintroduction into diet, place into day: 1

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

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

File: 99202

Date: 6/1/2011

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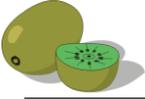
Clinic/Doctor: SAMPLE RESULTS

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

KIWI



Kiwifruit can be eaten whole, like an apple (and, rarely, even including the skin, which increases the tartness), cut in half and eaten like a passion fruit or peeled and sliced, like a pineapple. Kiwi may also be found in desserts and fruit salads. Also avoid Gooseberry. For reintroduction into diet, place into day: 1

LIVER (BEEF)



Also avoid beef pate, liver & onions. For reintroduction into diet, place into day: 4

LOBSTER



Well-known recipes include Lobster Newberg and Lobster Thermidor. Lobster is best eaten fresh, and they are normally purchased live. Typically eaten broiled or steamed. Also avoid crayfish. For reintroduction into diet, place into day: 4

MALT



Avoid also all-purpose flour, caramel color, caramel flavor, enriched flour, malted barley, malt vinegar, maltodextrin & maltose. Can be found in hot milk drinks, breakfast cereals, baking and some alcoholic beverages (e.g. malt whisky & real ales) For reintroduction into diet, place into Day 3.

MANGO



The fruit flesh of a ripe mango is very sweet, with a unique taste. Mangoes are used in chutneys, preserves and mango juice. The fruit is also widely used as a key ingredient in a variety of cereal products, in particular muesli and granola. For reintroduction into diet, place into day: 1

OKRA



Avoid also lady's finger or gumbo. Can be found in Indian cooking as bindi, and as bamia in the Middle East, cooked in a lamb stew. Can be used to thicken soups and stews. For reintroduction into diet, place into Day 4.

ORANGE



Avoid also orange juice, marmalade, satsumas & tangerines. Used in orangeade, orange oil (used to flavour beverages, liquors, sweets, gelatins, puddings, gum and condiments) and orange zest. Also used in perfumery and essential oils. Used in salads as a garnish and can be added to meat and fish dishes. For reintroduction into diet, place into Day 4.

PAPRIKA



Avoid also capsicum pepper, cayenne pepper, chili pepper, chili powder, pimento & red pepper. For reintroduction into diet, place into Day 2.

PEAR



Avoid also pear juice. Can be used in cooking and pickling. Used in desserts, fruit salad, preserves and confectionary. For reintroduction into diet, place into Day 2.

PINTO BEAN



Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. For reintroduction into diet, place into day: 3

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ROSEMARY



The fresh and dried leaves are used frequently in traditional Mediterranean cuisine as an herb; they have a bitter, astringent taste, which compliments a wide variety of foods. They are extensively used in cooking, and when burned give off a distinct mustard smell, as well as a smell similar to that of burning which can be used to flavor foods while barbecuing. For reintroduction into diet, place into day: 1

RYE



Rye is closely related to barley and wheat. Rye grain is used for flour, rye bread, rye beer, some whiskies and some vodka. It can also be eaten whole, either as boiled rye berries, or by being rolled, similar to rolled oats. Rye bread, including pumpernickel, is a widely eaten food in Northern and Eastern Europe. Rye is also used to make the familiar crisp bread. For reintroduction into diet, place into day:2

SNAPPER



The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

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.

THYME



Thyme is used most widely in cooking. Thyme is a basic ingredient in French, Greek, Italian, Persian, Spanish and Turkish cuisines, and in those derived from them. It is also widely used in Lebanese and Caribbean cuisines. Thyme is often used to flavor meats, soups and stews. It has a particular affinity to and is often used as a primary flavor with lamb, tomatoes and eggs. For reintroduction into diet, place into day:3

WALNUT



Avoid also butternut, hickory nut, pecan & walnut oil. For reintroduction into diet, place into Day 4.

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