



# 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
------------	-------------	--------------

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: 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 CURRRANT\*  
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

Date: 6/1/2011

Patient: SAMPLE RESULT

Clinic/Doctor: SAMPLE RESULTS

## 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



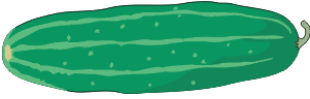
Clams can be eaten raw, steamed, boiled, baked or fried; the method of preparation depends partly on size and species. Clam chowder is a popular soup in the U.S. and Canada. In Italy, clams are often an ingredient of mixed seafood dishes, or are eaten together with pasta. For reintroduction into diet,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

Patient: SAMPLE RESULT

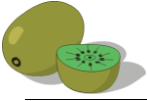
Clinic/Doctor: SAMPLE RESULTS

## 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

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

Patient: SAMPLE RESULT

Clinic/Doctor: SAMPLE RESULTS

## 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.

---

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.