

# Comprehensive Food Intolerance Report



Prepared for

# IgG ELISA 184 Food Panel



D.O.B.:

REQUISITION.  
COLLECTION DATE:  
RUN DATE:

Columbus, GA 31906  
(706) 507-0407

TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS
<b>MEAT &amp; POULTRY</b>			<b>VEGETABLES</b>			<b>FRUITS</b>			<b>NUTS, SEEDS &amp; OILS</b>		
Beef	0.158	0	Artichoke	0.165	0	Apple	0.170	0	Almond	0.186	0
Buffalo	0.156	0	Asparagus	0.171	0	Apricot	0.151	0	Brazil Nut	0.169	0
Chicken	0.170	0	Beets	0.159	0	Avocado	0.177	0	Canola	0.144	0
Duck	0.156	0	Bell Pepper	0.161	0	Banana	0.213	1 *	Cashew	0.185	0
Lamb	0.185	0	Broccoli	0.167	0	Blackberry	0.197	0	Chestnut	0.253	1 *
Pork	0.143	0	Brussel Sprouts	0.159	0	Blueberry	0.172	0	Chia Seed	0.190	0
Turkey	0.157	0	Cabbage	0.163	0	Cantaloupe	0.187	0	Cola	0.198	0
Venison	0.155	0	Carrot	0.179	0	Cherry	0.189	0	Flaxseed	0.149	0
<b>FISH &amp; SHELLFISH</b>			Cauliflower	0.155	0	Coconut	0.180	0	Hazelnut	0.164	0
Anchovy	0.156	0	Celery	0.166	0	Cranberry	0.152	0	Hemp	0.195	0
Bass	0.154	0	Cucumber	0.152	0	Date	0.211	1 *	Macadamia Nut	0.160	0
Clam	0.158	0	Eggplant	0.197	0	Fig	0.189	0	Pecan	0.315	2 **
Codfish	0.189	0	Garlic	0.176	0	Grape	0.228	1 *	Pine Nut	0.178	0
Crab	0.179	0	Green Bean	0.191	0	Grapefruit	0.152	0	Pistachio	0.160	0
Flounder	0.170	0	Kale	0.179	0	Honeydew	0.161	0	Poppy Seed	0.182	0
Haddock	0.158	0	Kelp	0.166	0	Kiwi	0.197	0	Safflower	0.198	0
Halibut	0.158	0	Lettuce	0.161	0	Lemon	0.197	0	Sesame	0.187	0
Herring	0.147	0	Mushroom	0.181	0	Lime	0.167	0	Sunflower Seed	0.160	0
Lobster	0.159	0	Okra	0.173	0	Mango	0.187	0	Walnut	0.171	0
Mackerel	0.150	0	Olive, Green	0.192	0	Orange	0.155	0	<b>HERBS, SPICES, FLAVORINGS</b>		
Mussel	0.156	0	Onion	0.167	0	Papaya	0.161	0	Basil	0.170	0
Oyster	0.164	0	Parsnip	0.180	0	Peach	0.161	0	Bay Leaf	0.186	0
Perch	0.149	0	Potato	0.145	0	Pear	0.153	0	Black Pepper	0.191	0
Red Snapper	0.163	0	Potato, Sweet	0.183	0	Pineapple	0.189	0	Cilantro	0.173	0
Salmon	0.158	0	Pumpkin	0.161	0	Plum	0.159	0	Cinnamon	0.212	1 *
Scallop	0.151	0	Radish	0.179	0	Raspberry	0.156	0	Cloves	0.189	0
Shrimp	0.158	0	Spinach	0.188	0	Rhubarb	0.163	0	Dill	0.170	0
Sole	0.157	0	Squash	0.164	0	Strawberry	0.167	0	Fennel Seed	0.153	0
Squid	0.162	0	Tomato	0.163	0	Tangerine	0.173	0	Ginger	0.217	1 *
Swordfish	0.163	0	Turnip	0.187	0	Watermelon	0.218	1 *	Ginseng	0.193	0
Trout	0.171	0	Zucchini	0.193	0	<b>BEVERAGES &amp; MISC</b>			Horseradish	0.157	0
Tuna	0.158	0	<b>LEGUMES &amp; PULSES</b>			Black Tea	0.165	0	Licorice	0.168	0
Walleye Pike	0.151	0	Black-eyed Peas	0.167	0	Carob	0.169	0	Mustard	0.175	0
<b>GRAINS &amp; STARCHES</b>			Chickpea	0.188	0	Cocoa	0.147	0	Nutmeg	0.150	0
Amaranth	0.185	0	Green Pea	0.227	1 *	Coffee	0.168	0	Oregano	0.170	0
Arrowroot	0.152	0	Kidney Bean	0.236	1 *	Green Tea	0.184	0	Paprika	0.186	0
Barley	0.256	1 *	Lentil	0.198	0	Honey	0.155	0	Parsley	0.183	0
Bran	0.254	1 *	Lima Bean	0.175	0	Yeast, Baker's	0.187	0	Peppermint	0.192	0
Buckwheat	0.176	0	Navy Bean	0.190	0	Yeast, Brewer's	0.188	0	Rosemary	0.190	0
Corn	0.175	0	Peanut	0.225	1 *	<b>DAIRY &amp; EGG</b>			Sage	0.236	1 *
Gluten	0.284	1 *	Soybean	0.169	0	Blue Cheese	0.190	0	Tarragon	0.173	0
Hops	0.220	1 *	<b>DAIRY &amp; EGG</b>			Casein	0.242	1 *	Thyme	0.186	0
Malt	0.235	1 *	Blue Cheese	0.190	0	Cheddar Cheese	0.234	1 *	Turmeric	0.218	1 *
Millet	0.227	1 *	Cottage Cheese	0.191	0	Egg, White	0.439	3 ***	Vanilla Bean	0.163	0
Oats	0.250	1 *	Egg, White	0.439	3 ***	Egg, Yolk	0.377	2 **			
Quinoa	0.189	0	Egg, Yolk	0.377	2 **	Milk, Cow's	0.280	1 *			
Rice	0.154	0	Milk, Cow's	0.280	1 *	Milk, Goat's	0.184	0			
Rye	0.215	1 *	Milk, Sheep's	0.224	1 *	Mozzarella Cheese	0.169	0			
Sorghum	0.173	0	Mozzarella Cheese	0.169	0	Swiss Cheese	0.184	0			
Tapioca	0.152	0	Swiss Cheese	0.184	0	Whey	0.252	1 *			
Teff	0.183	0	Whey	0.252	1 *	Yogurt	0.253	1 *			
Wheat	0.278	1 *	Yogurt	0.253	1 *						

## Reference Range

<= 0.199 = 0    0.200 - 0.299 = 1    0.300 - 0.399 = 2    >= 0.400 = 3

Note: 0.185 - 0.215 should be considered equivocal

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THIS TEST WAS DEVELOPED AND ITS PERFORMANCE CHARACTERISTICS DETERMINED BY ALLETES, INC. IT HAS NOT BEEN CLEARED OR APPROVED BY THE FDA. FDA CLEARANCE IS NOT NECESSARY FOR CLINICAL USE OF THIS TEST. THE TEST RESULTS SHOULD BE CORRELATED WITH CLINICAL FINDINGS.

Congratulations \_\_\_\_\_ for taking this step toward better health - your journey begins today. Your Wellness Plan has been prepared based on your food sensitivity test results.

Please note, your reference number is \_\_\_\_\_ We will need this number if you contact our office with any questions.

## **Defining Food Sensitivity**

A ***food sensitivity*** is a delayed food reaction. Reactions can occur up to 72 hours after the food has been ingested making it difficult to pinpoint which food is causing the reaction. Symptoms can include bloating, headache, itching, gastrointestinal discomfort, and other ailments. The symptoms produced are a result of specific antibody exposure, which may include different immunoglobulins, yet most commonly the Immunoglobulin G (IgG).

Food sensitivities may be a result of repetitive eating or lack of diversity in the diet. They are influenced by antibiotics and steroids, and possibly other medications. Cross-reactivity with environmental allergens (pollen, dust, mold, etc.) can also exacerbate food sensitivities.

If you have had an IgE blood or skin test and have a positive reaction to a particular food, do not consume it.

Your food sensitivity test showed a positive reaction to 30 foods. We recommend that you read your Wellness Plan completely before starting your elimination diet. It is divided into sections:

- Foods to Exclude – this section details the foods that you tested positive to, which should be removed from your diet, as well as hidden sources of those foods.
- Special Consideration Pages – these provide more detailed information about certain foods.
- Shopping List – use this list to help with grocery shopping.
- 4-Day Rotation Diet – this is a guide to help you organize your own 4-day rotation meal plan.
- Sample Food Diary – a suggested food log for the re-introduction of foods.
- Frequently Asked Questions.
- Resources.

## Understanding Your Wellness Plan?

The Wellness Plan is an eating program based on the elimination of your reactive foods. Any food on your test result that scored Class 1\*, 2\*\*, or 3\*\*\* for IgG (sensitivity) has been eliminated from your Wellness Plan. Its main purpose is to give your immune system time to rest and prevent the development of new food sensitivities.

We recommend that you avoid these reactive foods for at least 8-12 weeks and follow the rotation part of your Wellness Plan. You may not feel relief from your symptoms initially. In fact, you may crave some of the foods you have removed from your diet.

The purpose of the elimination and rotation plan is to eliminate foods that you have become sensitive to and rotate other nutritious foods into your diet. The plan provides food suggestions for each day in a four-day cycle. We recommend that you spend the first week on the plan focusing on the foods you need to eliminate. You may move any food on days 1 - 4 to another day to suit your meal planning. The main principle of the Wellness Plan is not to consume the same foods on consecutive days.

Your practitioner may have different guidelines which should be followed.

## Reintroducing Foods.

- After 8-12 weeks of eliminating foods you reacted to, you are ready to start re-introducing foods. Begin with Class 1 foods to start the re-introduction phase.
- Try one culprit food every four days to see if you can tolerate it.
- On the first day of reintroducing a food, consume 2-3 servings of that food in its purest form.
- Please keep a food diary and make notes of any symptoms, which may take up to 72 hours to develop.
- If there is a reaction, or if any symptoms that have resolved during the elimination phase re-occur, remove the food from your diet again, as this may indicate that you are still not tolerating it.
- Foods you are able to tolerate may be added back into your diet on a rotation basis.
- Once all Class 1 sensitive foods are re-introduced move on to re-introducing Class 2 foods and finally Class 3's.

The table below lists all foods you reacted to under “Positive Foods”. Additional foods to exclude and hidden sources of those foods are listed in the next two columns. It is important to always read food labels. Definitions can be found at the bottom of the table.

Positive Foods	Also Exclude	Hidden Sources
<b>Banana</b>	All forms, plantains	Baked goods
<b>Barley</b>	Pearled barley, barley malt	Baked goods, casseroles, stews
<b>Bran</b>	Wheat bran	Processed cereals with added fiber
<b>Casein</b>	See casein insert	
<b>Cheese (Cheddar)</b>	All varieties, imported and domestic	Sauces
<b>Chestnut</b>	All forms, Marron glacé	Soups, stuffing
<b>Cinnamon</b>	Cinnamon oil*, cinnamon tea, powdered spice, sticks	Baked goods, Mincemeat, pumpkin pie spice
<b>Date</b>	All varieties, date sugar, ajwa, palm sugar	Baked goods, Tajines
<b>Egg (Chicken)</b>	See Special Considerations	Mayonnaise, aioli, baked goods, egg substitutes, fresh pasta, lecithin, marshmallows, marzipan, nougat
<b>Ginger</b>	All forms, authentic ginger ale, ginger beer and wine, ginger root, ginger tea	Baked goods, dietary supplements, herbal teas, candy
<b>Gluten</b>	All foods made with gluten containing grains, See gluten insert	
<b>Grape</b>	All forms, all varieties, currants, sultanas, grape seed oil*, raisins, wine vinegar	Jams, jellies, juices
<b>Green Pea</b>	All forms, all varieties, English pea, pea butter, pea protein, yellow peas, snow peas, sugar snap peas	Salads, soups, stews
<b>Hops</b>	Julmist, kvass, Malta, beer, hop shoots	Herbal teas
<b>Kidney Bean</b>	All forms, all varieties	Chili, salads
<b>Malt</b>	All forms, barley malt, malt vinegar, malted shakes	Hot beverages, baked goods, cereals, confectionary
<b>Milk (Cow)</b>	Cow's milk in all forms, liquid, dried, ice cream, cheese, yogurt, butter	
<b>Milk (Sheep)</b>	Feta cheese, Manchego cheese, pecorino cheese, Roquefort, sheep milk yogurt	Greek and Middle Eastern cuisine
<b>Millet</b>	All forms, millet grain, millet flour, millet beer, pearl millet, millet porridge	Baked goods, snack bars
<b>Oats</b>	All forms, granola, muesli, gluten-free oats, oat bran, oat flour, oat milk	Baked goods, cereals
<b>Peanut</b>	All forms, peanut butter, peanut milk, peanut oil*	Energy bars, mixed nuts, protein bars, trail mixes
<b>Pecan</b>	All forms, hickory nut, pecan butter, pecan nut milk, pecan oil*	Confectionary, pies
<b>Rye</b>	All varieties, all forms, pumpernickel, Triticale, rye berries, rye flour, kvass	Crackers, breads, cereals
<b>Sage</b>	All forms, common sage, garden sage, sage tea	Herbal remedies, herbal teas, Mediterranean and Italian cuisine
<b>Turmeric</b>	Curry powder, spice	American mustard, dietary supplements, khoresh, patoleo, sfouf, soups, yellow curry (Thai)
<b>Watermelon</b>	All forms, all varieties	Beverages, confectionary, fruit salads, slushes
<b>Wheat</b>	All forms, all varieties including durum, spelt, einkorn, wheatberry, and farro	Baked goods

## Egg

Egg sensitivity may occur as a result of over consumption of eggs or cross reactivity with environmental allergens.

If you have tested positive to egg white or egg yolk we suggest that you remove chicken eggs from your diet during the elimination phase of your Wellness Plan.

**Tip:**

Egg substitute suggestions are: duck or ostrich eggs, ground flax seed and apple sauce, commercial egg replacer, baking powder with vinegar and water.

**Foods to avoid:**

Egg in all its forms – boiled, poached, fried, coddled  
Egg white, egg yolk, dried egg, egg beaters  
Ice cream, custards, puddings  
Quiche  
Meringues, macaroons, eclairs, cakes, cookies, waffles, pancakes  
Egg noodles, pasta  
Clear soups, Hollandaise sauce, other egg based sauce, mayonnaise  
Globulin, vitellen, albumin, lysozyme, ovalbumin, surimi

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## Gluten

You have tested positive for gluten or indicated on the nutrition questionnaire that you avoid gluten. Barley, malt, rye and wheat, have been removed from your Wellness Plan as they contain varying amounts of gluten.

A gluten-sensitivity does not mean that you have Celiac disease.

We recommend that you remove all sources of gluten from your diet during the elimination phase of your Wellness Plan.

Gluten containing grains: wheat (including spelt, sprouted wheat, faro, farina, bulgur, durum, wheatberries, graham flour, einkorn) barley, rye, triticale.

Malt is excluded as it is usually made from gluten containing grains.

**Foods to avoid unless labeled Gluten Free:**

Pasta made with wheat, faro, couscous, ravioli, lasagna, egg noodles, gnocchi  
Breads and pastries, bagels, naan, flatbreads, muffins, donuts, dinner rolls, tortillas  
Baked goods, cookies, cakes, pie crust  
Breakfast cereals, pancakes, waffles, French toast, crepes, galettes, biscuits  
Breaded goods, breadcrumbs, panko, croutons  
Malt, malted beverages  
Luncheon meats, deli meats  
Sauces and gravies  
Beer  
Dextrin, Modified food starch

## Casein

You have tested positive to casein or you have indicated on your Nutrition Questionnaire that you avoid dairy products. Casein is the major protein in animal milk.

Your test results may indicate that you are positive to casein but negative to some of the dairy items included in our test. This is not uncommon. We recommend that you remove all sources of casein from your diet.

**Foods to avoid:**

Milk – whole, 2%, 1%, skim, Lactaid, flavored, dried, evaporated, condensed  
Calcium, Potassium and Sodium caseinate  
Rennet casein, dairy solids  
Buffalo, cow, goat and sheep milk  
Malted milk  
Yogurt (made from animal milk)  
Cheese (made from animal milk)  
Butter (clarified butter is allowed)  
Custards and puddings (made from animal milk)

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## Milk

You have tested positive to cow's milk on your food sensitivity test. We recommend that you avoid milk and dairy products during the elimination period of your Wellness Plan.

It is not uncommon to test positive for milk but not for other dairy products. When cheese and yogurt is processed, milk proteins are altered which may be why you do not react to these foods.

**Tip:**

Milk substitutes include almond milk, coconut milk, hazelnut milk, hemp milk, rice milk, soy milk. Goat's and sheep's milk may also be tolerated.

**Foods to avoid:**

Milk – whole, 2%, 1%, skim Lactaid, flavored milk, dried, condensed, evaporated  
Custards, milk based puddings  
Malted milk beverages, butter  
Yogurt (made from animal milk)  
Cheese (made from animal milk)



## Protein Sources

Abalone  
Bass  
Black-eyed Peas  
Catfish  
Coconut yogurt  
Duck  
Flounder  
Hake  
Herring  
Lobster  
Navy Bean  
Oyster  
Pork  
Scallop  
Soybean  
Tofu  
Turkey  
Whitefish

Almond butter  
Beef  
Bonito  
Chicken  
Codfish  
Egg (Duck)  
Goat  
Halibut  
Lamb  
Mackerel  
Nutritional yeast  
Perch  
Rabbit  
Shrimp  
Sprout (Mung Bean)  
Tofu yogurt  
Venison

Arctic char  
Bison  
Buffalo  
Chickpea  
Crab  
Egg (Turkey)  
Grouper  
Ham  
Lentil  
Moose  
Ostrich  
Pinto Bean  
Salmon  
Sole  
Swordfish  
Trout  
Walleye Pike

Bacon  
Black beans  
Cashew butter  
Clam  
Crayfish  
Fava beans  
Haddock  
Hemp seed  
Lima Bean  
Mussel  
Ostrich egg  
Pistachio butter  
Sardine  
Soy cheese  
Tilapia  
Tuna  
Walnut butter

## Grains & Starches

Amaranth  
Coconut flour  
Corn meal  
Groats  
Jobs Tears  
Lotus root flour  
Poi flour  
Rice (Brown)  
Soba noodles  
Teff

Amaranth flour  
Coffee flour  
Corn tortillas  
Hemp  
Kaniwa  
Malanga flour  
Popcorn (Plain)  
Rice flour  
Soy flour  
Water chestnut flour

Buckwheat  
Corn  
Garbanzo flour  
Hominy  
Kasha  
Manioc  
Quinoa  
Rice noodle  
Soybean flour  
Wild rice

Cellophane noodles  
Corn flour  
Grits  
Jerusalem artichoke flour  
Kelp noodles  
Pistachio flour  
Rice  
Sago flour  
Tapioca

## Vegetables

Agar  
Asparagus  
Beets  
Broccoli  
Carrot  
Celery  
Cucumber  
Green Bean  
Kai-lan  
Lambs quarters  
Mushroom  
Potato, Sweet  
Rhubarb  
Shallot  
Tomato  
Wax beans

Alfalfa sprouts  
Baby spinach  
Bell pepper  
Brussel sprouts  
Cassava  
Chard  
Eggplant  
Heart of Palm  
Kale  
Leeks  
Onion  
Pumpkin  
Rutabaga  
Spinach  
Turnip  
Yucca

Artichoke  
Bamboo shoots  
Bokchoy  
Cabbage  
Cauliflower  
Chicory  
Escarole  
Jerusalem artichoke  
Kelp  
Lettuce  
Parsnip  
Radicchio  
Scallion  
Squash  
Water chestnut  
Zucchini

Arugula  
Beet greens  
Broccoli  
Capsicum  
Celeriac  
Collard greens  
Fennel  
Jicama  
Kohlrabi  
Lotus root  
Potato  
Radish  
Seaweed  
Swiss Chard  
Watercress

## Fruits

Acai berry  
Blackberry  
Chayote  
Cranberry  
Honeydew  
Lime  
Nectarine  
Peach  
Plum

Apple  
Blueberry  
Cherry  
Fig  
Kiwi  
Loganberry  
Olives  
Pear  
Pomegranate

Apricot  
Cantaloupe  
Chokeberry  
Grapefruit  
Kumquat  
Mango  
Orange  
Persimmon  
Quince

Avocado  
Casaba melon  
Coconut  
Guava  
Lemon  
Medlar Fruit  
Papaya  
Pineapple  
Raspberry



Strawberry

Tangerine

**Fats & Oils**

Acai oil  
Babassu oil  
Corn oil  
Mustard oil  
Pumpkin seed oil  
Soy oil

Amaranth oil  
Canola oil  
Flaxseed oil  
Nutmeg butter  
Rice bran oil  
Sunflower oil

Apricot oil  
Cocoa butter  
Ghee  
Olive oil  
Safflower oil  
Walnut oil

Avocado oil  
Coconut oil  
Hazelnut oil  
Pistachio oil  
Sesame oil

**Nuts & Seeds**

Almond  
Cola  
Hemp seed  
Pistachio  
Soy nuts

Brazil nut  
Filbert  
Lotus seeds  
Poppy seed  
Sunflower seed

Cashew  
Flaxseed  
Macadamia  
Pumpkin seed  
Walnut

Chia seed  
Hazelnut  
Pine nut  
Sesame

**Spices, Herbs & Flavorings**

Agave  
Black Pepper  
Cardamom  
Cilantro  
Coriander  
Dill  
Ginseng  
Lemon grass  
Lovage  
Marjoram  
Oregano  
Pepper (Chili)  
Rosemary  
Stevia  
Vinegar

Anise  
Caper  
Carob  
Cloves  
Corn syrup  
Fennel seed  
Honey  
Lemon juice  
Maltose  
Mustard seed  
Paprika  
Pepper (White)  
Saffron  
Tarragon

Basil  
Caraway  
Celery seeds  
Cocoa  
Cream of tartar  
Fenugreek  
Horseradish  
Licorice  
Maple sugar  
Nutmeg  
Parsley  
Peppermint  
Savory  
Thyme

Bay leaf  
Caraway seed  
Chives  
Coconut sugar  
Cumin  
Garlic  
Lavender  
Lime juice  
Maple syrup  
Oil of Wintergreen  
Pepper (Cayenne)  
Rice syrup  
Spearmint  
Vanilla bean

**Beverages**

Almond nut milk  
Cashew nut milk  
Coconut milk  
Fennel tea  
Hazelnut milk  
Pear nectar  
Rice milk  
Tomato juice

Apple juice  
Cherry juice  
Coconut water  
Ginseng tea  
Hemp milk  
Pineapple juice  
Seltzer water

Artichoke water  
Chokeberry juice  
Coffee  
Grapefruit juice  
Mint tea  
Pistachio milk  
Soy milk

Black Tea  
Club soda  
Cranberry juice  
Green tea  
Orange juice  
Prune juice  
Spring water

# Your 4-Day Rotation

Day 1	Day 2	Day 3	Day 4
<b>Protein Sources</b> Arctic char, Black-eyed Peas, Chicken, Chickpea, Duck, Egg (Duck), Herring, Nutritional yeast, Pinto Bean, Salmon, Sardine, Trout	<b>Protein Sources</b> Bacon, Black beans, Catfish, Coconut yogurt, Codfish, Crab, Crayfish, Haddock, Hake, Ham, Lobster, Perch, Pork, Rabbit, Shrimp, Walleye Pike	<b>Protein Sources</b> Abalone, Bass, Cashew butter, Clam, Egg (Turkey), Flounder, Grouper, Halibut, Hemp seed, Lentil, Moose, Mussel, Oyster, Pistachio butter, Scallop, Sole, Sprout (Mung Bean), Turkey, Venison, Walnut butter, Whitefish	<b>Protein Sources</b> Almond butter, Beef, Bison, Bonito, Buffalo, Fava beans, Goat, Lamb, Lima Bean, Mackerel, Navy Bean, Ostrich, Ostrich egg, Soy cheese, Soybean, Swordfish, Tilapia, Tofu, Tofu yogurt, Tuna
<b>Grains &amp; Starches</b> Cellophane noodles, Garbanzo flour, Jerusalem artichoke flour, Malanga flour, Poi flour, Wild rice	<b>Grains &amp; Starches</b> Coconut flour, Rice, Rice (Brown), Rice flour, Rice noodle, Sago flour, Teff	<b>Grains &amp; Starches</b> Coffee flour, Corn, Corn flour, Corn meal, Corn tortillas, Grits, Hemp, Hominy, Kaniwa, Kelp noodles, Manioc, Pistachio flour, Popcorn (Plain), Tapioca	<b>Grains &amp; Starches</b> Amaranth, Amaranth flour, Buckwheat, Groats, Jobs Tears, Kasha, Lotus root flour, Quinoa, Soba noodles, Soy flour, Soybean flour, Water chestnut flour
<b>Vegetables</b> Alfalfa sprouts, Artichoke, Broccoflower, Broccoli, Brussel sprouts, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Collard greens, Escarole, Fennel, Jerusalem artichoke, Kai-lan, Kale, Lettuce, Mushroom, Parsnip	<b>Vegetables</b> Arugula, Asparagus, Bamboo shoots, Cucumber, Leeks, Onion, Pumpkin, Radish, Scallion, Shallot, Squash, Watercress, Yucca, Zucchini	<b>Vegetables</b> Agar, Bell pepper, Bokchoy, Capsicum, Cassava, Eggplant, Green Bean, Heart of Palm, Kelp, Kohlrabi, Potato, Radicchio, Rutabaga, Seaweed, Tomato, Turnip, Wax beans	<b>Vegetables</b> Baby spinach, Beet greens, Beets, Chard, Chicory, Jicama, Lambs quarters, Lotus root, Potato, Sweet, Rhubarb, Spinach, Swiss Chard, Water chestnut
<b>Fruits</b> Grapefruit, Kumquat, Lemon, Lime, Orange, Papaya, Tangerine	<b>Fruits</b> Cantaloupe, Casaba melon, Chayote, Coconut, Honeydew, Olives, Persimmon, Pineapple, Pomegranate	<b>Fruits</b> Acai berry, Apple, Blackberry, Blueberry, Chokeberry, Cranberry, Kiwi, Loganberry, Mango, Medlar Fruit, Pear, Quince, Raspberry, Strawberry	<b>Fruits</b> Apricot, Avocado, Cherry, Fig, Guava, Nectarine, Peach, Plum
<b>Fats &amp; Oils</b> Flaxseed oil, Hazelnut oil, Safflower oil, Sesame oil, Sunflower oil	<b>Fats &amp; Oils</b> Babassu oil, Coconut oil, Olive oil, Pumpkin seed oil, Rice bran oil	<b>Fats &amp; Oils</b> Acai oil, Corn oil, Mustard oil, Nutmeg butter, Pistachio oil, Walnut oil	<b>Fats &amp; Oils</b> Amaranth oil, Apricot oil, Avocado oil, Canola oil, Cocoa butter, Ghee, Soy oil
<b>Nuts &amp; Seeds</b> Filbert, Flaxseed, Hazelnut, Sesame, Sunflower seed	<b>Nuts &amp; Seeds</b> Pine nut, Poppy seed, Pumpkin seed	<b>Nuts &amp; Seeds</b> Cashew, Chia seed, Hemp seed, Pistachio, Walnut	<b>Nuts &amp; Seeds</b> Almond, Brazil nut, Cola, Lotus seeds, Macadamia, Soy nuts
<b>Spices, Herbs &amp; Flavorings</b> Anise, Caraway, Caraway seed, Carob, Celery seeds, Coriander, Cumin, Dill, Fennel seed, Fenugreek, Lemon juice, Licorice, Lime juice, Lovage, Oil of Wintergreen, Parsley, Stevia, Tarragon, Vanilla bean, Vinegar	<b>Spices, Herbs &amp; Flavorings</b> Cardamom, Chives, Cilantro, Coconut sugar, Garlic, Lemon grass, Maltose, Maple sugar, Maple syrup, Rice syrup, Saffron	<b>Spices, Herbs &amp; Flavorings</b> Agave, Basil, Corn syrup, Ginseng, Horseradish, Lavender, Marjoram, Mustard seed, Nutmeg, Oregano, Paprika, Pepper (Cayenne), Pepper (Chili), Peppermint, Rosemary, Savory, Spearmint, Thyme	<b>Spices, Herbs &amp; Flavorings</b> Bay leaf, Black Pepper, Caper, Cloves, Cocoa, Cream of tartar, Honey, Pepper (White)
<b>Beverages</b> Artichoke water, Black Tea, Fennel tea, Grapefruit juice, Green tea, Hazelnut milk, Orange juice, Spring water	<b>Beverages</b> Coconut milk, Coconut water, Pineapple juice, Rice milk	<b>Beverages</b> Apple juice, Cashew nut milk, Chokeberry juice, Club soda, Coffee, Cranberry juice, Ginseng tea, Hemp milk, Mint tea, Pear nectar, Pistachio milk, Tomato juice	<b>Beverages</b> Almond nut milk, Cherry juice, Prune juice, Seltzer water, Soy milk

*What defines a day within the 4-day rotation?*

A day is defined as a 24-hour period. Many people consider waking and sleeping as a day; however, this would vary greatly depending on how many hours one sleeps or stays awake. By using the 24-hour rule you may find it easier for meal planning. For example, dinner left-overs could be consumed the next "day" for breakfast or lunch.

*Can I move foods around to suit my eating habits?*

Yes, you may move foods from one day to another. However, once you have moved a food or food group, you should leave it on the day you have moved it to.

*What about foods that are not listed in my 4-day rotation?*

If you would like to include a food that you have not been tested for, and have had no adverse reaction to that food in the past, you may incorporate it into your 4-day rotation plan.

*Can I use salt?*

Yes, you may use salt. We do not recommend an excessive amount of salt in the diet. (See USDA Nutrition Guidelines for daily recommended intake of salt).

*I tested positive to a food that I never consume – why?*

Food sensitivities can be influenced by cross reactions with other foods and/or environmental allergies/sensitivities. For example, if you have an allergy to dust mites you may test positive to shellfish, or if you have an allergy to latex, you may test positive to avocados or poppy seed.

*What if I accidentally consume an item that I tested positive to?*

This does not mean that you have to start over – just carry on with your elimination and rotation plan.

*There is nothing to drink!*

We recommend drinking plenty of water and herbal teas. If you are eliminating cow's milk from your diet, try one of the milk substitutes such as hemp milk, coconut milk, almond milk. If you are eliminating coffee or tea, try green tea.

*Do you use organic foods for your testing?*

The food extracts used for our testing are sourced from FDA approved suppliers. Whether the food extracts are from organic sources or conventionally produced sources, does not affect the test result.

*Can I use nut and seed oils if I am sensitive to the nut or seed?*

Although the oils may have been removed from your Wellness Plan, in most cases they can be safely consumed if highly refined. Oils that do not meet this criteria such as cold-pressed or gourmet oils may not be safe to consume as they may contain traces of the problem protein. Please discuss with your practitioner.

*What type of bran is tested?*

We test wheat bran. You may use rice bran or oat bran as long as you are not sensitive to rice or oats.

*I tested positive to eggs, why are duck eggs on my shopping list?*

You were tested for chicken egg sensitivity. You may safely consume duck eggs or ostrich eggs as they are from different food families.



# Reading Labels and Healthy Eating

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## Reading Labels

The 2006 Food Allergen Labeling and Consumer Act (FALCPA) has helped to take some of the stress out of label reading.

Before purchasing any processed foods you should carefully read the food labels and the ingredient lists to ensure these products do not contain any offending foods. Supplements should also be carefully checked. If you are unsure of any ingredient, contact the manufacturer of the product for clarification, and check with your practitioner.

The most common “allergenic” foods include eggs, milk, peanuts, tree nuts, soy, shellfish, fish and wheat. All FDA regulated manufactured food products that contain any of these, as an ingredient, are required by U.S. law to list them on the product label.

## Tips to Healthy Eating

A healthy, balanced diet should include a variety of foods from all food groups: vegetables, fruits, grains, protein sources and healthy fats and oils.

- Plan ahead and use the shopping list provided to help create a healthy eating plan.
- Your shopping list is a guide and not limited to only the foods listed.
- Consume adequate calories and nutrients for overall health.
- For adequate fluid intake, drink 6-8 glasses of water per day.
- Avoid alcoholic beverages. Alcohol interferes with the healing process.
- Avoid empty calories from foods high in sugar such as juices, soda, candy and sweets.
- Choose nutrient dense and fresh foods over processed foods.
- Frozen meat, fish, and produce are acceptable alternatives when fresh is not available.
- Ensure adequate fiber intake to maintain a healthy gut.
- When dining away from home ask questions regarding food preparation.
- Have fun trying new foods and recipes.