



Severe Intolerance

RYE
WAKAME SEAWEED

Moderate Intolerance

ACORN SQUASH
SESAME

Mild Intolerance

ALMOND*
BLACK PEPPER*
BROCCOLI*
BUTTERNUT SQUASH
CHICK PEA*
CHOCOLATE*
COFFEE*
CUMIN*
FLAXSEED*
GINGER*
GUAVA*
KIWI*
LEEK*
MACADAMIA*
PINTO BEAN*
SPEARMINT*
TARO ROOT*

VEGETABLES / LEGUMES

ADZUKI BEANS
BELL PEPPERS
BOSTON BIBB LETTUCE
CANNELLINI BEANS
CELERY
EGGPLANT
FENNEL
KALE
LIMA BEAN
NAVY BEAN
PORTOBELLO MUSHRO
RHUBARB
SHITAKE MUSHROOM
SQUASH (Yellow)
TOMATO
WHITE POTATO

ARTICHOKE
BLACK BEANS
BRUSSEL SPROUTS
CAPERS
CHICORY
ENDIVE
GREEN PEA
KELP
MUNG BEAN
OKRA
RADISH
ROMAINE LETTUCE
SOYBEAN
STRING BEAN
TURNIP
YAM

ARUGULA
BLACK-EYED PEAS
BUTTON MUSHROOM
CARROT
COLLARD GREENS
ESCAROLE
ICEBERG LETTUCE
KIDNEY BEAN
MUSTARD
ONION
RED BEET
SCALLIONS
SPAGHETTI SQUASH
SWEET POTATO
WATER CHESTNUT
ZUCCHINI

ASPARAGUS
BOK CHOY
CABBAGE
CAULIFLOWER
CUCUMBER
FAVA BEAN
JALAPENO PEPPER
LENTIL BEAN
MUSTARD GREENS
PARSNIP
RED/GRN LEAF LETTU
SHALLOTS
SPINACH
SWISS CHARD
WATERCRESS

FRUITS

APPLE
BLACK CURRANT
CHERRY
GRAPE
LIME
OLIVE
PEAR
POMEGRANATE
STRAWBERRY

APRICOT
BLACKBERRY
CRANBERRY
GRAPEFRUIT
LYCHEES
ORANGE
PERSIMMON
PUMPKIN
TANGERINE

AVOCADO
BLUEBERRY
DATE
HONEYDEW (MELON)
MANGO
PAPAYA
PINEAPPLE
RASPBERRY
WATERMELON

BANANA
CANTALOUPE
FIG
LEMON
NECTARINE
PEACH
PLUM
STAR FRUIT

MEAT

DAIRY / EGGS

EGG WHITE
EGG YOLK

SEAFOOD

GRAINS / STARCHES

ARROWROOT
OAT (gluten free)
TAPIOCA

BUCKWHEAT
QUINOA
TEFF

CORN
RICE
WILD RICE

MILLET
SORGHUM

HERBS / SPICES

BASIL
CHILI PEPPER
CLOVE
DILL
OREGANO
SAFFRON
TURMERIC

BAY LEAF
CHIVES
CORIANDER
HORSERADISH
PAPRIKA
SAGE

CARDAMOM
CILANTRO
CURRY POWDER
LICORICE
PARSLEY
TARRAGON

CAYENNE PEPPER
CINNAMON
DANDELION
NUTMEG
ROSEMARY
THYME

NUTS/ OILS AND MISC. FOODS

BAKER'S YEAST
CANE SUGAR
CASHEW
FRUCTOSE (HFCS)
HONEY
NUTRITIONAL YEAST
PINE NUT
SUNFLOWER

BLK/GREEN TEA
CANOLA OIL
CHAMOMILE
GARLIC
HOPS
PEANUT
PISTACHIO
VANILLA

BRAZIL NUT
CARAWAY
CHIA
HAZELNUT
MAPLE SUGAR
PECAN
PSYLLIUM
WALNUT

BREWER'S YEAST
CAROB
COCONUT
HEMP
MOLASSES
PEPPERMINT
SAFFLOWER

You have no reaction to Candida Albicans.

You have a mild reaction to Gluten/Gliadin, The foods listed below contain Gluten/Gliadin avoid

BARLEY	MALT	SPELT
WHEAT		

You have no reaction to Whey and mild reaction to Casein, limit these foods:

COW'S MILK	GOAT'S MILK*	LACTOSE
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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

Clinic ID: 3419

HC Provider: ALANE PALMER, CNC

Date Collected: 29 Sep 14

Date Received: 30 Sep 14

Date Reported: 02 Oct 14

DAY 1

STARCH/GRAINS

ARROWROOT
OAT (gluten free)
TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE
BLACK-EYED PEAS
BUTTERNUT SQUASH*
CAPERS
CARROT
CELERY
CHICORY
EGGPLANT
ICEBERG LETTUCE
KALE
MUSTARD GREENS
PARSLEY
RED/GRN LEAF LETTUCE
ROMAINE LETTUCE
TOMATO
YAM

FRUIT

BANANA
BLACK CURRANT
DATE
FIG
GRAPE
GUAVA*
KIWI*
MANGO
PAPAYA
STRAWBERRY

PROTEIN

CHICK PEA*
FAVA BEAN

MISCELLANEOUS

BAY LEAF
CARAWAY
CASHEW
CHAMOMILE
CHIA
CHILI PEPPER
COCONUT
CORIANDER
CUMIN*
FLAXSEED*
HONEY
LICORICE
PISTACHIO
ROSEMARY
SAFFLOWER
TURMERIC

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS
BOK CHOY
BOSTON BIBB LETTUCE
BROCCOLI*
BRUSSEL SPROUTS
BUTTON MUSHROOM
CABBAGE
CAULIFLOWER
ENDIVE
ESCAROLE
KELP
MUSTARD
RED BEET
SHITAKE MUSHROOM
ZUCCHINI

FRUIT

APPLE
AVOCADO
BLUEBERRY
CRANBERRY
PEAR
PINEAPPLE
POMEGRANATE
TANGERINE

PROTEIN

EGG WHITE
EGG YOLK
LENTIL BEAN

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CANE SUGAR
CAYENNE PEPPER
CHIVES
CINNAMON
CLOVE
GARLIC
GINGER*
HAZELNUT
HEMP
HOPS
MAPLE SUGAR
PAPRIKA
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SORGHUM
SWEET POTATO
TEFF

VEGETABLES

ARUGULA
ASPARAGUS
BLACK BEANS
COLLARD GREENS
FENNEL
GREEN PEA
LEEK*
LIMA BEAN
ONION
PINTO BEAN*
RADISH
SHALLOTS
STRING BEAN
TARO ROOT*

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME
NECTARINE
PEACH
PLUM
RASPBERRY
STAR FRUIT

PROTEIN

KIDNEY BEAN
MUNG BEAN
NAVY BEAN
SOYBEAN

MISCELLANEOUS

ALMOND*
BRAZIL NUT
CANOLA OIL
CARDAMOM
CHOCOLATE*
CILANTRO
COFFEE*
DILL
HORSERADISH
MACADAMIA*
OREGANO
PEANUT
PSYLLIUM
TARRAGON
THYME

DAY 4

STARCH

BUCKWHEAT
RICE

VEGETABLES

CUCUMBER
JALAPENO PEPPER
OKRA
PARSNIP
PORTOBELLO MUSHROOM
RHUBARB
SCALLIONS
SPAGHETTI SQUASH
SPINACH
SQUASH (Yellow)
SWISS CHARD
TURNIP
WATER CHESTNUT

FRUIT

CANTALOUPE
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
LYCHEES
OLIVE
ORANGE
PERSIMMON
PUMPKIN
WATERMELON

PROTEIN

ADZUKI BEANS
CANNELLINI BEANS

MISCELLANEOUS

BLACK PEPPER*
BLK/GREEN TEA
CAROB
CURRY POWDER
FRUCTOSE (HFCS)
MOLASSES
NUTMEG
NUTRITIONAL YEAST
PECAN
PEPPERMINT
PINE NUT
SAGE
SPEARMINT*
SUNFLOWER
VANILLA
WALNUT

Foods To Avoid

File: 9/29/2014

Clinic/Doctor: ALANE PALMER, CN

ACORN SQUASH



Acorn squash is most commonly baked, but can also be microwaved, sauteed, and steamed. It can be eaten by baking with brown sugar, and serving with cooked bacon crumbles. The seeds can be toasted and eaten (similar to pumpkin seeds). Although considered a "winter" squash, acorn squash belongs to the same species as all "summer" squashes (including zucchini and yellow crookneck squash). The most common variety is dark green in color. For reintroduction into diet, place into day:3

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

SESAME



Seeds are sometimes added to breads, including bagels and the tops of hamburger buns. Sesame seeds may be baked into crackers, often in the form of sticks. Sesame seeds are also sprinkled onto some sushi style foods. Can be made into a paste called tahini (used in various ways, including in hummus) and a Middle Eastern confection called halvah. East Asian cuisines, like Chinese cuisine use sesame seeds and oil in some dishes, such as dim sum. Also avoid sesame milk, sesame oil. For reintroduction into diet, place into day: 4

WAKAME SEAWEED



Wakame seaweed is commonly used either dried or salted, and used in soups (particularly miso soup), and salads (tofu salad), or often simply as a side dish to tofu and a salad vegetable like cucumber. These dishes are typically dressed with soy sauce and vinegar/rice vinegar. Goma wakame, also known as seaweed salad, is a popular side dish at American and European sushi restaurants.

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.