

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 250						
BLACK PEPPER LIME MALT RED PALM FRUIT ROSEMARY	ACORN SQUASH ADZUKI BEANS AMARANTH APPLE APRICOT BARLEY BEEF BLACK BEANS BOK CHOY BREWER'S YEAST BUTTON MUSHROOM CARDAMOM COCONUT CRANBERRY GREEN PEA HOPS LAMB LENTIL BEAN LOBSTER MACADAMIA MANGO NECTARINE OKRA PECAN PEPPERMINT PLANTAIN SHIITAKE MUSHRM TARRAGON TURMERIC TURNIP WAKAME SEAWEED WATER CHESTNUT WATERCRESS WILD RICE	ANCHOVY* ARROWROOT* ARTICHOKE* ARUGULA* BAKER'S YEAST* BANANA* BAY LEAF* BLACKBERRY* BROCCOLI* BRSSLS SPROUT* CANOLA (RAPESEED)* CANTALOUPE* CAROB* CAYENNE PEPPER* CHAMOMILE* CHERRY* CHIA* CHICKEN LIVER* CHICKPEA* CHICORY* CLOVE* COCOA* CORIANDER SEED* CRAB* DILL* EGGPLANT* ENDIVE* ESCAROLE* GARLIC* GINGER* GRAPEFRUIT* GREEN TEA* GROUPER* HABANERO PEPPER* HALIBUT* HORSERADISH* KIWI* LEAF LETT (RED/GRN)* MILLET* MULBERRY* MUSSEL* OYSTER* PAPAYA* PAPRIKA* PEAR* PINE NUT* PLUM* PUMPKIN* RHUBARB* ROMAINE LETT* RYE* SAFFRON* SALMON* SHRIMP* SOLE* SOYBEAN* SPINACH* STAR FRUIT* STRING BEAN* SUNFLOWER* TAPIOCA* THYME* TROUT* TURKEY* VANILLA* VEAL* WALNUT* WHEAT* WHITE POTATO* YELLOW SQUASH*	<p>VEGETABLES / LEGUMES</p> ASPARAGUS BUTTERNUT SQUASH CAULIFLOWER FAVA BEAN JICAMA LEEK NAVY BEAN PORTOBELLO MUSHRM SCALLION SWISS CHARD YELLOW PEA BELL PEPPER MIX CABBAGE CELERY FENNEL SEED KALE LIMA BEAN ONION RADISH SHALLOTS TARO ROOT ZUCCHINI SQUASH BLACK-EYED PEA CANNELLINI BEANS COLLARD GREENS ICEBERG LETTUCE KELP MUNG BEAN PARSNIP RED BEET / SUGAR SPAGHETTI SQUASH TOMATO BOSTON BIBB LETTU CARROT CUCUMBER JALAPEÑO PEPP KIDNEY BEAN MUSTARD GREENS PINTO BEAN RUTABAGA SWEET POTATO YAM	<p>FRUITS</p> AVOCADO DATE GUAVA LYCHEE PERSIMMON STRAWBERRY BLACK CURRANT DRAGON FRUIT HONEYDEW MLN OLIVE PINEAPPLE TANGERINE BLUEBERRY FIG JACKFRUIT ORANGE POMEGRANATE WATERMELON CAPERS GRAPE LEMON PEACH RASPBERRY	<p>MEAT</p> BISON VENISON CHICKEN DUCK PORK	<p>DAIRY / EGGS</p> EGG WHITE EGG YOLK	<p>SEAFOOD</p> CATFISH HADDOCK SCALLOP TILAPIA CLAM MACKEREL SEA BASS TUNA CODFISH MAHI MAHI SNAPPER (RED) FLOUNDER SARDINE SWORDFISH	<p>GRAINS / STARCHES</p> BUCKWHEAT RICE (BRWN/WHT) CORN SORGHUM OAT (GLUTEN FREE) SPELT QUINOA TEFF	<p>HERBS / SPICES</p> ALLSPICE CILANTRO LICORICE SAGE ANCHO CHILI PEPP CINNAMON NUTMEG BASIL CUMIN OREGANO CHIVES CURRY PARSLEY	<p>NUTS / OILS AND MISC. FOODS</p> ALMOND CASHEW HAZELNUT PEANUT SESAME BLACK TEA COFFEE HEMP PISTACHIO SPEARMINT BRAZIL NUT DANDELION LEAF MUSTARD SEED POPPY SEED STEVIA LEAF CARAWAY FLAXSEED NUTRITIONAL YEAST SAFFLOWER

CANDIDA ALBICANS
 You have a severe reaction to Candida Albicans, also eliminate these foods:
AGAVE, CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN **GLIADIN**
 You have no reaction to Gluten or Gliadin.

CASEIN **WHEY**
 You have no reaction to Whey and mild reaction to Casein, eliminate these foods:
COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

Your Test Results Explained.

Food Sensitivity/Intolerance is not always a straight-forward yes or no. There can be different degrees of reactivity, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body's immune system.

Your test results are divided into four distinct categories (denoted by the colored columns).

RED	These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.
ORANGE	These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.
YELLOW	These items indicate a mild sensitivity and are also indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program as they should be eaten on 4 day rotational basis. If the items listed in the yellow section appear on the rotation plan and are consumed frequently, they should be considered for a 3 month avoidance period, especially if there are few red and orange reactive foods.
GREEN	These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.
BLUE	<p>On your food results you will have 3 distinct blue boxes :</p> <p>Candida Albicans: it will include items that are known to exacerbate the Candida condition. Although you may not be sensitive/intolerant to these, it is recommended to avoid them, suggested by the Candida sensitivity.</p> <p>Gluten/Gliadin: it will include grain products that contain the protein gluten/gliadin, such as wheat, rye, barley, spelt, etc. Although you may not be sensitive/intolerant to these other grains, it is advisable to avoid them due to their gluten/gliadin content. A positive gluten/gliadin reaction result with negative wheat, rye, etc responses can occur when the isolated protein is tested in its more concentrated form.</p> <p>Casein/Whey: it will include products that contain casein/whey such as cow's milk, sheep's milk and goat's milk. Although you may not be sensitive/intolerant to these products listed, it is advisable to avoid or limit them because they contain the protein casein or whey.</p>

Cautions & Notes:

- a. Any item known to trigger an immediate reaction (Type 1, IgE mediated, allergic reaction) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.
- b. Healthcare providers should be alerted to the possibility that any non-reactive (green) item, to which there as has been no consumption or exposure for six months, should be introduced with caution.
- c. Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

1. Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact "safe". Nonetheless, it is reasonable to assume at this time that a moderate or strong cellular reaction on the test is indicative of a clinical sensitivity and avoidance, if possible, is recommended.
2. If tested for 50 foods or less, no rotational plan is provided.

	DAY 1	DAY 2	DAY 3	DAY 4
GRAINS / STARCHES	ARROWROOT* OAT (GLUTEN FREE) SPELT TAPIOCA* WHITE POTATO*	MILLET* RYE* WHEAT*	CORN QUINOA SORGHUM SWEET POTATO TEFF	BUCKWHEAT RICE (BRWN/WHT)
VEGETABLES / LEGUMES	ARTICHOKE* BLACK-EYED PEA BUTTERNUT SQUASH CARROT CELERY CHICKPEA* EGGPLANT* FAVA BEAN KALE LEAF LETT (RED/GRN)* MUSTARD GREENS ROMAINE LETT* RUTABAGA TOMATO YAM YELLOW SQUASH*	BELL PEPPER MIX BOSTON BIBB LETTUCE BROCCOLI* BRSSLS SPROUT* CABBAGE CAULIFLOWER CHIVES ENDIVE* ESCAROLE* JICAMA KELP SHALLOTS ZUCCHINI SQUASH	ARUGULA* ASPARAGUS COLLARD GREENS FENNEL SEED HABANERO PEPPER* HORSERADISH* ICEBERG LETTUCE KIDNEY BEAN LEEK LIMA BEAN MUNG BEAN NAVY BEAN ONION PINTO BEAN RADISH STRING BEAN* TARO ROOT	CANNELLINI BEANS CUCUMBER DANDELION LEAF JALAPEÑO PEPP PARSNIP PORTOBELLO MUSHRM RED BEET / SUGAR RHUBARB* SCALLION SPAGHETTI SQUASH SPINACH* SWISS CHARD YELLOW PEA
Fruit	BANANA* BLACK CURRANT CAPERS DATE FIG GUAVA KIWI* LEMON PAPAYA* STRAWBERRY	AVOCADO BLUEBERRY DRAGON FRUIT JACKFRUIT PEAR* PINEAPPLE POMEGRANATE TANGERINE	BLACKBERRY* CHERRY* GRAPE PEACH PLUM* RASPBERRY STAR FRUIT*	CANTALOUPE* GRAPEFRUIT* HONEYDEW MLN LYCHEE MULBERRY* OLIVE ORANGE PERSIMMON PUMPKIN* WATERMELON
Protein	BISON CODFISH CRAB* FLOUNDER OYSTER* SARDINE SEA BASS SNAPPER (RED) SWORDFISH VEAL*	CATFISH CHICKEN EGG WHITE EGG YOLK MACKEREL MAHI MAHI TILAPIA TUNA	ANCHOVY* DUCK GROUPER* HALIBUT* PORK SOLE* SOYBEAN*	CHICKEN LIVER* CLAM HADDOCK MUSSEL* SALMON* SCALLOP SHRIMP* TROUT* TURKEY* VENISON
MISCELLANEOUS	ANCHO CHILI PEPP BAY LEAF* CARAWAY CASHEW CHAMOMILE* CHIA* CHICORY* CORIANDER SEED* CUMIN FLAXSEED LICORICE PARSLEY PISTACHIO SAFFLOWER	ALLSPICE ALMOND BAKER'S YEAST* BASIL CAYENNE PEPPER* CINNAMON CLOVE* GARLIC* GINGER* HAZELNUT HEMP MUSTARD SEED PAPRIKA* SAFFRON*	BRAZIL NUT CANOLA (RAPESEED)* CILANTRO COCOA* COFFEE DILL* OREGANO PEANUT STEVIA LEAF THYME*	BLACK TEA CAROB* CURRY GREEN TEA* NUTMEG NUTRITIONAL YEAST PINE NUT* POPPY SEED SAGE SESAME SPEARMINT SUNFLOWER* VANILLA* WALNUT*

ACORN SQUASH

A small squash with golden flesh and dark green skin, shaped like an acorn. **COMMON USES:** Soups, stews, sauces, and purees. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Winter squash, gourd. **BE AWARE:** There are many varieties of winter squash

ADZUKI BEANS

Used in East Asian cuisine, it is commonly eaten sweetened. In particular, it is often boiled with sugar, resulting in red bean paste, a very common ingredient used in many Chinese dishes, such as tangyuan, zongzi, mooncakes, baozi and red bean ice. It also serves as a filling in Japanese sweets like anpan, dorayaki, imagawayaki, manjū, monaka, anmitsu, taiyaki and daifuku. Azuki beans are also commonly eaten sprouted, or boiled in a hot, tea-like drink.

AMARANTH

A small round shaped gluten free grain that when cooked has a creamy texture and is slightly sweet. **COMMON USES:** Salads and hot/cold breakfast cereals; the seeds can be ground into flour for breads and baked goods. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Whole grains, ancient grains, gluten-free. **BE AWARE:** May be found in pre-packaged gluten-free items and mixes

APPLE

Apples come in many sizes and colors and are considered a fall and winter fruit. **COMMON USES:** Juice, cider, fruit cocktails, juice blends, yogurt, desserts, salads, pie, crisps, cake, apple butter, apple jelly. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Pectin, cider, fruit juice blend, waldorf salad. **BE AWARE:** Items labeled no added sugar might be sweetened with apple

APRICOT

Apricots are small, golden orange fruits with smooth, sweet but firm flesh. **COMMON USES:** Juice, fruit cocktails, juice blends, jam/jelly, yogurt, desserts, Middle Eastern/Moroccan stews and soups. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Chutney, nectar, fruit preserves. **BE AWARE:** Dried apricots may be treated with sulfites to extend shelf life

BARLEY

A gluten containing grain that is light brown in color and firm to the bite. **COMMON USES:** Flour, pasta, bread, muffins, soups, stews, hot cereal, prepared salads, candies. Used as an ingredient in beer, alcoholic beverages, coffee substitutes, hulled barley, pearl barley, pot/scotch barley, barley flakes, barley grits. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Flour, gluten, beer, scotch broth, whiskey, whole grain, hot cereal. **BE AWARE:** Gluten-containing grain

BEEF

Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. **COMMON USES:** Meatloaf, pot roast, short ribs, ground, hamburger, steaks, used in broth, stock, bouillon, beef franks, pastrami, brisket, corned beef, soups, stew, short ribs. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Gelatin, Bovine, sausage, hot dog, jerky. **BE AWARE:** Some dietary supplements use a gelatin casing; ("Gelatin" could be a beef or pork source, unless specified "vegetarian")

BLACK BEANS

Dishes may include: tacos, nachos, soups, vegetarian dishes, as well as added to salads. Usually found in Southwestern, Mexican, Cuban and other Spanish cuisines. Are in the legume family, contain protein dietary fiber and flavanoids.

BLACK PEPPER

Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine. **COMMON USES:** Main dishes, side dishes, soups, stews, chips, dips, condiments, many prepackaged foods. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** White pepper, green peppercorns, pepper oil, blended spices. **BE AWARE:** Found in most prepackaged spice mixtures and prepackaged foods; it is one of the most commonly used spices

BOK CHOY

A small leafy green cabbage that does not require much cooking for tenderness. **COMMON USES:** Asian cuisine and in Asian inspired stir-fries and soups. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Chinese white cabbage, white stem cabbage, pak choy, pak choi, white mustard cabbage



BREWER'S YEAST

A yeast that has been instrumental in fermenting over a long period of time. COMMON USES: Vinegar, apple cider, apple cider vinegar (unless Bragg's Apple Cider or other vinegars naturally brewed). Also can be found in alcoholic beverages, processed juices, processed meats, tomato ketchup, salad dressings & soy sauce. May also be used as an in. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Vinegar, salad dressing, cider, alcohol, ketchup, mustards. BE AWARE: Can cause headaches, stomach discomfort and gas. If a person has yeast allergies brewer's yeast is to be avoided

BUTTON MUSHROOM

Edible mushrooms are used extensively in cooking, in many cuisines. Avoid mushroom salad, pate, truffles and pickled mushrooms. Also avoid mushroom soups and sauces. For reintroduction into diet, place into day: 2

CANE SUGAR

Cane sugar comes in many forms such as granulated, powdered, and liquid. COMMON USES: Sweets, candy, ice cream, chocolate, juices, soft drinks and most pre-packaged products, breads, and crackers. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sugar, granulated sugar, cane sugar, brown sugar, raw sugar, invert sugar, cane syrup, or evaporated cane juice. BE AWARE: Cane sugar is a very common ingredient, even in foods that are not sweet. Juice that is not 100% juice often contains added sugar

CARDAMOM

Cardamom is a bright green pod with dark brown seeds inside. The most common form of cardamom is green cardamom. COMMON USES: Coffees and teas as a flavoring; in Northern Europe, cardamom is commonly used in sweet foods and is a common ingredient in Indian cooking; also often used for baking in Nordic countries. May be used as a flavoring in gin.. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Spices, seasonings, flavorings, chai, curries. BE AWARE: Contains large amounts may be harmful to those with gallstones. Cardamom is used for many medicinal purposes and breath fresheners

COCONUT

The coconut palm is grown throughout the tropical world, for decoration as well as for its many culinary and non-culinary uses; virtually every part of the coconut palm has some human use. The white, fleshy part of the seed is edible and used fresh or dried in cooking. The cavity is filled with coconut water which contains sugar, proteins, antioxidants, vitamins and minerals. Coconut water provides an isotonic electrolyte balance, and is a highly nutritious food source. Coconut milk is made by processing grated coconut with hot water or milk, which extracts the oil and aromatic compounds. COMMON USES: Stews, soups, oils, sauces, baked goods, desserts, candies, drinks, and drinking water; popular in Thai cuisine . BE AWARE: Commonly found in beauty products

CRANBERRY

Cranberries are bright red berries that are very firm and are typically only eaten when they are cooked. COMMON USES: Beverages, sauces, trail mixes, chutneys, pies, cobblers, desserts, preserves. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mixed berries, dried fruit, bounceberries, craneberries (early name). BE AWARE: Used in some beauty products and fragrances-read labels

GREEN PEA

Fresh peas are often eaten boiled as a side dish vegetable. Commonly used in many different Chinese and Indian foods. Peas are also used in pot pies, salads and casseroles. Also avoid cream peas, split peas, frozen mixed vegetables. For reintroduction into diet, place into day: 3

HOPS

Hops are the seeds of the plant Humulus and they are used as a flavoring agent. COMMON USES: Herbal medicine. Most common in flavoring and stabilizing beer. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Nobel hops. BE AWARE: Even gluten- free beers contain hops

LAMB

A young sheep, tender red meat with a very distinct flavor. COMMON USES: Kebabs, gyros, burgers, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mutton, spring lamb

LENTIL BEAN

A small disk like legume that comes in many colors, with the most common being red and green. COMMON USES: Soups, salads, stews, meat substitutes . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Veggie Burger, meatless

LIME

A green citrus fruit with thick skin and tart green flesh. COMMON USES: Dressings, drinks, marinades, desserts, ceviche. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Citrus flavoring. BE AWARE: Used for many non culinary purposes such as fragrance, beauty products; used to prevent enzymatic browning. Read labels.

LOBSTER

Once a peasant food, lobster is a crustacean that is prized for it's firm, sweet flesh. COMMON USES: Lobster bisque, salads, soups, lobster roll. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Tomalley (lobster liver), coral (eggs). BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain crustacean shellfish as an ingredient must list the specific species (e.g. crab, lobster, shrimp) in plain English, on the label.



MACADAMIA

Macadamia nuts are very popular nuts due to their creamy white color and sweet flavor. **COMMON USES:** Cookies, desserts, candies, oils. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Trail mix, oil blends, mixed nuts. **BE AWARE:** Oils found in some skincare products; those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label



MALT

Malt is germinated cereal grains that have been dried in the process known as "malting". It imparts a very distinct flavor. **COMMON USES:** Vinegar, brewing beer, distilling liquor; desserts, milkshakes, malt flavoring. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Malt sugar, maltodextrin, caramel color. **BE AWARE:** Derived from gluten containing grain, usually barley



MANGO

Mangos are a medium sized fruit with varying color skin from green to red and a mix of both. The flesh is vibrant orange and sweet, revealing a large pit inside that must be delicately cut around. **COMMON USES:** Chutney, salsa, jams, preserves, smoothies, desserts, sauces, salads, teas. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Amchoor



NECTARINE

Nectarines resemble a peach but are smaller with a smooth red skin and more golden flesh. **COMMON USES:** Jams, jellies, salads, desserts and pies. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Fruit salad



OKRA

Okra is a long, ridged edible seed pod that grows on a plant. Okra is one of the most widely used vegetables throughout the Caribbean countries, and the southern United States. Okra naturally gelatinizes making it a very effective thickening agent. **COMMON USES:** Gumbo, soups and stews; used as a thickening agent. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Lady finger, bamia



PECAN

Pecans are dark brown, sweet nuts with ridges that come from the pecan tree. **COMMON USES:** Nut mixes, ice creams, baked goods (pecan pie), salads, cookies. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Praline, tree nut. **BE AWARE:** Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label



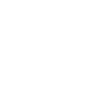
PEPPERMINT

Avoid also peppermint tea, spearmint, balm teas, bergamont tea, curry, mint teas, pennyroyal, tea, peppermint & menthol. Also found in chewing gum, mint sauce (especially with lamb), mint jelly, toothpaste, stuffings, salads, flavouring in drinks and sweets, crème de menthe and curries. For reintroduction into diet, place into Day 2.



PLANTAIN

Characteristically speaking, the plantain looks almost identical to a banana. Plantains are typically cooked before being eaten because of their high starch content, and they do not contain as much sugar as bananas. **COMMON USES:** African cuisine, Caribbean cuisine, South American cuisine, chips, crackers, tortillas, baby foods, stews, soups, beverages. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Platanos, tostones, patacones, alocos, maduros, kelewele. **BE AWARE:** Because of their high carbohydrate content, those that are concerned with blood sugar levels should be aware when consuming.



RED PALM FRUIT

Palm fruits are small, oval fruits that grow on the African oil palm tree. The fruits range in size from one to two inches and are considered ripe when they are red and black. The primary use is to make palm oil. The fruit surrounds a white kernel, which is rich in oils and the fruit itself is fibrous and oily. To make palm oil, which is a reddish orange color, the oil is extracted from the pulp of the fruit. The color comes from its high carotene content. White palm oil indicates that it has been highly processed and refined. **COMMON USES:** African dishes, crackers, chips, roasted nuts, baked goods, fried goods, pre-packaged foods, cosmetics, doughs, shampoos, ice creams and frozen desserts, detergents, margarines, chocolate, cookies, biodiesel, soaps, vegan cheese, soups, sauces. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Palm oil, dende oil, palm shortening, palm kernel oil, Mchikichi, Mjenga, Mubira, Munazi, and Abe. **BE AWARE:** Much of the palm oil sold today is heavily processed and oxidized. Although palm oil can improve cholesterol levels in many individuals, it may increase them in some. Since palm fruit oil is made from the pulp of the fruit, it is not sustainable. Many forests and habitats have been destroyed trying to keep up with the demand. Look for sustainably sourced palm oil verified by the RSPO (Round Table on Sustainable Palm Oil) OR the Green Palm label if purchasing.



ROSEMARY

Rosemary is a woody herb that has thin pine needle like leaves that are very aromatic and flavorful. **COMMON USES:** Breads, soups, stews, sauces, salads, meats (especially lamb), vegetables, stuffings. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Herb blend. **BE AWARE:** Often used in cosmetics and beauty products for fragrance



SHIITAKE MUSHROOM

Shiitake mushrooms are an edible mushroom from Asia. **COMMON USES:** Stir-fries, soups, meat substitute, broths, and stocks. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Forest mushroom, lentin, snake butter, miso soup, golden oak, Chinese black mushrooms. **BE AWARE:** Shiitake mushroom extracts might stimulate immune function. Theoretically, shiitake mushroom extracts might exacerbate autoimmune diseases by stimulating disease activity. Patients with autoimmune diseases such as multiple sclerosis (MS), systemic lupus erythematosus (SLE), or rheumatoid arthritis (RA), may want to avoid shiitake mushroom extracts or use it with caution.

TARRAGON

Tarragon is a light licorice flavored leafy herb, and it is one of the four fine herbs of French cooking; particularly suitable for chicken, fish and egg dishes. COMMON USES: Salads, flavor base for fish and poultry, French bearnaise sauce, potica bread; commonly found paired with lobster . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Dragon wort, little dragon, mugwort, petit dragon, estragon, estragole

TURMERIC

Turmeric is a root that resembles ginger. Most often found in it's ground spice form. COMMON USES: Curry powders, soups, stews, mayonnaise, mustard and dressings, dry rubs; also sold as a supplement. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Curry powder, mustard. BE AWARE: Many items that have a yellow color to them and are colored "naturally" could contain turmeric

TURNIP

Turnips are a starchy root vegetable whos leaves are also consumed. COMMON USES: Stir fry, casseroles, salads, mashes, purees; turnip greens can be found in the same manner as other greens. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Root vegetable

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. COMMON USES: Sushi, as crackers, seaweed salad, miso soup, wrap, seaweed noodles, dulse flakes, seaweed broth. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sea vegetable, edible seaweed

WATER CHESTNUT

The Chinese water chestnut more often called simply the water chestnut, is a grass-like sedge grown for its edible corms. The water chestnut is actually not a nut at all, but an aquatic vegetable. They are a popular ingredient in Chinese dishes. They can also be ground into a flour form used for making water chestnut cake, which is common as part of dim sum cuisine. COMMON USES: Stir-fries, oriental food, juices, raw, canned, powdered. OTHER WORDS THAT MIGHT INDICATE PRESENCE: matai, singhara, egg roll

WATERCRESS

Watercress is a fast-growing, aquatic or semi-aquatic, perennial plant native from Europe to central Asia, and one of the oldest known leaf vegetables consumed by human beings. COMMON USES: V8 juice, salads, soups, sandwiches, savory dishes, and used as a garnish. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mixed greens, microgreens

WILD RICE

Wild rice is in fact not rice, but a marsh grass. It can be black or brown in color, longer and more narrow than white rice with a distinct flavor. COMMON USES: Mixed with long-grain brown and/or white rice or wheat products; found in casseroles, soups, stews, stuffings. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Vegetarian, Indian rice, gluten-free, rice blend. BE AWARE: Not a member of the rice family; it is a marsh grass often combined with wheat products or other grains

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 you rotation diet plan.

Patient Information



The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have a severe reaction to Candida Albicans, also eliminate these foods:

AGAVE, CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have no reaction to Gluten or Gliadin.

CASEIN

WHEY

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

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

BLACK PEPPER
LIME
MALT
RED PALM FRUIT
ROSEMARY

ACORN SQUASH
AMARANTH
APRICOT
BEEF
BOK CHOY
BUTTON MUSHROOM
COCONUT
GREEN PEA
LAMB
LOBSTER
MANGO
OKRA
PEPPERMINT
SHIITAKE MUSHRM
TURMERIC
WAKAME SEAWEED
WATERCRESS

ADZUKI BEANS
APPLE
BARLEY
BLACK BEANS
BREWER'S YEAST
CARDAMOM
CRANBERRY
HOPS
LENTIL BEAN
MACADAMIA
NECTARINE
PECAN
PLANTAIN
TARRAGON
TURNIP
WATER CHESTNUT
WILD RICE

ANCHOVY*
BAKER'S YEAST*
BROCCOLI*
CAROB*
CHIA*
CLOVE*
DILL*
GARLIC*
GROUPE*
KIWI*
MUSSEL*
PEAR*
RHUBARB*
SALMON*
SPINACH*
TAPIOCA*
VANILLA*
WHITE POTATO*

ARROWROOT*
BANANA*
BRSSLS SPROUT*
CAYENNE PEPPER*
CHICKEN LIVER*
COCOA*
EGGPLANT*
GINGER*
HABANERO
PEPPER*
LEAF LETT (RED/GR
OYSTER*
PINE NUT*
ROMAINE LETT*
SHRIMP*
STAR FRUIT*
THYME*
VEAL*
YELLOW SQUASH*

ARTICHOKE*
BAY LEAF*
CANOLA
(RAPESEED)
CHAMOMILE*
CHICKPEA*
CORIANDER SEED*
ENDIVE*
GRAPEFRUIT*
HALIBUT*
MILLET*
PAPAYA*
PLUM*
RYE*
SOLE*
STRING BEAN*
TROUT*
WALNUT*

ARUGULA*
BLACKBERRY*
CANTALOUPE*
CHERRY*
CHICORY*
CRAB*
ESCAROLE*
GREEN TEA*
HORSERADISH*
MULBERRY*
PAPRIKA*
PUMPKIN*
SAFFRON*
SOYBEAN*
SUNFLOWER*
TURKEY*
WHEAT*

Patient Information



The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have a severe reaction to Candida Albicans, also eliminate these foods:

AGAVE, CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have no reaction to Gluten or Gliadin.

CASEIN

WHEY

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

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

BLACK PEPPER
LIME
MALT
RED PALM FRUIT
ROSEMARY

ACORN SQUASH
AMARANTH
APRICOT
BEEF
BOK CHOY
BUTTON MUSHROOM
COCONUT
GREEN PEA
LAMB
LOBSTER
MANGO
OKRA
PEPPERMINT
SHIITAKE MUSHRM
TURMERIC
WAKAME SEAWEED
WATERCRESS

ADZUKI BEANS
APPLE
BARLEY
BLACK BEANS
BREWER'S YEAST
CARDAMOM
CRANBERRY
HOPS
LENTIL BEAN
MACADAMIA
NECTARINE
PECAN
PLANTAIN
TARRAGON
TURNIP
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TURKEY*
WHEAT*

VEGETABLES / LEGUMES

ASPARAGUS	BELL PEPPER MIX	BLACK-EYED PEA	BOSTON BIBB
BUTTERNUT SQUASH	CABBAGE	CANNELLINI BEANS	LETTU
CAULIFLOWER	CELERY	COLLARD GREENS	CARROT
FAVA BEAN	FENNEL SEED	ICEBERG LETTUCE	CUCUMBER
JICAMA	KALE	KELP	JALAPEÑO PEPP
LEEK	LIMA BEAN	MUNG BEAN	KIDNEY BEAN
NAVY BEAN	ONION	PARSNIP	MUSTARD GREENS
PORTOBELLO	RADISH	RED BEET / SUGAR	PINTO BEAN
MUSHRM	SHALLOTS	SPAGHETTI SQUASH	RUTABAGA
SCALLION	TARO ROOT	TOMATO	SWEET POTATO
SWISS CHARD	ZUCCHINI SQUASH		YAM
YELLOW PEA			

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SWISS CHARD	ZUCCHINI SQUASH		YAM
YELLOW PEA			

FRUITS

AVOCADO	BLACK CURRANT	BLUEBERRY	CAPERS
DATE	DRAGON FRUIT	FIG	GRAPE
GUAVA	HONEYDEW MLN	JACKFRUIT	LEMON
LYCHEE	OLIVE	ORANGE	PEACH
PERSIMMON	PINEAPPLE	POMEGRANATE	RASPBERRY
STRAWBERRY	TANGERINE	WATERMELON	

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STRAWBERRY	TANGERINE	WATERMELON	

MEAT

BISON	CHICKEN	DUCK	PORK
VENISON			

MEAT

BISON	CHICKEN	DUCK	PORK
VENISON			

DAIRY / EGGS

EGG WHITE	EGG YOLK		
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DAIRY / EGGS

EGG WHITE	EGG YOLK		
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SEAFOOD

CATFISH	CLAM	CODFISH	FLOUNDER
HADDOCK	MACKEREL	MAHI MAHI	SARDINE
SCALLOP	SEA BASS	SNAPPER (RED)	SWORDFISH
TILAPIA	TUNA		

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HADDOCK	MACKEREL	MAHI MAHI	SARDINE
SCALLOP	SEA BASS	SNAPPER (RED)	SWORDFISH
TILAPIA	TUNA		

GRAINS / STARCHES

BUCKWHEAT	CORN	OAT (GLUTEN FREE)	QUINOA
RICE (BRWN/WHT)	SORGHUM	SPELT	TEFF

GRAINS / STARCHES

BUCKWHEAT	CORN	OAT (GLUTEN FREE)	QUINOA
RICE (BRWN/WHT)	SORGHUM	SPELT	TEFF

NUTS / OILS AND MISC. FOODS

ALMOND	BLACK TEA	BRAZIL NUT	CARAWAY
CASHEW	COFFEE	DANDELION LEAF	FLAXSEED
HAZELNUT	HEMP	MUSTARD SEED	NUTRITIONAL
PEANUT	PISTACHIO	POPPY SEED	YEAST
SESAME	SPEARMINT	STEVIA LEAF	SAFFLOWER

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CASHEW	COFFEE	DANDELION LEAF	FLAXSEED
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PEANUT	PISTACHIO	POPPY SEED	YEAST
SESAME	SPEARMINT	STEVIA LEAF	SAFFLOWER

HERBS / SPICES

ALLSPICE	ANCHO CHILI PEPP	BASIL	CHIVES
CILANTRO	CINNAMON	CUMIN	CURRY
LICORICE	NUTMEG	OREGANO	PARSLEY
SAGE			

HERBS / SPICES

ALLSPICE	ANCHO CHILI PEPP	BASIL	CHIVES
CILANTRO	CINNAMON	CUMIN	CURRY
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SAGE			