

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 200
FAVA BEAN PINE NUT	ACORN SQUASH ASPARAGUS BASIL BAY LEAF BLACK-EYED PEA BROCCOLI BRSSLS SPROUT BUCKWHEAT BUTTON MUSHROOM CANE SUGAR CHERRY CRANBERRY CUMIN FLOUNDER GRAPE GREEN PEA HADDOCK HONEY KALE NAVY BEAN OLIVE ONION PEACH PEANUT SCALLOP SPINACH TURKEY WHITE POTATO	APPLE* APRICOT* AVOCADO* BEEF* BELL PEPPER MIX* BLACK BEANS* BLACK TEA* BLACKBERRY* BLUEBERRY* BREWER'S YEAST* CARROT* CATFISH* CAYENNE PEPPER* CELERY* CORN* DATE* FIG* FLAXSEED* FRUCTOSE* GROUPE* HAZELNUT* KELP* LEEK* LEMON* LICORICE* LIMA BEAN* MACADAMIA* MAHI MAHI* MANGO* MUNG BEAN* OREGANO* PAPAYA* PEAR* PINEAPPLE* POMEGRANATE* PORK* PORTOBELLO MUSHRM* PUMPKIN* QUINOA* RADISH* RASPBERRY* ROSEMARY* SAFFLOWER* SALMON* SARDINE* SESAME* SNAPPER (RED)* SOLE* STRAWBERRY* STRING BEAN* TOMATO* TUNA* WALNUT* WATERCRESS* YELLOW SQUASH*	<p><b>VEGETABLES / LEGUMES</b></p> ARTICHOKE CAULIFLOWER ENDIVE KIDNEY BEAN PARSNIP SCALLION TURNIP BOK CHOY CHICKPEA FENNEL SEED LEAF LETT (RED/GR) PINTO BEAN SOYBEAN ZUCCHINI SQUASH BUTTERNUT SQUASH CUCUMBER ICEBERG LETTUCE LENTIL BEAN RED BEET / SUGAR SWEET POTATO CABBAGE EGGPLANT JALAPEÑO PEPP OKRA ROMAINE LETT SWISS CHARD	

**CANDIDA ALBICANS**  
You have no reaction to Candida Albicans.

**GLUTEN** **GLIADIN**  
You have no reaction to Gluten and moderate reaction to Gliadin, eliminate these foods:  
**BARLEY, MALT, RYE, SPELT, WHEAT**

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

<b>RED</b>	These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.
<b>ORANGE</b>	These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.
<b>YELLOW</b>	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.
<b>GREEN</b>	These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.
<b>BLUE</b>	<p>On your food results you will have 3 distinct blue boxes :</p> <p><b>Candida Albicans:</b> 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><b>Gluten/Gliadin:</b> 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><b>Casein/Whey:</b> 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
<b>GRAINS / STARCHES</b>	OAT (GLUTEN FREE) TAPIOCA	MILLET WILD RICE	CORN* QUINOA* SORGHUM SWEET POTATO TEFF	AMARANTH RICE (BRWN/WHT)
<b>VEGETABLES / LEGUMES</b>	ARTICHOKE BUTTERNUT SQUASH CARROT* CELERY* CHICKPEA EGGPLANT LEAF LETT (RED/GRN) ROMAINE LETT TOMATO* YELLOW SQUASH*	BELL PEPPER MIX* BOK CHOY CABBAGE CAULIFLOWER ENDIVE KELP* LENTIL BEAN ZUCCHINI SQUASH	BLACK BEANS* FENNEL SEED ICEBERG LETTUCE KIDNEY BEAN LEEK* LIMA BEAN* MUNG BEAN* PINTO BEAN RADISH* STRING BEAN* WATERCRESS*	CUCUMBER JALAPEÑO PEPP OKRA PARSNIP PORTOBELLO MUSHRM* RED BEET / SUGAR SCALLION SWISS CHARD TURNIP
<b>Fruit</b>	BANANA DATE* FIG* KIWI LEMON* MANGO* PAPAYA* STRAWBERRY*	APPLE* AVOCADO* BLUEBERRY* PEAR* PINEAPPLE* POMEGRANATE*	APRICOT* BLACKBERRY* LIME NECTARINE PLUM RASPBERRY*	CANTALOUPE GRAPEFRUIT HONEYDEW MLN ORANGE PUMPKIN* WATERMELON
<b>Protein</b>	BEEF* BISON CODFISH CRAB LAMB OYSTER SARDINE* SEA BASS SNAPPER (RED)* SWORDFISH VEAL	CATFISH* CHICKEN EGG WHITE EGG YOLK MACKEREL MAHI MAHI* TILAPIA TUNA*	ANCHOVY DUCK GROUPE* HALIBUT PORK* SOLE* SOYBEAN	CHICKEN LIVER CLAM LOBSTER MUSSEL SALMON* SHRIMP TROUT VENISON
<b>MISCELLANEOUS</b>	ANCHO CHILI PEPP CARAWAY CASHEW CHAMOMILE COCONUT CORIANDER SEED FLAXSEED* LICORICE* PARSLEY PISTACHIO ROSEMARY* SAFFLOWER* TURMERIC	ALMOND BAKER'S YEAST BREWER'S YEAST* CAYENNE PEPPER* CINNAMON CLOVE GARLIC GINGER HAZELNUT* HOPS MAPLE SUGAR MUSTARD SEED PAPRIKA PEPPERMINT SAFFRON	BRAZIL NUT CARDAMOM CILANTRO COCOA COFFEE DILL MACADAMIA* OREGANO* THYME	BLACK PEPPER BLACK TEA* CAROB GREEN TEA NUTMEG PECAN SAGE SESAME* 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

**ASPARAGUS**

Asparagus is a woody, stalk like vegetable that can be green, purple or white in color. **COMMON USES:** Pickled mixtures, mixed vegetables, soups, stews and sauces. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mixed vegetables, primavera

**BASIL**

Basil is a bright green leaf and is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. **COMMON USES:** Pesto, added to pasta dishes, soups, dips, salads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Herbs, Italian herb blend, tomato sauce, caprese. **BE AWARE:** Alcoholic beverages (bitters, liquors, and spirits) may contain basil, packaged Italian herb blends may contain basil

**BAY LEAF**

A leaf that is mostly found dried, they can be used fresh as well. Best used whole and added at the beginning of cooking and removed before serving. **COMMON USES:** Soups, sauces, vegetables and meats as an aromatic or flavoring; used fresh or dried. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bay leaf, laurel leaf, herbs, sachet, bouquet garni

**BLACK-EYED PEA**

A small, pale colored bean with a prominent black spot. **COMMON USES:** The southern "Hoppin' John" dish, Texas Caviar, in rice dishes, stews and soups. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Cowpea, purple hull pea, yellow eyed pea. **BE AWARE:** In many cultures this pea is a sign of good luck and will be incorporated into traditional dishes on holidays such as New Years or Rosh Hashana

**BROCCOLI**

Green tree like vegetables that come in several different varieties; some with longer stalks and smaller florets and some with thicker stalks and larger florets. **COMMON USES:** Quiches, soups, salads and pasta. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Broccoli rabe, broccolini, vegetable medley, mixed vegetables, purple cauliflower. **BE AWARE:** Often found within mixed vegetable dishes

**BRSSLS SPROUT**

Brussels sprout are known to be native to cool regions in northern Europe. They are similar to cabbage in taste, but they are slightly milder in flavor and denser in texture. Brussels sprouts and cabbage are members of the cruciferous vegetable family. These vegetables contain significant amounts of the antioxidants vitamin C and beta-carotene (vitamin A). For reintroduction into diet, place into day: 2

**BUCKWHEAT**

A gluten free grain with small brown groats that have a very distinct flavor and texture. **COMMON USES:** Pancake mixes, buckwheat noodles, and buckwheat flour. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Buckwheat, kasha, gluten-free flour blends, gluten-free crackers. **BE AWARE:** A gluten-free seed, used as a grain

**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

## CHERRY

Fresh cherries are deep red, have a stem attached to them, and still retain the pit. COMMON USES: Pies, jams, baked goods, juice and liqueurs, ice cream, and yogurts. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sweet cherry, sour cherry, strawberry cherry. BE AWARE: Often used in fragrances, lotions and soaps

## 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

## CUMIN

A small brown thin seed that has a very distinct flavor and is extremely popular in many cuisines around the world. COMMON USES: Curry powders, soups, stews, sauces, spice rubs, and chili. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Spice blend. BE AWARE: Often used in soups, especially bean soups

## FAVA BEAN

A green kidney shaped bean that is a member of the pea family. COMMON USES: Soups, salads, dips. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Broadbean, faba bean, horse bean, field bean, tic bean, habas

## FLOUNDER

Flounder are a flatfish species and encompass a variety of species of fish. They are known for their delicate, white flaky flesh. COMMON USES: Seafood dishes and stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Flatfish. 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 fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label

## GRAPE

Grapes are small fruits that grow on a vine and are high in water content. They vary in color and sweetness. COMMON USES: Salads, pies, jams, jellies, juice, and wine. Raisins are dried grapes found in baked goods, cereals, granola, trail mix, etc.. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Trail mix, vinaigrette

## 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

## HADDOCK

Similar to cod, haddock has a dense white flaky flesh that is slightly sweet. COMMON USES: "Fish and Chips"; often used in omega-3 supplements. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Scrod, smoked fish dip. 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 fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label

## HONEY

A golden liquid that is produced from bees and is much sweeter than sugar. COMMON USES: Cooking and baking; often used to top breads or sweeten various items. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Naturally sweetened

## KALE

A form of cabbage that is green in color and slightly bitter in flavor. Comes in a few different varieties. COMMON USES: Salads, stews, soups, stuffings. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Borecole. BE AWARE: Can be found in mixed green salads in the form of baby kale

## NAVY BEAN

A small white bean that is typically used in baked bean recipes. COMMON USES: Baked beans, spreads, dips, salads, soups, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pearl haricot, pea bean, yankee bean

## OLIVE

Olives are small fruits that grow on trees that come in a variety of colors such as black, green, and brown. COMMON USES: Salads, pasta's, pizzas, brines, marinades, packaged products, breads, baked items. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Puttanesca, tapenade. BE AWARE: Found in many varieties

## ONION

A base of flavor in cooking all over the world. Come in many different colors that range in flavor from sweet to pungent. COMMON USES: Soups, stews, relish, stuffing, salads, salsa, dips, mixed vegetables. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Dry rub. BE AWARE: Comes in the form of powder, salt, flakes, and flavoring cubes

## PEACH

Peaches are round stone fruits with reddish orange fuzzy skin and light orange flesh. Very sweet and soft to the bite when in season. COMMON USES: Baked goods, pies, fruit juices, preserves, salads and sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cobbler, fruit salad

## PEANUT

Peanuts are small nuts that are found inside of a hard oblong, misshaped shell. The shell must be cracked and discarded to consume. COMMON USES: Nut mixes, satay, cakes, cookies, candies, sauces, soups, stews, salads, peanut butter and peanut oil. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Ground nut, monkey nut, earth nut, goober pea, blended oils. 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 peanut as an ingredient must list the word "peanut" in plain English, on the label

## PINE NUT

Pine nuts are the small edible seeds of the female cone of a pine tree. They have a crunch yet buttery texture and are soft yellow in color. COMMON USES: Added to meat, fish, salads, sauces, desserts. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pinoli, pinon, pesto, pine nut oil. 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

## SCALLOP

Scallops are mollusks but unlike clams, oysters and mussels are more often eaten out of their shell. Their white meat is firm and sweet when cooked. COMMON USES: Seafood dishes, sauces, soups, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bay, diver, sea scallops. BE AWARE: Also available dried to add flavor to dishes. Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements

## SPINACH

A green leafy vegetables that comes in fresh or frozen form. It can be eaten in salads raw or cooked. COMMON USES: Salads, soups, stews, stuffing's, creamed dishes; eaten cooked and raw. OTHER WORDS THAT MIGHT INDICATE PRESENCE: "Florentine", vegetable soup. BE AWARE: Boiling for 1 minute is recommended to reduce concentration of oxalic acid

## TURKEY

Turkey is a poultry that is very similar to chicken but much larger. COMMON USES: Soups, stews, casseroles, cold cuts, sausages, bacon, salad and sandwiches, and Thanksgiving. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cold cut, turkey bacon, turkey sausage, poultry

## WHEAT

Wheat is a gluten containing grain that is light brown and when cooked oval shaped and translucent. COMMON USES: Breads, pastas, crackers, cookies, cereals, chips, baked goods, all purpose flour and much more. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bread, cake, cookies, pie, sauces, stews, soups, farina, semolina, farro, couscous, roux, durum, kamut. BE AWARE: Wheat is also found in beer and certain alcohols; 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 wheat as an ingredient must list the word "wheat" in plain English, on the label

## WHITE POTATO

A root vegetable with brown skin and white flesh. COMMON USES: Potato salad, as french fried, potato chips, potato starch, hash browns, soups, stews, starches, flours; not related to the sweet potato. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Batatas, soup, stew, root vegetables, pommies, rosti, vichyssoise, gluten-free, gnocchi, modified food starch. BE AWARE: Often used in gluten-free products, and potato starch is used as a thickener for many sauces, soups and stews

*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.*



SEVERE      MODERATE      MILD\*      ACCEPTABLE / NO REACTION      Item Count: 50

DANDELION ROOT  
ELDERBERRY  
GINKGO BILOBA  
HUPERZINE  
NONI BERRY  
RED YEAST RICE  
SENNA

ACAI BERRY\*  
ASTRAGALUS\*  
CASCARA\*  
CHONDROITIN\*  
ECHINACEA\*  
ESSIAC\*  
FEVERFEW\*  
GOJI BERRY\*  
RED QUEBRACHO\*  
REISHI MUSHROOM\*  
RESVERATROL\*  
ROOIBOS TEA\*  
SPIRULINA\*  
VALERIAN\*  
YELLOW DOCK\*

**Functional Foods and Medicinal Herbs**

ALOE VERA	ASHWAGANDHA	BAMBOO SHOOT	BARLEY GRASS
BEE POLLEN	BILBERRY	BLACK WALNUT	CHLORELLA
GLUCOSAMINE	GOLDENSEAL	GRAPE SEED EXTRAC	GUARANA SEED
GYMNEMA SYLVESTRE	HAWTHORN BERRY	KAVA KAVA	LUO HAN GUO
LUTEIN	MAITAKE MUSHROOM	MILK THISTLE	MULLEIN LEAF
PAU DARCO BARK	PINE BARK	RHODIOLA	SCHISANDRA BERRY
ST JOHNS WORT	VINPOCETINE	WHEATGRASS	WORMWOOD

Herbs: Male/Female

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 no reaction to Candida Albicans.

**GLUTEN**

**GLIADIN**

You have no reaction to Gluten and moderate reaction to Gliadin, eliminate these foods:

BARLEY, MALT, RYE, SPELT, WHEAT

**CASEIN**

**WHEY**

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

COW'S MILK, GOAT'S MILK

FAVA BEAN PINE NUT	ACORN SQUASH BASIL BLACK-EYED PEA BRSSLS SPROUT BUTTON MUSHROOM CHERRY CUMIN GRAPE HADDOCK KALE OLIVE PEACH SCALLOP TURKEY	ASPARAGUS BAY LEAF BROCCOLI BUCKWHEAT CANE SUGAR CRANBERRY FLOUNDER GREEN PEA HONEY NAVY BEAN ONION PEANUT SPINACH WHITE POTATO
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APPLE* BELL PEPPER MIX* BLUEBERRY* CAYENNE PEPPER* FIG* HAZELNUT* LICORICE* MANGO* PEAR* PORTOBELLO MUSHRM RASPBERRY* SARDINE* STRAWBERRY* WALNUT*	APRICOT* BLACK BEANS* BREWER'S YEAST* CELERY* FLAXSEED* KELP* LIMA BEAN* MUNG BEAN* PINEAPPLE* PUMPKIN* ROSEMARY* SESAME* STRING BEAN* WATERCRESS*	AVOCADO* BLACK TEA* CARROT* CORN* FRUCTOSE* LEEK* MACADAMIA* OREGANO* POMEGRANATE* QUINOA* SAFFLOWER* SNAPPER (RED)* TOMATO* YELLOW SQUASH*	BEEF* BLACKBERRY* CATFISH* DATE* GROUPE* LEMON* MAHI MAHI* PAPAYA* PORK* RADISH* SALMON* SOLE* TUNA*
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COW'S MILK, GOAT'S MILK

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**VEGETABLES / LEGUMES**

ARTICHOKE	BOK CHOY	BUTTERNUT SQUASH	CABBAGE
CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ENDIVE	FENNEL SEED	ICEBERG LETTUCE	JALAPEÑO PEPP
KIDNEY BEAN	LEAF LETT (RED/GR	LENTIL BEAN	OKRA
PARSNIP	PINTO BEAN	RED BEET / SUGAR	ROMAINE LETT
SCALLION	SOYBEAN	SWEET POTATO	SWISS CHARD
TURNIP	ZUCCHINI SQUASH		

**VEGETABLES / LEGUMES**

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CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ENDIVE	FENNEL SEED	ICEBERG LETTUCE	JALAPEÑO PEPP
KIDNEY BEAN	LEAF LETT (RED/GR	LENTIL BEAN	OKRA
PARSNIP	PINTO BEAN	RED BEET / SUGAR	ROMAINE LETT
SCALLION	SOYBEAN	SWEET POTATO	SWISS CHARD
TURNIP	ZUCCHINI SQUASH		

**FRUITS**

BANANA	CANTALOUPE	GRAPEFRUIT	HONEYDEW MLN
KIWI	LIME	NECTARINE	ORANGE
PLUM	WATERMELON		

**FRUITS**

BANANA	CANTALOUPE	GRAPEFRUIT	HONEYDEW MLN
KIWI	LIME	NECTARINE	ORANGE
PLUM	WATERMELON		

**MEAT**

BISON	CHICKEN	CHICKEN LIVER	DUCK
LAMB	VEAL	VENISON	

**MEAT**

BISON	CHICKEN	CHICKEN LIVER	DUCK
LAMB	VEAL	VENISON	

**DAIRY / EGGS**

EGG WHITE	EGG YOLK		
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**DAIRY / EGGS**

EGG WHITE	EGG YOLK		
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**SEAFOOD**

ANCHOVY	CLAM	CODFISH	CRAB
HALIBUT	LOBSTER	MACKEREL	MUSSEL
OYSTER	SEA BASS	SHRIMP	SWORDFISH
TILAPIA	TROUT		

**SEAFOOD**

ANCHOVY	CLAM	CODFISH	CRAB
HALIBUT	LOBSTER	MACKEREL	MUSSEL
OYSTER	SEA BASS	SHRIMP	SWORDFISH
TILAPIA	TROUT		

**GRAINS / STARCHES**

AMARANTH	MILLET	OAT (GLUTEN FREE)	RICE (BRWN/WHT)
SORGHUM	TAPIOCA	TEFF	WILD RICE

**GRAINS / STARCHES**

AMARANTH	MILLET	OAT (GLUTEN FREE)	RICE (BRWN/WHT)
SORGHUM	TAPIOCA	TEFF	WILD RICE

**NUTS / OILS AND MISC. FOODS**

ALMOND	BAKER'S YEAST	BRAZIL NUT	CARAWAY
CAROB	CASHEW	CHAMOMILE	COCOA
COCONUT	COFFEE	GARLIC	GREEN TEA
HOPS	MAPLE SUGAR	MUSTARD SEED	PECAN
PISTACHIO	SUNFLOWER	VANILLA	

**NUTS / OILS AND MISC. FOODS**

ALMOND	BAKER'S YEAST	BRAZIL NUT	CARAWAY
CAROB	CASHEW	CHAMOMILE	COCOA
COCONUT	COFFEE	GARLIC	GREEN TEA
HOPS	MAPLE SUGAR	MUSTARD SEED	PECAN
PISTACHIO	SUNFLOWER	VANILLA	

**HERBS / SPICES**

ANCHO CHILI PEPP	BLACK PEPPER	CARDAMOM	CILANTRO
CINNAMON	CLOVE	CORIANDER SEED	DILL
GINGER	NUTMEG	PAPRIKA	PARSLEY
PEPPERMINT	SAFFRON	SAGE	THYME
TURMERIC			

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