

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 200
BREWER'S YEAST FLAXSEED LEEK LICORICE NAVY BEAN RED BEET / SUGAR VEAL	ALMOND APPLE BASIL BELL PEPPER MIX BLACK PEPPER BUTTERNUT SQUASH CELERY CUCUMBER EGG YOLK FENNEL SEED PARSNIP PEAR PORK RICE (BRWN/WHT) SCALLOP SORGHUM WATERMELON	ACORN SQUASH* AMARANTH* APRICOT* ARTICHOKE* ASPARAGUS* AVOCADO* BANANA* BAY LEAF* BEEF* BLACK BEANS* BLACK TEA* BROCCOLI* BRSSLS SPROUT* CHICKEN* CLAM* CORIANDER SEED* CORN* CRANBERRY* GREEN TEA* JALAPEÑO PEPP* KALE* LIME* OKRA* OREGANO* OYSTER* PAPAYA* PAPRIKA* PARSLEY* PINE NUT* PISTACHIO* PUMPKIN* SALMON* SARDINE* SEA BASS* SESAME* SWISS CHARD* TROUT* TURMERIC* VENISON* WHITE POTATO*	<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">VEGETABLES / LEGUMES</div> BLACK-EYED PEA CARROT ENDIVE KELP LIMA BEAN PORTOBELLO MUSHRM SOYBEAN TOMATO ZUCCHINI SQUASH BOK CHOY CAULIFLOWER FAVA BEAN KIDNEY BEAN MUNG BEAN RADISH SPINACH TURNIP BUTTON MUSHROOM CHICKPEA GREEN PEA LEAF LETT (RED/GR ONION ROMAINE LETT STRING BEAN WATERCRESS CABBAGE EGGPLANT ICEBERG LETTUCE LENTIL BEAN PINTO BEAN SCALLION SWEET POTATO YELLOW SQUASH	
			<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">FRUITS</div> BLACKBERRY DATE HONEYDEW MLN NECTARINE PINEAPPLE STRAWBERRY BLUEBERRY FIG KIWI OLIVE PLUM CANTALOUPE GRAPE LEMON ORANGE POMEGRANATE CHERRY GRAPEFRUIT MANGO PEACH RASPBERRY	
			<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">MEAT</div> BISON TURKEY CHICKEN LIVER DUCK LAMB	
			<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">DAIRY / EGGS</div> EGG WHITE	
			<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">SEAFOOD</div> ANCHOVY FLOUNDER LOBSTER SHRIMP TILAPIA CATFISH GROUPER MACKEREL SNAPPER (RED) TUNA CODFISH HADDOCK MAHI MAHI SOLE CRAB HALIBUT MUSSEL SWORDFISH	
			<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">GRAINS / STARCHES</div> BUCKWHEAT TAPIOCA MILLET TEFF OAT (GLUTEN FREE) WILD RICE QUINOA	
			<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">HERBS / SPICES</div> ANCHO CHILI PEPP CINNAMON GINGER SAFFRON CARDAMOM CLOVE NUTMEG SAGE CAYENNE PEPPER CUMIN PEPPERMINT THYME CILANTRO DILL ROSEMARY	
			<div style="background-color: #008000; color: white; padding: 2px; text-align: center;">NUTS / OILS AND MISC. FOODS</div> BAKER'S YEAST CASHEW COFFEE MACADAMIA SAFFLOWER BRAZIL NUT CHAMOMILE GARLIC MUSTARD SEED SUNFLOWER CARAWAY COCOA HAZELNUT PEANUT VANILLA CAROB COCONUT HOPS PECAN WALNUT	

CANDIDA ALBICANS

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

CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR

GLUTEN **GLIADIN**

You have a mild 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).

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	OAT (GLUTEN FREE) TAPIOCA WHITE POTATO*	MILLET WILD RICE	CORN* QUINOA SWEET POTATO TEFF	AMARANTH* BUCKWHEAT
VEGETABLES / LEGUMES	ARTICHOKE* BLACK-EYED PEA CARROT CHICKPEA EGGPLANT KALE* LEAF LETT (RED/GRN) PARSLEY* ROMAINE LETT TOMATO YELLOW SQUASH	BOK CHOY BROCCOLI* BRSSLS SPROUT* BUTTON MUSHROOM CABBAGE CAULIFLOWER ENDIVE KELP LENTIL BEAN ZUCCHINI SQUASH	ACORN SQUASH* ASPARAGUS* BLACK BEANS* GREEN PEA ICEBERG LETTUCE KIDNEY BEAN LIMA BEAN MUNG BEAN ONION PINTO BEAN RADISH STRING BEAN WATERCRESS	JALAPEÑO PEPP* OKRA* PORTOBELLO MUSHRM SCALLION SPINACH SWISS CHARD* TURNIP
Fruit	BANANA* DATE FIG KIWI LEMON MANGO PAPAYA* STRAWBERRY	AVOCADO* BLUEBERRY CRANBERRY* PINEAPPLE POMEGRANATE	APRICOT* BLACKBERRY CHERRY GRAPE LIME* NECTARINE PEACH PLUM RASPBERRY	CANTALOUPE GRAPEFRUIT HONEYDEW MLN OLIVE ORANGE PUMPKIN*
Protein	BEEF* BISON CODFISH CRAB FAVA BEAN FLOUNDER LAMB OYSTER* SARDINE* SEA BASS* SNAPPER (RED) SWORDFISH	CATFISH CHICKEN* EGG WHITE MACKEREL MAHI MAHI TILAPIA TUNA	ANCHOVY DUCK HALIBUT SOLE SOYBEAN	CHICKEN LIVER CLAM* HADDOCK LOBSTER MUSSEL SALMON* SHRIMP TROUT* TURKEY VENISON*
MISCELLANEOUS	ANCHO CHILI PEPP BAY LEAF* CARAWAY CASHEW CHAMOMILE COCONUT CORIANDER SEED* CUMIN PISTACHIO* ROSEMARY SAFFLOWER TURMERIC*	BAKER'S YEAST CAYENNE PEPPER CINNAMON CLOVE GARLIC GINGER HAZELNUT HOPS MUSTARD SEED PAPRIKA* PEPPERMINT SAFFRON	BRAZIL NUT CARDAMOM CILANTRO COCOA COFFEE DILL MACADAMIA OREGANO* PEANUT THYME	BLACK TEA* CAROB GREEN TEA* NUTMEG PECAN PINE NUT* SAGE SESAME* SUNFLOWER VANILLA WALNUT

ALMOND

Almonds are tree nuts that are oval in shape with brown skin and creamy white flesh. **COMMON USES:** Granola, cereals, baked goods, nut butters, gluten-free products, baklava, dairy free products. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Dairy free, tree nut, gluten-free (flour mixtures), nut butter, extracts, oils, paste, marzipan, amaretto, praline. **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

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

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

BELL PEPPER MIX

Bell Peppers (Red, Yellow, Orange, Green), Used in a variety of dishes from many cultures. Some recipes may include; fajitas, pizza, curries, stews and Spanish rice dishes. Good source of Vitamin C, beta carotene and Anti-oxidants. Red Peppers are sweeter and have a higher nutrient value than green.

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

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

BUTTERNUT SQUASH

Some dishes may include soups, a side dish, pie and or casseroles. Is a type of winter squash with yellow skin and orange pulp. Good source of Vitamin A, C, Potassium and dietary fiber.

CELERY

Long fibrous stalks that are green in color and crunchy with flavorful leaves that can be eaten. **COMMON USES:** Soups, soup mixes, stews, salads, poultry seasoning, V-8 juice, mixed juices, broths, bouillon cubes. Celery seed is used as a flavoring or spice and mixed with salt as celery salt commonly found in coleslaw. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Celery root, celery seed, celery salt, broth, soup. **BE AWARE:** Like many produce items, pesticides are a concern; the leaves may be found in salads

CUCUMBER

A long, thin, smooth skinned variety of squash that is eaten raw or cooked. The outer skin is dark green while the flesh is light green and has a high water content. **COMMON USES:** Salads, dips, sauces, cold soups, smoothies, and juice. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Pickles, tzatziki, raita. **BE AWARE:** Can be found in many fragrances and beauty products

EGG YOLK

An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking. **COMMON USES:** Mayonnaise, custards, mousse, hollandaise sauce, béarnaise, sauces, crème brulee, baked goods, margarine, glazes, ovalbumin, lecithin. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Powdered eggs

FENNEL SEED

The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel is also used as a flavoring in some natural toothpaste. Fennel is most prominently featured in Italian cuisine, where bulbs and fronds appears both raw and cooked in side dishes, salads, pastas, and risottos. Fennel seed is a common ingredient in Italian sausages and meatballs and northern European rye breads. Many egg, fish, and other dishes employ fresh or dried fennel leaves. For reintroduction into diet, place into day: 3

FLAXSEED

Flax seeds come in two basic varieties, brown and yellow or golden, with most types having similar nutritional values and equal amounts of short-chain omega-3 fatty acids. Flax seeds produce a vegetable oil known as flaxseed or linseed oil; it is one of the oldest commercial oils and solvent-processed flax seed oil has been used for centuries as a drying oil in painting and varnishing. COMMON USES: Oatmeal, wafers, gluten-free bread, cookies, crackers, and cereals. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Linseed oil, gluten-free, egg free. Be aware that solin is a flaxseed bred to have very low levels of omega-3 fatty acids. BE AWARE: May be used as an egg substitute

LEEK

Resembles a large green onion, more mild in flavor. Only the white portions are edible; the green parts are tough and dry. Must be cleaned well prior to eating as they accumulate sand. Typically eaten cooked. COMMON USES: Soups, broths, stews, salads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Vichyssoise

LICORICE

Licorice is a root that has many health benefits. COMMON USES: Flavoring in candies, soft drinks, cough syrup, herbal teas, liqueurs . BE AWARE: Used as a flavoring agent for tobacco, found in supplements and beauty products

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

PARSNIP

The parsnip is a starchy root vegetable related to the carrot that is pale in color. COMMON USES: Soups, stews, casseroles, purees, sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Root vegetables

PEAR

Pears come in many different varieties and colors such as green, brown and red. The most common is with a green outer skin (Bartlett Pear) and white juicy flesh. The flesh tends to have a grainy texture and when ripe is very soft and sweet. COMMON USES: Fruit juices, desserts, fruit salad, salads, sauces and preserves. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fruit cocktail. BE AWARE: Pear juice is often used as a base for other fruit juices

PORK

Meat that comes from a pig; one of the most regulated meats available at this time. COMMON USES: Soups, stews, pasta dishes, BBQ, pizza, breakfast meats, salads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bacon, ham, hot dogs, sausages, pastrami, bologna, salami, pepperoni, chorizo, sopressata, meatballs, choucrute

RED BEET / SUGAR

A deep red root vegetable that can be eaten boiled either as a cooked vegetable or cold as a salad. A large proportion of the commercial production is processed into boiled and sterilized beets or into pickles. COMMON USES: Pickled beet mixtures, beet juice, soups (borscht), salads, natural food coloring . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Beet sugar, natural food coloring, beet greens, remolacha, beetroot, betarraga, betterave, fodder beet, garden beet, mangel, mangold . BE AWARE: Items may be sweetened with beet sugar that is found in yellow and red varieties. In the United States, most sugar beets are genetically engineered

RICE (BRWN/WHT)

Avoid also mochi, nutty rice cereal, puffed rice, rice bran, rice bran oil, rice cakes, rice cream, rice flour, rice noodles, rice pasta, rice breakfast cereals, rice pudding, rice syrup, brown rice, crackers, brown rice flour & cream of rice. For reintroduction into diet, place into Day 4.



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



SORGHUM

A gluten free grain that is off white in color, round in shape, and larger than rice or millet. Sorghum has a mild flavor similar to rice and millet. COMMON USES: Gluten free cereals, breads, and baked goods. More commonly seen as a flour, but does exist as a whole grain. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sorghum syrup, sorghum molasses, whole grain, ancient grain, gluten free. BE AWARE: Widely used in gluten free beers and as a "cane sugar free" sweetener, and comes in a variety of colors



SPELT

Spelt is a gluten containing grain that is light brown in color, long and thin in shape. COMMON USES: Cereals, flours, baked goods, soups, salads . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Hulled wheat, whole grain, ancient grain. BE AWARE: Gluten containing grain; 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



VEAL

A baby cow; meat is not yet red like an adult cow and much more tender. COMMON USES: Soups, stews, braised dishes, grilled. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Meatloaf, meatballs, cordon bleu, marengo, osso bucco, parmigiana, piccata, scaloppine, oscar, orloff, sweetbreads



WATERMELON

A large melon with a thick yellow and green patterned rind and juicy red flesh with black seeds. COMMON USES: Salad, smoothies, soups and desserts. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fruit salad, melon. BE AWARE: Often a flavoring for gums and candies; scented soaps and lotions



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

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
<p>CITRIC ACID</p>	<p>ACID BLUE #3 ERYTHRITOL RED#4 CARMINE YELLOW#5 TARTRAZINE</p>	<p>ACID RED #14* ANNATTO* BENZOIC ACID* SODIUM SULFITE*</p>	<p>FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS</p> <p>ASPARTAME BHA BHT BLUE#1 BRILLIANT BLUE#2 INDIGO CAR BRILLIANT BLACK GREEN#3 FAST GREE HIGH FRUCTOSE COR MSG ORRIS ROOT POLYSORBATE 80 RED#40 ALLURA RED SACCHARIN SORBIC ACID SUCRALOSE XYLITOL YELLOW#6 SUNSET Y</p>
			<p>ANTIBIOTICS/ANTI INFLAMMATORY AGENTS</p>
	<p>ALTERNARIA ASPERGILLUS</p>	<p>BOTRYTIS* CURV SPECIFERA* EPICOCOCCUM NIGRUM* FUSARIUM OXYSPORUM* PENICILLIUM*</p>	<p>MOLDS</p> <p>CEPHALOSPORIUM CLADO HERBARUM GEOTRICHUM CANDID HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PHOMA HERBARUM PULLULARIA RHIZOPUS NIGRICAN RHODOTORULA SPONDYLOCLADIUM TRICHODERMA RUBRA</p>
		<p>BETA-CAROTENE* Lecithin (Soy)*</p>	<p>PRESERVATIVES/EXPANDED ADDITIVES</p> <p>RED#2 AMARANTH RED#3 ERYTHROSINE</p>
			<p>Others</p>

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 mild reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR

GLUTEN

GLIADIN

You have a mild 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

BREWER'S YEAST
FLAXSEED
LEEK
LICORICE
NAVY BEAN
RED BEET / SUGAR
VEAL

ALMOND
BASIL
BLACK PEPPER
CELERY
EGG YOLK
PARSNIP
PORK
SCALLOP
WATERMELON

APPLE
BELL PEPPER MIX
BUTTERNUT SQUASH
CUCUMBER
FENNEL SEED
PEAR
RICE (BRWN/WHT)
SORGHUM

ACORN SQUASH*
ASPARAGUS*
BEEF*
BRSSLS SPROUT*
CORN*
KALE*
OYSTER*
PINE NUT*
SARDINE*
TROUT*

AMARANTH*
AVOCADO*
BLACK BEANS*
CHICKEN*
CRANBERRY*
LIME*
PAPAYA*
PISTACHIO*
SEA BASS*
TURMERIC*

APRICOT*
BANANA*
BLACK TEA*
CLAM*
GREEN TEA*
OKRA*
PAPRIKA*
PUMPKIN*
SESAME*
VENISON*

ARTICHOKE*
BAY LEAF*
BROCCOLI*
CORIANDER
SEED*
JALAPEÑO PEPP*
OREGANO*
PARSLEY*
SALMON*
SWISS CHARD*
WHITE POTATO*

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GLUTEN

GLIADIN

You have a mild 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

BREWER'S YEAST
FLAXSEED
LEEK
LICORICE
NAVY BEAN
RED BEET / SUGAR
VEAL

ALMOND
BASIL
BLACK PEPPER
CELERY
EGG YOLK
PARSNIP
PORK
SCALLOP
WATERMELON

APPLE
BELL PEPPER MIX
BUTTERNUT SQUASH
CUCUMBER
FENNEL SEED
PEAR
RICE (BRWN/WHT)
SORGHUM

ACORN SQUASH*
ASPARAGUS*
BEEF*
BRSSLS SPROUT*
CORN*
KALE*
OYSTER*
PINE NUT*
SARDINE*
TROUT*

AMARANTH*
AVOCADO*
BLACK BEANS*
CHICKEN*
CRANBERRY*
LIME*
PAPAYA*
PISTACHIO*
SEA BASS*
TURMERIC*

APRICOT*
BANANA*
BLACK TEA*
CLAM*
GREEN TEA*
OKRA*
PAPRIKA*
PUMPKIN*
SESAME*
VENISON*

ARTICHOKE*
BAY LEAF*
BROCCOLI*
CORIANDER
SEED*
JALAPEÑO PEPP*
OREGANO*
PARSLEY*
SALMON*
SWISS CHARD*
WHITE POTATO*

VEGETABLES / LEGUMES

BLACK-EYED PEA	BOK CHOY	BUTTON MUSHROOM	CABBAGE
CARROT	CAULIFLOWER	CHICKPEA	EGGPLANT
ENDIVE	FAVA BEAN	GREEN PEA	ICEBERG LETTUCE
KELP	KIDNEY BEAN	LEAF LETT (RED/GR	LENTIL BEAN
LIMA BEAN	MUNG BEAN	ONION	PINTO BEAN
PORTOBELLO	RADISH	ROMAINE LETT	SCALLION
MUSHRM	SPINACH	STRING BEAN	SWEET POTATO
SOYBEAN	TURNIP	WATERCRESS	YELLOW SQUASH
TOMATO			
ZUCCHINI SQUASH			

VEGETABLES / LEGUMES

BLACK-EYED PEA	BOK CHOY	BUTTON MUSHROOM	CABBAGE
CARROT	CAULIFLOWER	CHICKPEA	EGGPLANT
ENDIVE	FAVA BEAN	GREEN PEA	ICEBERG LETTUCE
KELP	KIDNEY BEAN	LEAF LETT (RED/GR	LENTIL BEAN
LIMA BEAN	MUNG BEAN	ONION	PINTO BEAN
PORTOBELLO	RADISH	ROMAINE LETT	SCALLION
MUSHRM	SPINACH	STRING BEAN	SWEET POTATO
SOYBEAN	TURNIP	WATERCRESS	YELLOW SQUASH
TOMATO			
ZUCCHINI SQUASH			

FRUITS

BLACKBERRY	BLUEBERRY	CANTALOUPE	CHERRY
DATE	FIG	GRAPE	GRAPEFRUIT
HONEYDEW MLN	KIWI	LEMON	MANGO
NECTARINE	OLIVE	ORANGE	PEACH
PINEAPPLE	PLUM	POMEGRANATE	RASPBERRY
STRAWBERRY			

FRUITS

BLACKBERRY	BLUEBERRY	CANTALOUPE	CHERRY
DATE	FIG	GRAPE	GRAPEFRUIT
HONEYDEW MLN	KIWI	LEMON	MANGO
NECTARINE	OLIVE	ORANGE	PEACH
PINEAPPLE	PLUM	POMEGRANATE	RASPBERRY
STRAWBERRY			

MEAT

BISON	CHICKEN LIVER	DUCK	LAMB
TURKEY			

MEAT

BISON	CHICKEN LIVER	DUCK	LAMB
TURKEY			

DAIRY / EGGS

EGG WHITE

DAIRY / EGGS

EGG WHITE

SEAFOOD

ANCHOVY	CATFISH	CODFISH	CRAB
FLOUNDER	GROUPE	HADDOCK	HALIBUT
LOBSTER	MACKEREL	MAHI MAHI	MUSSEL
SHRIMP	SNAPPER (RED)	SOLE	SWORDFISH
TILAPIA	TUNA		

SEAFOOD

ANCHOVY	CATFISH	CODFISH	CRAB
FLOUNDER	GROUPE	HADDOCK	HALIBUT
LOBSTER	MACKEREL	MAHI MAHI	MUSSEL
SHRIMP	SNAPPER (RED)	SOLE	SWORDFISH
TILAPIA	TUNA		

GRAINS / STARCHES

BUCKWHEAT	MILLET	OAT (GLUTEN FREE)	QUINOA
TAPIOCA	TEFF	WILD RICE	

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BUCKWHEAT	MILLET	OAT (GLUTEN FREE)	QUINOA
TAPIOCA	TEFF	WILD RICE	

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	BRAZIL NUT	CARAWAY	CAROB
CASHEW	CHAMOMILE	COCOA	COCONUT
COFFEE	GARLIC	HAZELNUT	HOPS
MACADAMIA	MUSTARD SEED	PEANUT	PECAN
SAFFLOWER	SUNFLOWER	VANILLA	WALNUT

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SAFFLOWER	SUNFLOWER	VANILLA	WALNUT

HERBS / SPICES

ANCHO CHILI PEPP	CARDAMOM	CAYENNE PEPPER	CILANTRO
CINNAMON	CLOVE	CUMIN	DILL
GINGER	NUTMEG	PEPPERMINT	ROSEMARY
SAFFRON	SAGE	THYME	

HERBS / SPICES

ANCHO CHILI PEPP	CARDAMOM	CAYENNE PEPPER	CILANTRO
CINNAMON	CLOVE	CUMIN	DILL
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