






SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION				Item Count: 100
	ALMOND APPLE ASPARAGUS CODFISH EGG WHITE HOPS MILLET SALMON STRING BEAN SWEET POTATO TURKEY WHEAT	AVOCADO* BLACK PEPPER* BLACK TEA* BLUEBERRY* BREWER'S YEAST* BROCCOLI* BUTTERNUT SQUASH* CARROT* CHERRY* CLAM* COCOA* COFFEE* CORN* CRANBERRY* GINGER* GRAPE* GRAPEFRUIT* OAT (GLUTEN FREE)* ONION* PEACH* PLUM* SESAME* SHRIMP* VANILLA*	<b>VEGETABLES / LEGUMES</b>  BELL PEPPER MIX    BRSSLS SPROUT    BUTTON MUSHROOM    CABBAGE CAULIFLOWER    CELERY    CUCUMBER    EGGPLANT GREEN PEA    ICEBERG LETTUCE    PINTO BEAN    SOYBEAN SPINACH    TOMATO    WHITE POTATO    YELLOW SQUASH				
			<b>FRUITS</b>  BANANA    CANTALOUPE    LEMON    LIME OLIVE    ORANGE    PEAR    PINEAPPLE STRAWBERRY    WATERMELON				
			<b>MEAT</b>  BEEF    CHICKEN    LAMB    PORK				
			<b>DAIRY / EGGS</b>  EGG YOLK				
			<b>SEAFOOD</b>  CRAB    HALIBUT    LOBSTER    SCALLOP SNAPPER (RED)    SOLE    TUNA				
			<b>GRAINS / STARCHES</b>  BARLEY    RICE (BRWN/WHT)    RYE				
			<b>HERBS / SPICES</b>  BASIL    CINNAMON    OREGANO    PARSLEY				
			<b>NUTS / OILS AND MISC. FOODS</b>  BAKER'S YEAST    CAROB    CASHEW    COCONUT GARLIC    GREEN TEA    MUSTARD SEED    PEANUT PECAN				


**CANDIDA ALBICANS**  
 You have a moderate reaction to Candida Albicans, also eliminate these foods:  
**CANE SUGAR, FRUCTOSE, HONEY**


**GLUTEN**

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


**CASEIN**

**WHEY**  
 You have a mild reaction to Whey and moderate reaction to Casein, eliminate these foods:  
**COWS MILK, GOATS 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:

- 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.
- 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.
- Alcat Test results are not designed to replace a consultation with a healthcare provider.

## Note:

- 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.
- 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)* WHITE POTATO	BARLEY RYE	CORN*	RICE (BRWN/WHT)
VEGETABLES / LEGUMES	BUTTERNUT SQUASH* CARROT* CELERY EGGPLANT TOMATO YELLOW SQUASH	BELL PEPPER MIX BROCCOLI* BRSSLS SPROUT BUTTON MUSHROOM CABBAGE CAULIFLOWER	GREEN PEA ICEBERG LETTUCE ONION* PINTO BEAN	CUCUMBER SPINACH
Fruit	BANANA LEMON STRAWBERRY	AVOCADO* BLUEBERRY* CRANBERRY* PEAR PINEAPPLE	CHERRY* GRAPE* LIME PEACH* PLUM*	CANTALOUPE GRAPEFRUIT* OLIVE ORANGE WATERMELON
Protein	BEEF CRAB LAMB SNAPPER (RED)	CHICKEN EGG YOLK TUNA	HALIBUT PORK SOLE SOYBEAN	CLAM* LOBSTER SCALLOP SHRIMP*
MISCELLANEOUS	CASHEW COCONUT PARSLEY	BAKER'S YEAST BASIL BREWER'S YEAST* CINNAMON GARLIC GINGER* MUSTARD SEED	COCOA* COFFEE* OREGANO PEANUT	BLACK PEPPER* BLACK TEA* CAROB GREEN TEA PECAN SESAME* VANILLA*

Avoiding YOUR Reactive Foods		WHAT YOU NEED TO KNOW	
			
		<b>ALMOND</b> Almonds are tree nuts that are oval in shape with brown skin and creamy white flesh. <b>COMMON USES:</b> Granola, cereals, baked goods, nut butters, gluten-free products, baklava, dairy free products. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Dairy free, tree nut, gluten-free (flour mixtures), nut butter, extracts, oils, paste, marzipan, amaretto, praline. <b>BE AWARE:</b> 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	
		<b>APPLE</b> Apples come in many sizes and colors and are considered a fall and winter fruit. <b>COMMON USES:</b> Juice, cider, fruit cocktails, juice blends, yogurt, desserts, salads, pie, crisps, cake, apple butter, apple jelly. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Pectin, cider, fruit juice blend, waldorf salad. <b>BE AWARE:</b> Items labeled no added sugar might be sweetened with apple	
		<b>ASPARAGUS</b> Asparagus is a woody, stalk like vegetable that can be green, purple or white in color. <b>COMMON USES:</b> Pickled mixtures, mixed vegetables, soups, stews and sauces. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Mixed vegetables, primavera	
		<b>CANE SUGAR</b> Cane sugar comes in many forms such as granulated, powdered, and liquid. <b>COMMON USES:</b> Sweets, candy, ice cream, chocolate, juices, soft drinks and most pre-packaged products, breads, and crackers. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Sugar, granulated sugar, cane sugar, brown sugar, raw sugar, invert sugar, cane syrup, or evaporated cane juice. <b>BE AWARE:</b> Cane sugar is a very common ingredient, even in foods that are not sweet. Juice that is not 100% juice often contains added sugar	
		<b>CODFISH</b> A white fish with dense, mild flavored flaky flesh. <b>COMMON USES:</b> Fast food, frozen fish sticks, smoked fish dips; dried and salted. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Scrod. <b>BE AWARE:</b> Codfish is often a fish used in fish oil supplements. 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	
		<b>EGG WHITE</b> Egg white is the common name for the clear liquid contained within an egg. Its primary natural purpose is to protect the egg yolk and provide additional nutrition for the growth of the embryo, as it is rich in proteins and is of high nutritional value. <b>COMMON USES:</b> Merquingues, soufflés, mousse, quiche, omelets, baked goods, pasta, glazes and margarines, ice creams. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Albumen, powdered egg whites. <b>BE AWARE:</b> Used to make glazes, margarines, mayonnaise and ice cream	
		<b>FRUCTOSE</b> Derived from corn and highly processed; very different chemically from natural fructose, which is found in all fruits. <b>COMMON USES:</b> Sweets, candies, yogurts, juices, condiments, cereals, protein bars, prepackaged foods, etc. . <b>BE AWARE:</b> Spikes insulin levels; a known inflammatory and non-healthy weight gaining food	
		<b>HOPS</b> Hops are the seeds of the plant Humulus and they are used as a flavoring agent. <b>COMMON USES:</b> Herbal medicine. Most common in flavoring and stabilizing beer. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Nobel hops. <b>BE AWARE:</b> Even gluten- free beers contain hops	
		<b>MILLET</b> A gluten free small round grain that is pale yellow in color and mild in flavor much like rice. <b>COMMON USES:</b> Hot cereal, pilaf, flours, puddings, cakes, and breads. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> gluten-free. <b>BE AWARE:</b> Can be in gluten-free flour mixes	
		<b>SALMON</b> Salmon is a very popular fish with firm, pink, flaky flesh and a very distinct flavor. <b>COMMON USES:</b> Salads, dips, spreads, sushi, entrees. <b>OTHER WORDS THAT MIGHT INDICATE PRESENCE:</b> Lox, gravlax, coulibiac, roe, coho, smoked. <b>BE AWARE:</b> Salmon roe is becoming increasingly popular; there are many varieties of salmon. 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	



**STRING BEAN**

There are many varieties e.g. runner, lima and french or haricot beans. French beans need only be topped and tailed before cooking; runner beans must have their tough skins stripped off even when they are very young. There is a yellow variety known as wax bean, popular in North America. COMMON USES: Soups, stews, salads, casseroles. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Runner bean, French bean, haricot vert, snap bean. BE AWARE: The yellow wax bean is a variety of green bean



**SWEET POTATO**

A root vegetable with skin that is brown/orange in color with bright orange flesh; although it can be found in the white flesh variety. Sweet potatoes are most commonly boiled, baked, roasted or fried. COMMON USES: Baked goods, pies, casseroles, mashes, purees, soups, stews; not related to the white potato . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Root vegetables, yams (used interchangeably but yam is a different species), boniato. BE AWARE: Can also be found in white or purple color



**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

*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 moderate reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, FRUCTOSE, HONEY

### GLUTEN

### GLIADIN

You have no reaction to Gluten or Gliadin.

### CASEIN

### WHEY

You have a mild reaction to Whey and moderate reaction to Casein, eliminate these foods:

COW'S MILK, GOAT'S MILK

ALMOND  
ASPARAGUS  
EGG WHITE  
MILLET  
STRING BEAN  
TURKEY

APPLE  
CODFISH  
HOPS  
SALMON  
SWEET POTATO  
WHEAT

AVOCADO\*  
BREWER'S YEAST\*  
CHERRY\*  
CORN\*  
GRAPEFRUIT\*  
PLUM\*

BLACK PEPPER\*  
BROCCOLI\*  
CLAM\*  
CRANBERRY\*  
OAT (GLUTEN FREE)  
SESAME\*

BLACK TEA\*  
BUTTERNUT  
SQUASH\*  
COCOA\*  
GINGER\*  
ONION\*  
SHRIMP\*

BLUEBERRY\*  
CARROT\*  
COFFEE\*  
GRAPE\*  
PEACH\*  
VANILLA\*

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AVOCADO\*  
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CARROT\*  
COFFEE\*  
GRAPE\*  
PEACH\*  
VANILLA\*

**VEGETABLES / LEGUMES**

BELL PEPPER MIX	BRSSLS SPROUT	BUTTON MUSHROOM	CABBAGE
CAULIFLOWER	CELERY	CUCUMBER	EGGPLANT
GREEN PEA	ICEBERG LETTUCE	PINTO BEAN	SOYBEAN
SPINACH	TOMATO	WHITE POTATO	YELLOW SQUASH

**FRUITS**

BANANA	CANTALOUPE	LEMON	LIME
OLIVE	ORANGE	PEAR	PINEAPPLE
STRAWBERRY	WATERMELON		

**MEAT**

BEEF	CHICKEN	LAMB	PORK
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**DAIRY / EGGS**

EGG YOLK

**SEAFOOD**

CRAB	HALIBUT	LOBSTER	SCALLOP
SNAPPER (RED)	SOLE	TUNA	

**GRAINS / STARCHES**

BARLEY	RICE (BRWN/WHT)	RYE
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**NUTS / OILS AND MISC. FOODS**

BAKER'S YEAST	CAROB	CASHEW	COCONUT
GARLIC	GREEN TEA	MUSTARD SEED	PEANUT
PECAN			

**HERBS / SPICES**

BASIL	CINNAMON	OREGANO	PARSLEY
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**VEGETABLES / LEGUMES**

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CAULIFLOWER	CELERY	CUCUMBER	EGGPLANT
GREEN PEA	ICEBERG LETTUCE	PINTO BEAN	SOYBEAN
SPINACH	TOMATO	WHITE POTATO	YELLOW SQUASH

**FRUITS**

BANANA	CANTALOUPE	LEMON	LIME
OLIVE	ORANGE	PEAR	PINEAPPLE
STRAWBERRY	WATERMELON		

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BEEF	CHICKEN	LAMB	PORK
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