

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

Item Count: 200

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

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 Casein or Whey.

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	MILLET WILD RICE*	CORN QUINOA SORGHUM* TEFF*	AMARANTH* RICE (BRWN/WHT)
VEGETABLES / LEGUMES	ARTICHOKE* BLACK-EYED PEA* BUTTERNUT SQUASH CELERY* CHICKPEA EGGPLANT* FAVA BEAN KALE LEAF LETT (RED/GRN) ROMAINE LETT TOMATO YELLOW SQUASH	BELL PEPPER MIX* BOK CHOY BROCCOLI BRSSLS SPROUT BUTTON MUSHROOM CABBAGE* CAULIFLOWER ENDIVE* KELP LENTIL BEAN* ZUCCHINI SQUASH*	ACORN SQUASH ASPARAGUS BLACK BEANS FENNEL SEED GREEN PEA* ICEBERG LETTUCE KIDNEY BEAN LEEK MUNG BEAN NAVY BEAN ONION* PINTO BEAN RADISH WATERCRESS	CUCUMBER JALAPEÑO PEPP* OKRA PARSNIP PORTOBELLO MUSHRM RED BEET / SUGAR SCALLION* SPINACH SWISS CHARD*
Fruit	BANANA* DATE FIG* KIWI LEMON MANGO PAPAYA* STRAWBERRY	BLUEBERRY CRANBERRY* PEAR PINEAPPLE POMEGRANATE	APRICOT BLACKBERRY* CHERRY* GRAPE LIME NECTARINE PEACH PLUM RASPBERRY	CANTALOUPE* GRAPEFRUIT HONEYDEW MLN OLIVE ORANGE PUMPKIN WATERMELON
Protein	BEEF CODFISH CRAB FLOUNDER LAMB* OYSTER SWORDFISH*	CATFISH CHICKEN EGG WHITE EGG YOLK MAHI MAHI TILAPIA	ANCHOVY DUCK GROUPER HALIBUT* SOLE SOYBEAN	CHICKEN LIVER* HADDOCK* LOBSTER MUSSEL SCALLOP* SHRIMP* TROUT TURKEY* VENISON
MISCELLANEOUS	ANCHO CHILI PEPP BAY LEAF* CARAWAY CASHEW CHAMOMILE COCONUT CORIANDER SEED CUMIN* FLAXSEED LICORICE PISTACHIO* ROSEMARY SAFFLOWER TURMERIC	BAKER'S YEAST BASIL CAYENNE PEPPER* CINNAMON CLOVE GARLIC GINGER HAZELNUT* HOPS MUSTARD SEED PAPRIKA* PEPPERMINT* SAFFRON	CARDAMOM* CILANTRO COCOA* COFFEE COW'S MILK DILL GOAT'S MILK* OREGANO PEANUT* THYME*	BLACK PEPPER BLACK TEA 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

**AVOCADO**

Haas avocados have a dark, leathery skin and a creamy green flesh. Florida avocados are larger with a bright green shiny skin and a green flesh that is a bit more firm than a Haas avocado. **COMMON USES:** Sandwiches, salads, in sushi, baby food, and dips, sauces, and smoothies; also an oil. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Guacamole, avocaditos (cocktail avocado), alligator pear, oil blends. **BE AWARE:** May be used in milkshakes, ice cream, and other desserts/baked goods. Associated with latex-fruit allergy syndrome and may cause cross-reaction

**BISON**

Similar to beef but much leaner. **COMMON USES:** Stews, also ground for burgers and chili, and served as grilled steaks and roasts. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Grass fed, burger, stew. **BE AWARE:** Buffalo is typically referring to bison

**BRAZIL NUT**

Brazil nuts are very large nuts that are the seeds of a South American tree. They have brown skin that peels easily with off white flesh. **COMMON USES:** Mixed Nuts. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Tree nut, trail mix, mixed nuts. **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

**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

**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

**CAROB**

Carob pods grow on the carob tree, are dark brown in color and contains the carob beans inside. Carob is technically a legume. **COMMON USES:** Cakes, cookies, and soft drinks; used as a chocolate replacement and is popular in the baking and confectionary industry. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Saint Johns bread or locust bean. **BE AWARE:** Used as a flavoring in baking

**CARROT**

A root vegetable that can vary in colors but the most common is orange. **COMMON USES:** Salads, sauces, soups, stews, juices, smoothies. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Carrot, vegetable medley, mixed vegetables, vegetable juices. **BE AWARE:** Often found within mixed vegetable dishes and in many prepackaged vegetable juices; comes in many different colors

**CLAM**

Clam is a term for any bivalve mollusk; varies in color, size and shape. **COMMON USES:** Seafood dishes, pastas, soups, and stews. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mollusk, shellfish, boulliaabaise. **BE AWARE:** Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements



LIMA BEAN

Flat, primarily green kidney shaped beans that have a starchy like taste and a grainy texture. **COMMON USES:** Succotash, spreads, hummus, dips, soups and salads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Butter beans, Madagascar beans, fordhook. **BE AWARE:** Can be found in many different colors

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

MACKEREL

Mackeral is a firm fleshed oil rich fish. **COMMON USES:** Smoked fish dip, stews, soups. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Fish oil supplements. **BE AWARE:** Mercury can be a concern. 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

PARSLEY

Parsley comes in two varieties: curly leaf and flat leaf. Flat leaf is known for being more flavorful while curly parsley is more for garnish. **COMMON USES:** Garnish and flavoring; in smoothies, soups, sauces, stews, dips, spreads, salads and much more. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** "Rock celery", bouquet garni, sachet, Italian herb seasoning. **BE AWARE:** Found in many dishes and prepackaged foods for color

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

SALMON

Salmon is a very popular fish with firm, pink, flaky flesh and a very distinct flavor. **COMMON USES:** Salads, dips, spreads, sushi, entrees. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Lox, gravlax, coulibiac, roe, coho, smoked. **BE AWARE:** 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

SARDINE

Avoid also pilchards, sprats and herring. For reintroduction into diet, place into Day 1.

SEA BASS

Many species of fish are called sea bass; all having mildly sweet, buttery flavored white flaky flesh. **COMMON USES:** Entrees, soups, stews, dips, and ceviche. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Black and striped are true sea bass; white and giant are not. **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

SNAPPER (RED)

The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

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

TUNA

Tuna comes in many species. When cooked, tuna is very dense and called a "steak". A delicacy eaten raw and considered a fatty fish. **COMMON USES:** Salads or snacks; used in sushi and often sold as tuna steaks; can be fresh or canned. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Albacore, bluefin, bigeye, pacific, Atlantic, blackfin, longtail or yellowfin. **BE AWARE:** Mercury is a concern. 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

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

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

WHITE POTATO

A root vegetable with brown skin and white flesh. COMMON USES: Potato salad, as frensh 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, pommes, rosti, vichysoisse, 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
	ANNATTO BLUE#1 BRILLIANT BLUE SACCHARIN SODIUM SULFITE	ACID BLUE #3* ASPARTAME* BHT* GREEN#3 FAST GREEN* RED#4 CARMINE* SORBIC ACID* SUCRALOSE* YELLOW#5 TARTRAZINE*	FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS ACID RED #14 BRILLIANT BLACK MSG XYLITOL BENZOIC ACID CITRIC ACID ORRIS ROOT YELLOW#6 SUNSET Y BHA ERYTHRITOL POLYSORBATE 80 BLUE#2 INDIGO CAR HIGH FRUCTOSE COR RED#40 ALLURA RED
			ANTIBIOTICS/ANTI INFLAMMATORY AGENTS
			MOLDS
	BETA-CAROTENE		PRESERVATIVES/EXPANDED ADDITIVES Lecithin (Soy) RED#2 AMARANTH RED#3 ERYTHROSINE
			Others

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

You have no reaction to Casein or Whey.

BREWER'S YEAST
MACKEREL

ALMOND
AVOCADO
BRAZIL NUT
CAROB
CLAM
MACADAMIA
PORK
SARDINE
SNAPPER (RED)
SWEET POTATO
TURNIP
WHITE POTATO

APPLE
BISON
BUCKWHEAT
CARROT
LIMA BEAN
PARSLEY
SALMON
SEA BASS
STRING BEAN
TUNA
VEAL

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BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

You have no reaction to Casein or Whey.

BREWER'S YEAST
MACKEREL

ALMOND
AVOCADO
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CAROB
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PORK
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SNAPPER (RED)
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APPLE
BISON
BUCKWHEAT
CARROT
LIMA BEAN
PARSLEY
SALMON
SEA BASS
STRING BEAN
TUNA
VEAL

AMARANTH*
BELL PEPPER MIX*
CANTALOUPE*
CHERRY*
CUMIN*
GOAT'S MILK*
HAZELNUT*
NUTMEG*
PAPRIKA*
PISTACHIO*
SHRIMP*
SWORDFISH*
WALNUT*

ARTICHOKE*
BLACKBERRY*
CARDAMOM*
CHICKEN LIVER*
EGGPLANT*
GREEN PEA*
JALAPENO PEPP*
OAT (GLUTEN FREE)
PEANUT*
SCALLION*
SORGHUM*
TEFF*
WILD RICE*

BANANA*
BLACK-EYED PEA*
CAYENNE PEPPER*
COCOA*
ENDIVE*
HADDOCK*
LAMB*
ONION*
PEPPERMINT*
SCALLOP*
SUNFLOWER*
THYME*
ZUCCHINI
SQUASH*

BAY LEAF*
CABBAGE*
CELERY*
CRANBERRY*
FIG*
HALIBUT*
LENTIL BEAN*
PAPAYA*
PINE NUT*
SESAME*
SWISS CHARD*
TURKEY*

AMARANTH*
BELL PEPPER MIX*
CANTALOUPE*
CHERRY*
CUMIN*
GOAT'S MILK*
HAZELNUT*
NUTMEG*
PAPRIKA*
PISTACHIO*
SHRIMP*
SWORDFISH*
WALNUT*

ARTICHOKE*
BLACKBERRY*
CARDAMOM*
CHICKEN LIVER*
EGGPLANT*
GREEN PEA*
JALAPENO PEPP*
OAT (GLUTEN FREE)
PEANUT*
SCALLION*
SORGHUM*
TEFF*
WILD RICE*

BANANA*
BLACK-EYED PEA*
CAYENNE PEPPER*
COCOA*
ENDIVE*
HADDOCK*
LAMB*
ONION*
PEPPERMINT*
SCALLOP*
SUNFLOWER*
THYME*
ZUCCHINI
SQUASH*

BAY LEAF*
CABBAGE*
CELERY*
CRANBERRY*
FIG*
HALIBUT*
LENTIL BEAN*
PAPAYA*
PINE NUT*
SESAME*
SWISS CHARD*
TURKEY*

VEGETABLES / LEGUMES

ACORN SQUASH	ASPARAGUS	BLACK BEANS	BOK CHOY
BROCCOLI	BRSSLS SPROUT	BUTTERNUT SQUASH	BUTTON
CAULIFLOWER	CHICKPEA	CUCUMBER	MUSHROOM
FENNEL SEED	ICEBERG LETTUCE	KALE	FAVA BEAN
KIDNEY BEAN	LEAF LETT (RED/GR)	LEEK	KELP
NAVY BEAN	OKRA	PARSNIP	MUNG BEAN
PORTOBELLO	RADISH	RED BEET / SUGAR	PINTO BEAN
MUSHRM	SPINACH	TOMATO	ROMAINE LETT
SOYBEAN			WATERCRESS
YELLOW SQUASH			

VEGETABLES / LEGUMES

ACORN SQUASH	ASPARAGUS	BLACK BEANS	BOK CHOY
BROCCOLI	BRSSLS SPROUT	BUTTERNUT SQUASH	BUTTON
CAULIFLOWER	CHICKPEA	CUCUMBER	MUSHROOM
FENNEL SEED	ICEBERG LETTUCE	KALE	FAVA BEAN
KIDNEY BEAN	LEAF LETT (RED/GR)	LEEK	KELP
NAVY BEAN	OKRA	PARSNIP	MUNG BEAN
PORTOBELLO	RADISH	RED BEET / SUGAR	PINTO BEAN
MUSHRM	SPINACH	TOMATO	ROMAINE LETT
SOYBEAN			WATERCRESS
YELLOW SQUASH			

FRUITS

APRICOT	BLUEBERRY	DATE	GRAPE
GRAPEFRUIT	HONEYDEW MLN	KIWI	LEMON
LIME	MANGO	NECTARINE	OLIVE
ORANGE	PEACH	PEAR	PINEAPPLE
PLUM	POMEGRANATE	PUMPKIN	RASPBERRY
STRAWBERRY	WATERMELON		

FRUITS

APRICOT	BLUEBERRY	DATE	GRAPE
GRAPEFRUIT	HONEYDEW MLN	KIWI	LEMON
LIME	MANGO	NECTARINE	OLIVE
ORANGE	PEACH	PEAR	PINEAPPLE
PLUM	POMEGRANATE	PUMPKIN	RASPBERRY
STRAWBERRY	WATERMELON		

MEAT

BEEF	CHICKEN	DUCK	VENISON
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MEAT

BEEF	CHICKEN	DUCK	VENISON
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DAIRY / EGGS

COW'S MILK	EGG WHITE	EGG YOLK
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DAIRY / EGGS

COW'S MILK	EGG WHITE	EGG YOLK
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SEAFOOD

ANCHOVY	CATFISH	CODFISH	CRAB
FLOUNDER	GROUPE	LOBSTER	MAHI MAHI
MUSSEL	OYSTER	SOLE	TILAPIA
TROUT			

SEAFOOD

ANCHOVY	CATFISH	CODFISH	CRAB
FLOUNDER	GROUPE	LOBSTER	MAHI MAHI
MUSSEL	OYSTER	SOLE	TILAPIA
TROUT			

GRAINS / STARCHES

CORN	MILLET	QUINOA	RICE (BRWN/WHT)
TAPIOCA			

GRAINS / STARCHES

CORN	MILLET	QUINOA	RICE (BRWN/WHT)
TAPIOCA			

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	BLACK TEA	CARAWAY	CASHEW
CHAMOMILE	COCONUT	COFFEE	FLAXSEED
GARLIC	GREEN TEA	HOPS	MUSTARD SEED
PECAN	SAFFLOWER	VANILLA	

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	BLACK TEA	CARAWAY	CASHEW
CHAMOMILE	COCONUT	COFFEE	FLAXSEED
GARLIC	GREEN TEA	HOPS	MUSTARD SEED
PECAN	SAFFLOWER	VANILLA	

HERBS / SPICES

ANCHO CHILI PEPP	BASIL	BLACK PEPPER	CILANTRO
CINNAMON	CLOVE	CORIANDER SEED	DILL
GINGER	LICORICE	OREGANO	ROSEMARY
SAFFRON	SAGE	TURMERIC	

HERBS / SPICES

ANCHO CHILI PEPP	BASIL	BLACK PEPPER	CILANTRO
CINNAMON	CLOVE	CORIANDER SEED	DILL
GINGER	LICORICE	OREGANO	ROSEMARY
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