

Item Count: 150

| SEVERE | MODERATE | MILD* | ACCEPTABLE / NO REACTION |
|----------------------|--|--|---|
| APPLE LENTIL BEAN | ALMOND AMARANTH AVOCADO BASIL BEEF BLACK PEPPER BREWER'S YEAST BROCCOLI CASHEW CAYENNE PEPPER CLAM CLOVE CRANBERRY DATE FIG HALIBUT MANGO PINTO BEAN PORK RICE (BRWN/WHT) | ARTICHOKE* BAY LEAF* BELL PEPPER MIX* BLACK TEA* BLUEBERRY* CAROB* CELERY* CINNAMON* CODFISH* CORN* DILL* DUCK* EGG YOLK* GREEN PEA* LOBSTER* OLIVE* OYSTER* PINEAPPLE* RASPBERRY* RED BEET / SUGAR* SAGE* SARDINE* SCALLOP* SEA BASS* STRAWBERRY* STRING BEAN* SWEET POTATO* TROUT* TUNA* TURNIP* WALNUT* WATERMELON* WHITE POTATO* YELLOW SQUASH* | <div style="background-color: #008000; color: white; padding: 2px; text-align: center; font-weight: bold;">VEGETABLES / LEGUMES</div> ASPARAGUS BUTTERNUT SQUASH CAULIFLOWER ICEBERG LETTUCE ONION TOMATO BLACK BEANS BUTTON MUSHROOM CHICKPEA KIDNEY BEAN RADISH BLACK-EYED PEA CABBAGE CUCUMBER LIMA BEAN SOYBEAN BRSSLS SPROUT CARROT EGGPLANT NAVY BEAN SPINACH |
| | | | FRUITS |
| | | | APRICOT CHERRY KIWI PAPAYA PUMPKIN BANANA GRAPE LEMON PEACH BLACKBERRY GRAPEFRUIT LIME PEAR CANTALOUPE HONEYDEW MLN ORANGE PLUM |
| | | | MEAT |
| | | | CHICKEN LAMB TURKEY VEAL |
| | | | DAIRY / EGGS |
| | | | EGG WHITE |
| | | | SEAFOOD |
| | | | CRAB SNAPPER (RED) HADDOCK SOLE SALMON TILAPIA SHRIMP |
| | | | GRAINS / STARCHES |
| | | | BUCKWHEAT MILLET OAT (GLUTEN FREE) TAPIOCA |
| | | | HERBS / SPICES |
| | | | CUMIN PAPRIKA GINGER PARSLEY NUTMEG PEPPERMINT OREGANO THYME |
| | | | NUTS / OILS AND MISC. FOODS |
| | | | BAKER'S YEAST COFFEE HAZELNUT PECAN SUNFLOWER CARAWAY FLAXSEED HOPS PISTACHIO VANILLA COCOA GARLIC MUSTARD SEED SAFFLOWER COCONUT GREEN TEA PEANUT SESAME |

CANDIDA ALBICANS

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

CANE SUGAR, FRUCTOSE, HONEY
GLUTEN

You have a mild reaction to Gluten and Gliadin, eliminate these foods:

BARLEY, MALT, RYE, WHEAT
GLIADIN
CASEIN

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

COWS MILK, GOAT'S MILK
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 WHITE POTATO* | MILLET | CORN* SWEET POTATO* | BUCKWHEAT |
| VEGETABLES / LEGUMES | ARTICHOKE* BLACK-EYED PEA BUTTERNUT SQUASH CARROT CELERY* CHICKPEA EGGPLANT TOMATO YELLOW SQUASH* | BELL PEPPER MIX* BRSSLS SPROUT BUTTON MUSHROOM CABBAGE CAULIFLOWER | ASPARAGUS BLACK BEANS GREEN PEA* ICEBERG LETTUCE KIDNEY BEAN LIMA BEAN NAVY BEAN ONION RADISH STRING BEAN* | CUCUMBER RED BEET / SUGAR* SPINACH TURNIP* |
| Fruit | BANANA KIWI LEMON PAPAYA STRAWBERRY* | BLUEBERRY* PEAR PINEAPPLE* | APRICOT BLACKBERRY CHERRY GRAPE LIME PEACH PLUM RASPBERRY* | CANTALOUPE GRAPEFRUIT HONEYDEW MLN OLIVE* ORANGE PUMPKIN WATERMELON* |
| Protein | CODFISH* CRAB LAMB OYSTER* SARDINE* SEA BASS* SNAPPER (RED) VEAL | CHICKEN EGG WHITE EGG YOLK* TILAPIA TUNA* | DUCK* SOLE SOYBEAN | HADDOCK LOBSTER* SALMON SCALLOP* SHRIMP TROUT* TURKEY |
| MISCELLANEOUS | BAY LEAF* CARAWAY COCONUT CUMIN FLAXSEED PARSLEY PISTACHIO SAFFLOWER | BAKER'S YEAST CINNAMON* GARLIC GINGER HAZELNUT HOPS MUSTARD SEED PAPRIKA PEPPERMINT | COCOA COFFEE DILL* OREGANO PEANUT THYME | BLACK TEA* CAROB* GREEN TEA NUTMEG PECAN 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

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

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

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

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 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

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

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



CASHEW

Cashews are kidney shaped seeds that adhere to the bottom of the fruit on the cashew tree. Cashews are always sold shelled because the inside of their shell contains a resin that is not fit for consumption. **COMMON USES:** Asian and Indian cuisine; used in mixed nuts, for cashew butter, cashew oil, and cashew milk; a common vegan cooking ingredient . **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mixed nuts, nut butter, nut milk, nut oil, vegan cream/cheese substitute. **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. Cashews are high in oxalates and may need to be avoided in individuals with kidney or gallbladder concerns.



CAYENNE PEPPER

Cayenne is the spicy red pepper ground up to create the spice. **COMMON USES:** Chili, stews; any food to add spice. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Spice blend, spicy, buffalo wing sauce . **BE AWARE:** Dishes that are "spicy" may contain cayenne pepper



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, bouillabaisse. **BE AWARE:** Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements



CLOVE

Cloves can be used in cooking either whole or in a ground form. If using whole, it is important to remove before serving; they slightly resemble a small twig. Clove has a very distinct flavor and can be quite strong. It is used throughout Europe and Asia. **COMMON USES:** Teas, sweet, and savory dishes; very common in indian and mexican cuisine. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Found in pumpkin pie spice. **BE AWARE:** Sometimes used in fragrances and beauty products; smoked in a type of cigarettes locally known as kretek in Indonesia.



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



DATE

Dates are typically dried, brown in color and very sweet. **COMMON USES:** Sweet and savory dishes and desserts; common vegan sweetener. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Stoned dates, degle noor, medjoole, vegan. **BE AWARE:** High in sugar



FIG

Fresh figs are very perishable and best eaten a day or two after purchase. They come in a variety of colors, and before eating the stem should be removed. The skin is edible. **COMMON USES:** Cakes, candies, syrups, glazes, jams, sauces, beverages, prepackaged cookies. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Fruit cake, fruit pudding



HALIBUT

Halibut is a flatfish that has dense and firm texture with white flesh that is ultra low in fat content. **COMMON USES:** Entrees, soups, stews, dips, and ceviche. **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



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



MANGO

Mangos are a medium sized fruit with varying color skin from green to red and a mix of both. The flesh os 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



PINTO BEAN

Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. COMMON USES: Burritos, savory dishes, refried beans, chili con carne. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Red Mexican Bean



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, choucruete



RICE (BRWN/WHT)

Avoid also mochi, nutty rice cereal, puffed rice, rice bran, rice bran oil, rice cakes, rice dream, 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.

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 |
|-----------------------|---|---|---|
| BLUE#2 INDIGO CARMINE | ACID BLUE #3 ORRIS ROOT SODIUM SULFITE XYLITOL | BHT* BRILLIANT BLACK* MSG* POLYSORBATE 80* YELLOW#6 SUNSET YELLOW* | FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS ACID RED #14 ANNATTO ASPARTAME BENZOIC ACID BHA BLUE#1 BRILLIANT CITRIC ACID ERYTHRITOL GREEN#3 FAST GREE HIGH FRUCTOSE COR RED#4 CARMINE RED#40 ALLURA RED SACCHARIN SORBIC ACID SUCRALOSE YELLOW#5 TARTRAZI |
| | | | ANTIBIOTICS/ANTI INFLAMMATORY AGENTS |
| | ALTERNARIA FUSARIUM OXYSPORUM GEOTRICHUM CANDIDUM | ASPERGILLUS* CEPHALOSPORIUM* HELMINTHOSPORIUM* MUCOR RACEMOSUS* RHIZOPUS NIGRICANS* SPONDYLOCLADIUM* | MOLDS BOTRYTIS CLADO HERBARUM CURV SPECIFERA EPICOCCUM NIGRUM HORMODENDRUM MONILIA SITOPHILA PENICILLIUM PHOMA HERBARUM PULLULARIA RHODOTORULA TRICHODERMA RUBRA |
| | Lecithin (Soy) | RED#3 ERYTHROSINE* | PRESERVATIVES/EXPANDED ADDITIVES BETA-CAROTENE RED#2 AMARANTH |
| | | | 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 moderate reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, FRUCTOSE, HONEY

GLUTEN

GLIADIN

You have a mild reaction to Gluten and Gliadin, eliminate these foods:

BARLEY, MALT, RYE, WHEAT

CASEIN

WHEY

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

COW'S MILK, GOAT'S MILK

APPLE
LENTIL BEAN

ALMOND
AVOCADO
BEEF
BREWER'S YEAST
CASHEW
CLAM
CRANBERRY
FIG
MANGO
PORK

AMARANTH
BASIL
BLACK PEPPER
BROCCOLI
CAYENNE PEPPER
CLOVE
DATE
HALIBUT
PINTO BEAN
RICE (BRWN/WHT)

ARTICHOKE*
BLUEBERRY*
CODFISH*
EGG YOLK*
OYSTER*
SAGE*
STRAWBERRY*
TUNA*
WHITE POTATO*

BAY LEAF*
CAROB*
CORN*
GREEN PEA*
PINEAPPLE*
SARDINE*
STRING BEAN*
TURNIP*
YELLOW SQUASH*

BELL PEPPER MIX*
CELERY*
DILL*
LOBSTER*
RASPBERRY*
SCALLOP*
SWEET POTATO*
WALNUT*

BLACK TEA*
CINNAMON*
DUCK*
OLIVE*
RED BEET / SUGAR*
SEA BASS*
TROUT*
WATERMELON*

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You have a mild reaction to Gluten and Gliadin, eliminate these foods:

BARLEY, MALT, RYE, WHEAT

CASEIN

WHEY

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

COW'S MILK, GOAT'S MILK

APPLE
LENTIL BEAN

ALMOND
AVOCADO
BEEF
BREWER'S YEAST
CASHEW
CLAM
CRANBERRY
FIG
MANGO
PORK

AMARANTH
BASIL
BLACK PEPPER
BROCCOLI
CAYENNE PEPPER
CLOVE
DATE
HALIBUT
PINTO BEAN
RICE (BRWN/WHT)

ARTICHOKE*
BLUEBERRY*
CODFISH*
EGG YOLK*
OYSTER*
SAGE*
STRAWBERRY*
TUNA*
WHITE POTATO*

BAY LEAF*
CAROB*
CORN*
GREEN PEA*
PINEAPPLE*
SARDINE*
STRING BEAN*
TURNIP*
YELLOW SQUASH*

BELL PEPPER MIX*
CELERY*
DILL*
LOBSTER*
RASPBERRY*
SCALLOP*
SWEET POTATO*
WALNUT*

BLACK TEA*
CINNAMON*
DUCK*
OLIVE*
RED BEET / SUGAR*
SEA BASS*
TROUT*
WATERMELON*

VEGETABLES / LEGUMES

| | | | |
|------------------|-----------------|----------------|---------------|
| ASPARAGUS | BLACK BEANS | BLACK-EYED PEA | BRSSLS SPROUT |
| BUTTERNUT SQUASH | BUTTON MUSHROOM | CABBAGE | CARROT |
| CAULIFLOWER | CHICKPEA | CUCUMBER | EGGPLANT |
| ICEBERG LETTUCE | KIDNEY BEAN | LIMA BEAN | NAVY BEAN |
| ONION | RADISH | SOYBEAN | SPINACH |
| TOMATO | | | |

VEGETABLES / LEGUMES

| | | | |
|------------------|-----------------|----------------|---------------|
| ASPARAGUS | BLACK BEANS | BLACK-EYED PEA | BRSSLS SPROUT |
| BUTTERNUT SQUASH | BUTTON MUSHROOM | CABBAGE | CARROT |
| CAULIFLOWER | CHICKPEA | CUCUMBER | EGGPLANT |
| ICEBERG LETTUCE | KIDNEY BEAN | LIMA BEAN | NAVY BEAN |
| ONION | RADISH | SOYBEAN | SPINACH |
| TOMATO | | | |

FRUITS

| | | | |
|---------|--------|------------|--------------|
| APRICOT | BANANA | BLACKBERRY | CANTALOUPE |
| CHERRY | GRAPE | GRAPEFRUIT | HONEYDEW MLN |
| KIWI | LEMON | LIME | ORANGE |
| PAPAYA | PEACH | PEAR | PLUM |
| PUMPKIN | | | |

FRUITS

| | | | |
|---------|--------|------------|--------------|
| APRICOT | BANANA | BLACKBERRY | CANTALOUPE |
| CHERRY | GRAPE | GRAPEFRUIT | HONEYDEW MLN |
| KIWI | LEMON | LIME | ORANGE |
| PAPAYA | PEACH | PEAR | PLUM |
| PUMPKIN | | | |

MEAT

| | | | |
|---------|------|--------|------|
| CHICKEN | LAMB | TURKEY | VEAL |
|---------|------|--------|------|

MEAT

| | | | |
|---------|------|--------|------|
| CHICKEN | LAMB | TURKEY | VEAL |
|---------|------|--------|------|

DAIRY / EGGS

EGG WHITE

DAIRY / EGGS

EGG WHITE

SEAFOOD

| | | | |
|--------------------|--------------|----------------|--------|
| CRAB SNAPPER (RED) | HADDOCK SOLE | SALMON TILAPIA | SHRIMP |
|--------------------|--------------|----------------|--------|

SEAFOOD

| | | | |
|--------------------|--------------|----------------|--------|
| CRAB SNAPPER (RED) | HADDOCK SOLE | SALMON TILAPIA | SHRIMP |
|--------------------|--------------|----------------|--------|

GRAINS / STARCHES

| | | | |
|-----------|--------|-------------------|---------|
| BUCKWHEAT | MILLET | OAT (GLUTEN FREE) | TAPIOCA |
|-----------|--------|-------------------|---------|

GRAINS / STARCHES

| | | | |
|-----------|--------|-------------------|---------|
| BUCKWHEAT | MILLET | OAT (GLUTEN FREE) | TAPIOCA |
|-----------|--------|-------------------|---------|

NUTS / OILS AND MISC. FOODS

| | | | |
|---------------|-----------|--------------|-----------|
| BAKER'S YEAST | CARAWAY | COCOA | COCONUT |
| COFFEE | FLAXSEED | GARLIC | GREEN TEA |
| HAZELNUT | HOPS | MUSTARD SEED | PEANUT |
| PECAN | PISTACHIO | SAFFLOWER | SESAME |
| SUNFLOWER | VANILLA | | |

NUTS / OILS AND MISC. FOODS

| | | | |
|---------------|-----------|--------------|-----------|
| BAKER'S YEAST | CARAWAY | COCOA | COCONUT |
| COFFEE | FLAXSEED | GARLIC | GREEN TEA |
| HAZELNUT | HOPS | MUSTARD SEED | PEANUT |
| PECAN | PISTACHIO | SAFFLOWER | SESAME |
| SUNFLOWER | VANILLA | | |

HERBS / SPICES

| | | | |
|---------|---------|------------|---------|
| CUMIN | GINGER | NUTMEG | OREGANO |
| PAPRIKA | PARSLEY | PEPPERMINT | THYME |

HERBS / SPICES

| | | | |
|---------|---------|------------|---------|
| CUMIN | GINGER | NUTMEG | OREGANO |
| PAPRIKA | PARSLEY | PEPPERMINT | THYME |