

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	ARROWROOT* OAT (GLUTEN FREE) TAPIOCA WHITE POTATO*	MILLET WILD RICE	CORN QUINOA* SORGHUM* SWEET POTATO* TEFF	BUCKWHEAT
VEGETABLES / LEGUMES	ARTICHOKE* BLACK-EYED PEA* BUTTERNUT SQUASH CARROT CELERY CHICKPEA FAVA BEAN KALE* LEAF LETT (RED/GRN) MUSTARD GREENS* ROMAINE LETT TOMATO YAM YELLOW SQUASH*	BELL PEPPER MIX* BOK CHOY* BOSTON BIBB LETTUCE* BROCCOLI BRSSLS SPROUT CABBAGE CAULIFLOWER* CHIVES ESCAROLE KELP LENTIL BEAN SHALLOTS SHIITAKE MUSHRM ZUCCHINI SQUASH	ASPARAGUS BLACK BEANS* COLLARD GREENS FENNEL SEED GREEN PEA HORSERADISH* ICEBERG LETTUCE KIDNEY BEAN* MUNG BEAN NAVY BEAN* ONION* PINTO BEAN RADISH* STRING BEAN TARO ROOT* WATERCRESS	CANNELLINI BEANS CUCUMBER DANDELION LEAF* OKRA PARSNIP* PORTOBELLO MUSHRM RED BEET / SUGAR RHUBARB SCALLION* SPAGHETTI SQUASH SPINACH SWISS CHARD TURNIP WATER CHESTNUT
Fruit	BANANA CAPERS* DATE* FIG GUAVA KIWI MANGO PAPAYA STRAWBERRY	APPLE* AVOCADO* BLUEBERRY* CRANBERRY* PEAR PINEAPPLE POMEGRANATE TANGERINE*	APRICOT BLACKBERRY CHERRY GRAPE LIME NECTARINE PEACH PLUM RASPBERRY STAR FRUIT	CANTALOUPE* LYCHEE* MULBERRY* OLIVE ORANGE PERSIMMON PUMPKIN WATERMELON*
Protein		EGG WHITE	SOYBEAN	
MISCELLANEOUS	BAY LEAF* CARAWAY* CASHEW CHAMOMILE CHIA CHICORY COCONUT* CORIANDER SEED* FLAXSEED* HONEY* LICORICE PARSLEY PISTACHIO ROSEMARY* SAFFLOWER TURMERIC*	ALMOND BAKER'S YEAST* BASIL BREWER'S YEAST CANE SUGAR CAYENNE PEPPER* CINNAMON CLOVE GINGER* HAZELNUT HEMP HOPS MAPLE SUGAR MUSTARD SEED PAPRIKA PEPPERMINT SAFFRON	BRAZIL NUT DILL MACADAMIA OREGANO PEANUT PSYLLIUM* TARRAGON* THYME*	BLACK TEA CAROB* MOLASSES NUTMEG* NUTRITIONAL YEAST PECAN* PINE NUT* SAGE SESAME SPEARMINT* SUNFLOWER VANILLA WALNUT*

Avoiding YOUR Reactive Foods		WHAT YOU NEED TO KNOW	
			
		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	
		ADZUKI BEANS Used in East Asian cuisine, it is commonly eaten sweetened. In particular, it is often boiled with sugar, resulting in red bean paste, a very common ingredient used in many Chinese dishes, such as tangyuan, zongzi, mooncakes, baozi and red bean ice. It also serves as a filling in Japanese sweets like anpan, dorayaki, imagawayaki, manjū, monaka, anmitsu, taiyaki and daifuku. Azuki beans are also commonly eaten sprouted, or boiled in a hot, tea-like drink.	
		ANCHO CHILI PEPP Chili peppers come in a variety of shapes, colors and sizes. The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. The chili has also become a part of the Korean, Indian, Indonesian, Szechuan, Thai and other cooking traditions. Its popularity has seen it adopted into many cuisines of the World. Chili peppers are also often used around the world to make a wide variety of sauces, known as hot sauce, chili sauce, or pepper sauce. COMMON USES: Hot sauces, chili sauce, pepper sauces, meat rubs and so much more; hundreds of varieties. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Any food/ingredient list with chili or hot pepper, habanero, Scotch bonnet, jalapeno, Spanish pimento, Anaheim and Hungarian cherry peppers. BE AWARE: Comes in many different colors & heat levels-read labels	
		ARUGULA Arugula is an early summer vegetable. It is a green leaf with a long stem that is known for it's somewhat peppery flavor. COMMON USES: Salads, sandwiches, burgers, soups, stews, pastas, sauces, juices, cooked. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Salad rocket, rucola, rucoli, rugula, colewort, roquette. BE AWARE: Can be in pre-mixed salad blends	
		BLACK CURRANT A small dark blue berry that grows in clusters and somewhat resembled a blueberry. Rarely found fresh in the US. COMMON USES: Preserves, liqueurs, and syrups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Black currant leaf, black currant seed oil. BE AWARE: Commonly used as a natural flavoring	
		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	
		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	
		CARDAMOM Cardamom is a bright green pod with dark brown seeds inside. The most common form of cardamom is green cardamom. COMMON USES: Coffees and teas as a flavoring; in Northern Europe, cardamom is commonly used in sweet foods and is a common ingredient in Indian cooking; also often used for baking in Nordic countries. May be used as a flavoring in gin.. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Spices, seasonings, flavorings, chai, curries. BE AWARE: Contains large amounts may be harmful to those with gallstones. Cardamom is used for many medicinal purposes and breath fresheners	
		CILANTRO An herb with wide delicate lacy green leaves and a pungent flavor. Although cilantro and coriander come from the same plant, their flavors are very different and cannot be substituted for each other. COMMON USES: Salsa, spice blends, Mexican food. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Spices, Coriander leaves. BE AWARE: Some countries refer to the cilantro as coriander, so any references to "fresh coriander" or "coriander leaves" refer to cilantro. Note: "Culantro" is an herb related to cilantro that is widely used in dishes throughout the Caribbean, Latin America, and the Far East. All parts of the plant are edible, but the fresh leaves and the dried seeds are the most commonly used in cooking	
		COCOA Cocoa is the dried seed of the cacao tree from which chocolate is made. Cocoa powder is a dry powder made by grinding cocoa seeds and removing the cocoa butter from the dark, bitter cocoa solids. COMMON USES: Cakes, desserts, coffee's, even savory stews and beverages as a chocolate flavoring. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cacao, cocoa butter, cocoa powder, chocolate nibs. BE AWARE: Commonly added to beauty products in the form of cocoa butter for its moisturizing properties	

COFFEE

Coffee is a plant who's seeds (coffee beans) are ground up and made into a beverage. The coffee bean is dark brown and oily. **COMMON USES:** Coffee flavored drinks, desserts, marinades, gravies, teas, and dry rubs. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Green coffee, café, espresso, cappuccino, latte, coffee bean extract. **BE AWARE:** Popular in eye creams and some skin care products

COW'S MILK

Mammalian milk that is high in protein; very popular for human consumption for protein needs. **COMMON USES:** Plain milk, yogurt, ice cream, baked goods, desserts, sauces, soups, stews, cheese . **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Lacto/lacta, cream, butter, cheese, sour cream, ice cream, cream cheese, kefir, whey, casein, lactose-free milk. **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 milk as an ingredient must list the word "Milk" in plain English, on the label. Much of the milk in the US is from cows treated with genetically engineered recombinant bovine growth hormone (rBGH) although that is not revealed on the label

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

CURRY

A blend of spices that is popular in Asian and Indian cuisine. **COMMON USES:** South Asian cuisine, seasonings, spice rubs, sauces, soups, stews. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Spice blend. **BE AWARE:** The curry powder tested for contains the spices turmeric, paprika, fenugreek, coriander, black pepper, cumin, ginger, celery seed, cloves, caraway, and cayenne. If reacted to, it is necessary to avoid all curry powder blends due to the fact it is unknown if one ingredient or the blend is causing a reaction.

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

EGGPLANT

An oval shaped vegetable that comes in different sizes with dark purple skin and creamy flesh that oxidizes quickly once exposed to oxygen. **COMMON USES:** Ratatouille, melanzane alla parmigiana, moussaka, baba ghanoush . **BE AWARE:** Comes in many different varieties, colors, and sizes; also avoid japanese eggplant

ENDIVE

A green leaf vegetable that belongs to the daisy family. **COMMON USES:** Salad green mixes, soups, stews; can be raw or cooked.. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Frisee

GARLIC

A head of garlic has white papery skin and the cloves within are off white and must be peeled to consume. Garlic can come in many different forms and is one of the most popular flavorings in the US. **COMMON USES:** A wide variety of dishes and prepackaged foods as a flavoring and seasoning . **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Aioli, spice blend, prepackaged foods, garlic powder, granulated garlic, roasted garlic

GRAPEFRUIT

A tart citrus fruit with a thick yellow to pink skin and a white to pink flesh. **COMMON USES:** Juices and salads; common in skin care products. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Grapefruit seed extract, melogold. **BE AWARE:** Contains a substance that interacts with a number of medications

HONEYDEW MLN

Avoid also canary melon, casaba melon, cassabanana melon, crenshaw melon, persian melon, santa claus melon & spanish melon. For reintroduction into diet, place into Day 4.

JALAPEÑO PEPP

A medium to large size chili pepper . **COMMON USES:** Nachos, in hot sauce and many Spanish or Mexican dishes. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Chili pepper. **BE AWARE:** Come in different colors and forms-pickled, chipotle, sauces

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



LEMON

A yellow citrus fruit with thick skin and tart yellow flesh. **COMMON USES:** Sweet and savory dishes; spreads, dressings, waters, drinks. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Citrus flavor, lemon flavoring. **BE AWARE:** Used for many non culinary purposes such as fragrance, beauty products; used to prevent enzymatic browning. Read labels.



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



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.



WAKAME SEAWEED

Wakame seaweed is commonly used either dried or salted, and used in soups (particularly miso soup), and salads (tofu salad), or often simply as a side dish to tofu and a salad vegetable like cucumber. These dishes are typically dressed with soy sauce and vinegar/rice vinegar. Goma wakame, also known as seaweed salad, is a popular side dish at American and European sushi restaurants. **COMMON USES:** Sushi, as crackers, seaweed salad, miso soup, wrap, seaweed noodles, dulse flakes, seaweed broth. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Sea vegetable, edible seaweed

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 no reaction to Candida Albicans.

GLUTEN

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

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

COW'S MILK, GOAT'S MILK, LACTOSE

GLIADIN**WHEY**

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GLIADIN**WHEY**

ACORN SQUASH

ADZUKI BEANS
ARUGULA
BLACK PEPPER
CARDAMOM
COCOA
CUMIN
EGG YOLK
ENDIVE
GRAPEFRUIT
JALAPEÑO PEPP
LEMON
RICE (BRWN/WHT)

ANCHO CHILI PEPP
BLACK CURRANT
BUTTON MUSHROOM
CILANTRO
COFFEE
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LEEK
LIMA BEAN
WAKAME SEAWEED

APPLE*
BAKER'S YEAST*
BLACK-EYED PEA*
CANTALOUPE*
CAULIFLOWER*
CRANBERRY*
GINGER*
KIDNEY BEAN*
NAVY BEAN*
PECAN*
RADISH*
SPEARMINT*
TARRAGON*
WATERMELON*

ARROWROOT*
BAY LEAF*
BLUEBERRY*
CAPERS*
CAYENNE PEPPER*
DANDELION LEAF*
HONEY*
LYCHEE*
MULBERRY*
NUTMEG*
PINE NUT*
ROSEMARY*
SWEET POTATO*
THYME*
WHITE POTATO*

ARTICHOKE*
BELL PEPPER MIX*
BOK CHOY*
CARAWAY*
COCONUT*
DATE*
HORSERADISH*
MULBERRY*
ONION*
PSYLLIUM*
SCALLION*
TANGERINE*
TURMERIC*
YELLOW SQUASH*

AVOCADO*
BLACK BEANS*
BOSTON BIBB
LETTU
CAROB*
CORIANDER
SEED*
FLAXSEED*
KALE*
MUSTARD
GREENS*
PARSNIP*
QUINOA*
SORGHUM*
TARO ROOT*
WALNUT*

APPLE*
BAKER'S YEAST*
BLACK-EYED PEA*
CANTALOUPE*
CAULIFLOWER*
CRANBERRY*
GINGER*
KIDNEY BEAN*
NAVY BEAN*
PECAN*
RADISH*
SPEARMINT*
TARRAGON*
WATERMELON*

ARROWROOT*
BAY LEAF*
BLUEBERRY*
CAPERS*
CAYENNE PEPPER*
DANDELION LEAF*
HONEY*
LYCHEE*
NUTMEG*
PINE NUT*
ROSEMARY*
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WALNUT*

VEGETABLES / LEGUMES

ASPARAGUS	BROCCOLI	BRSSL SPROUT	BUTTERNUT
CABBAGE	CANNELLINI BEANS	CARROT	SQUASH
CHICKPEA	CHICORY	COLLARD GREENS	CELERY
ESCAROLE	FAVA BEAN	FENNEL SEED	CUCUMBER
ICEBERG LETTUCE	KELP	LEAF LETT (RED/GR	GREEN PEA
MUNG BEAN	OKRA	PINTO BEAN	LENTIL BEAN
RED BEET / SUGAR	RHUBARB	ROMAINE LETT	PORTOBELLO
SHIITAKE MUSHRM	SOYBEAN	SPAGHETTI SQUASH	MUSHRM
STRING BEAN	SWISS CHARD	TOMATO	SHALLOTS
WATER CHESTNUT	WATERCRESS	YAM	SPINACH
			TURNIP
			ZUCCHINI SQUASH

FRUITS

APRICOT	BANANA	BLACKBERRY	CHERRY
FIG	GRAPE	GUAVA	KIWI
LIME	MANGO	NECTARINE	OLIVE
ORANGE	PAPAYA	PEACH	PEAR
PERSIMMON	PINEAPPLE	PLUM	POMEGRANATE
PUMPKIN	RASPBERRY	STAR FRUIT	STRAWBERRY

MEAT**DAIRY / EGGS**

EGG WHITE

SEAFOOD**GRAINS / STARCHES**

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

NUTS / OILS AND MISC. FOODS

ALMOND	BLACK TEA	BRAZIL NUT	BREWER'S YEAST
CANE SUGAR	CASHEW	CHAMOMILE	CHIA
FRUCTOSE	HAZELNUT	HEMP	HOPS
MACADAMIA	MAPLE SUGAR	MOLASSES	MUSTARD SEED
NUTRITIONAL YEAST	PEANUT	PISTACHIO	SAFFLOWER
SESAME	SUNFLOWER	VANILLA	

HERBS / SPICES

BASIL	CHIVES	CINNAMON	CLOVE
DILL	LICORICE	OREGANO	PAPRIKA
PARSLEY	PEPPERMINT	SAFFRON	SAGE

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