

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION				Item Count: 250
	ACORN SQUASH ALLSPICE BAKER'S YEAST BANANA BROCCOLI CANTALOUPE CARROT CAULIFLOWER CAYENNE PEPPER CHERRY CRANBERRY ESCAROLE LAMB MILLET MUNG BEAN PAPAYA PARSLEY PEAR PECAN PEPPERMINT PLANTAIN PLUM PUMPKIN QUINOA RED PALM FRUIT SAFFLOWER SWORDFISH THYME VEAL WAKAME SEAWEED WATER CHESTNUT YAM YELLOW PEA	ADZUKI BEANS* ALMOND* ANCHO CHILI PEPP* ANCHOVY* APPLE* APRICOT* ARROWROOT* ARUGULA* ASPARAGUS* BARLEY* BAY LEAF* BEEF* BLACK PEPPER* BOK CHOY* BUTTON MUSHROOM* CABBAGE* CAPERS* CAROB* CASHEW* COLLARD GREENS* CORN* CRAB* CURRY* DANDELION LEAF* DRAGON FRUIT* DUCK* EGG WHITE* EGG YOLK* EGGPLANT* FIG* GRAPE* GROUPE* HOPS* ICEBERG LETTUCE* KELP* LEMON* LIME* LYCHEE* MAHI MAHI* MUSTARD GREENS* NUTRITIONAL YEAST* OAT (GLUTEN FREE)* OKRA* OLIVE* ORANGE* OREGANO* PARSNIP* PEACH* PINE NUT* PORK* PORTOBELLO MUSHRM* RASPBERRY* ROMAINE LETT* RYE* SAGE* SARDINE* SHALLOTS* SHIITAKE MUSHRM* SHRIMP* SPAGHETTI SQUASH* STRAWBERRY* TANGERINE* TAPIOCA* TARRAGON* TILAPIA* TROUT* TURKEY* TURMERIC* TURNIP* ZUCCHINI SQUASH*	<div>VEGETABLES / LEGUMES</div> <div>ARTICHOKE BOSTON BIBB LETTU CELERY ENDIVE HABANERO PEPPER KIDNEY BEAN LIMA BEAN RADISH SCALLION SWEET POTATO WATERCRESS</div> <div>BELL PEPPER MIX BRSSLS SPROUT CHICKPEA FAVA BEAN JALAPENO PEPP LEAF LETT (RED/GR NAVY BEAN RED BEET / SUGAR SOYBEAN SWISS CHARD WHITE POTATO</div> <div>BLACK BEANS BUTTERNUT SQUASH CHICORY FENNEL SEED JICAMA LEEK ONION RHUBARB SPINACH TARO ROOT YELLOW SQUASH</div> <div>BLACK-EYED PEA CANNELLINI BEANS CUCUMBER GREEN PEA KALE LENTIL BEAN PINTO BEAN RUTABAGA STRING BEAN TOMATO</div> <div>FRUITS</div> <div>AVOCADO DATE JACKFRUIT NECTARINE STAR FRUIT</div> <div>BLACK CURRANT GRAPEFRUIT KIWI PERSIMMON WATERMELON</div> <div>BLACKBERRY GUAVA MANGO PINEAPPLE</div> <div>BLUEBERRY HONEYDEW MLN MULBERRY POMEGRANATE</div> <div>MEAT</div> <div>BISON</div> <div>CHICKEN</div> <div>CHICKEN LIVER</div> <div>VENISON</div> <div>DAIRY / EGGS</div> <div>SEAFOOD</div> <div>CATFISH HADDOCK MUSSEL SEA BASS</div> <div>CLAM HALIBUT OYSTER SNAPPER (RED)</div> <div>CODFISH LOBSTER SALMON SOLE</div> <div>FLOUNDER MACKEREL SCALLOP TUNA</div> <div>GRAINS / STARCHES</div> <div>AMARANTH SORGHUM WILD RICE</div> <div>BUCKWHEAT SPELT</div> <div>MALT TEFF</div> <div>RICE (BRWN/WHT) WHEAT</div> <div>HERBS / SPICES</div> <div>BASIL CINNAMON DILL NUTMEG</div> <div>CARDAMOM CLOVE GINGER PAPRIKA</div> <div>CHIVES CORIANDER SEED HORSERADISH ROSEMARY</div> <div>CILANTRO CUMIN LICORICE SAFFRON</div> <div>NUTS / OILS AND MISC. FOODS</div> <div>BLACK TEA CARAWAY COCONUT GREEN TEA MUSTARD SEED SESAME VANILLA</div> <div>BRAZIL NUT CHAMOMILE COFFEE HAZELNUT PEANUT SPEARMINT WALNUT</div> <div>BREWER'S YEAST CHIA FLAXSEED HEMP PISTACHIO STEVIA LEAF</div> <div>CANOLA (RAPESEED) COCOA GARLIC MACADAMIA POPPY SEED SUNFLOWER</div>				

CANDIDA ALBICANS

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

AGAVE, CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have no reaction to Gluten or Gliadin.

CASEIN

WHEY

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

COWS MILK, GOATS MILK, LACTOSE, SHEEPS 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	ARROWROOT* OAT (GLUTEN FREE)* SPELT TAPIOCA* WHITE POTATO	BARLEY* RYE* WHEAT WILD RICE	CORN* SORGHUM SWEET POTATO TEFF	AMARANTH BUCKWHEAT RICE (BRWN/WHT)
VEGETABLES / LEGUMES	ARTICHOKE BLACK-EYED PEA BUTTERNUT SQUASH CELERY CHICKPEA EGGPLANT* FAVA BEAN KALE LEAF LETT (RED/GRN) MUSTARD GREENS* ROMAINE LETT* RUTABAGA TOMATO YELLOW SQUASH	BELL PEPPER MIX BOK CHOY* BOSTON BIBB LETTUCE BRSSLs SPROUT BUTTON MUSHROOM* CABBAGE* CHIVES ENDIVE JICAMA KELP* LENTIL BEAN SHALLOTS* SHIITAKE MUSHRM* ZUCCHINI SQUASH*	ARUGULA* ASPARAGUS* BLACK BEANS COLLARD GREENS* FENNEL SEED GREEN PEA HABANERO PEPPER HORSERADISH ICEBERG LETTUCE* KIDNEY BEAN LEEK LIMA BEAN NAVY BEAN ONION PINTO BEAN RADISH STRING BEAN TARO ROOT WATERCRESS	ADZUKI BEANS* CANNELLINI BEANS CUCUMBER DANDELION LEAF* JALAPEÑO PEPP OKRA* PARSNIP* PORTOBELLO MUSHRM* RED BEET / SUGAR RHUBARB SCALLION SPAGHETTI SQUASH* SPINACH SWISS CHARD TURNIP*
Fruit	BLACK CURRANT CAPERS* DATE FIG* GUAVA KIWI LEMON* MANGO STRAWBERRY*	APPLE* AVOCADO BLUEBERRY DRAGON FRUIT* JACKFRUIT PINEAPPLE POMEGRANATE TANGERINE*	APRICOT* BLACKBERRY GRAPE* LIME* NECTARINE PEACH* RASPBERRY* STAR FRUIT	GRAPEFRUIT HONEYDEW MLN LYCHEE* MULBERRY OLIVE* ORANGE* PERSIMMON WATERMELON
Protein	BEEF* BISON CODFISH CRAB* FLOUNDER OYSTER SARDINE* SEA BASS SNAPPER (RED)	CATFISH CHICKEN EGG WHITE* EGG YOLK* MACKEREL MAHI MAHI* TILAPIA* TUNA	ANCHOVY* DUCK* GROUPER* HALIBUT PORK* SOLE SOYBEAN	CHICKEN LIVER CLAM HADDOCK LOBSTER MUSSEL SALMON SCALLOP SHRIMP* TROUT* TURKEY* VENISON
MISCELLANEOUS	ANCHO CHILI PEPP* BAY LEAF* CARAWAY CASHEW* CHAMOMILE CHIA CHICORY COCONUT CORIANDER SEED CUMIN FLAXSEED LICORICE PISTACHIO ROSEMARY TURMERIC*	ALMOND* BASIL BREWER'S YEAST CINNAMON CLOVE GARLIC GINGER HAZELNUT HEMP HOPS* MUSTARD SEED PAPRIKA SAFFRON	BRAZIL NUT CANOLA (RAPESEED) CARDAMOM CILANTRO COCOA COFFEE DILL MACADAMIA MALT OREGANO* PEANUT STEVIA LEAF TARRAGON*	BLACK PEPPER* BLACK TEA CAROB* CURRY* GREEN TEA NUTMEG NUTRITIONAL YEAST* PINE NUT* POPPY SEED SAGE* SESAME SPEARMINT SUNFLOWER VANILLA WALNUT



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

ALLSPICE

The allspice berry is the dried unripe berry of the *Pimenta dioica* which is an evergreen tree native to the West Indies and South America. The flavor is much like a blend of nutmeg, cinnamon, juniper, and clove, which is why it is known by the name "allspice". It can be found as a whole dried berry or it can be ground up into a spice.. **COMMON USES:** Caribbean cuisine, soups, stews, jerk seasoning, moles, pickling liquids, sausages, curries, liqueurs, desserts/cakes, Cincinnati style chili, deli meats, marinades, ketchup, beverages, essential oils, tea, deodorants, toothpastes. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Allspice Essential Oil, Aqua Pimentae, Clove Pepper, *Eugenia Piment*, *Eugenia pimenta*, Jamaica Pepper, Jamaica pimenta, Kiln-Dried Allspice, Myrtle pepper, Piment de la Jamaïque, Pimenta, *Pimenta dioica*, *Pimenta officinalis*, Pimento, Pimento dram, Pimienta de Jamaica, Poivre Anglais, Poivre Aromatique, Poivre de Jamaïque, Poivre de la Jamaïque, Quatre-Épices, Spanish Pimienta, Toute-Épice, Water of Pimento, West Pimenta *Officinalis*. **BE AWARE:** Allspice can exacerbate symptoms of gastric ulcers or ulcerative colitis so it is best to avoid consuming if you live with one of these conditions.



BAKER'S YEAST

A leavening agent that must be activated. Found as a active dry yeast (looks like pellets), live yeast (moist and doughy looking), and instant yeast (which is a powder). **COMMON USES:** Baked goods such as breads, pastries, rolls, biscuits, doughs and crackers. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bread, rolls, crust, active dry yeast, fresh yeast, leavening. **BE AWARE:** Gluten-free bread products may contain bakers yeast



BANANA

Bananas are a tropical fruit with green to yellow skin and a creamy white flesh. **COMMON USES:** Pastries, cakes, quick breads, baby food, pancakes, desserts, cereals, granola; also ground into a flour. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Extract, fruit salad. **BE AWARE:** Associated with latex-fruit allergy syndrome and may cause cross-reaction



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



CANTALOUPE

Cantaloupe is a melon that has thick, rough, veiny looking skin and a bright orange flesh. **COMMON USES:** Fruit salads, soups, sauces, smoothies. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Melon, fruit salad, muskmelon. **BE AWARE:** Often found in prepared fruit salads



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



CAULIFLOWER

Similar in physical appearance to broccoli but much more dense with stiff florets. Typically found in white but also can be found in green. **COMMON USES:** Mixed vegetables (frozen and fresh) and very common in Indian cuisine. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Vegetable medley, mixed vegetables, "fauxtatoes". **BE AWARE:** Mashed cauliflower can be used in place of potatoes is popular among carbohydrate conscious consumers



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

CHERRY

Fresh cherries are deep red, have a stem attached to them, and still retain the pit. **COMMON USES:** Pies, jams, baked goods, juice and liqueurs, ice cream, and yogurts. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Sweet cherry, sour cherry , strawberry cherry. **BE AWARE:** Often used in fragrances, lotions and soaps

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

ESCAROLE

Escarole has broad, curly green leaves and a slightly bitter flavor. **COMMON USES:** Salads, salad green mixes, soups, stews; can be eaten raw or cooked.. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Frisee. **BE AWARE:** Related to Belgian endive and curly endive, but is not the same thing

LAMB

A young sheep, tender red meat with a very distinct flavor. **COMMON USES:** Kebabs, gyros, burgers, stews. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mutton, spring lamb

MILLET

A gluten free small round grain that is pale yellow in color and mild in flavor much like rice. **COMMON USES:** Hot cereal, pilaf, flours, puddings, cakes, and breads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** gluten-free. **BE AWARE:** Can be in gluten-free flour mixes

MUNG BEAN

Small brownish green beans that look similar to a pea and have small sprouts. **COMMON USES:** Asian and Indian cuisine, in pastes, soups, stews, salads, desserts; used to make cellophane noodles and crepes. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Moong bean, green gram, golden gram, cellophane noodles. **BE AWARE:** Also come in sprout form

PAPAYA

A tropical fruit with yellow/green skin and pink flesh; contains a cluster of black seeds in the center. **COMMON USES:** Fruit juices, smoothies, desserts, salsas, and sauces . **BE AWARE:** The enzyme papain is extracted from papaya and used in skincare products; also used as a digestive enzyme

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

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

PECAN

Pecans are dark brown, sweet nuts with ridges that come from the pecan tree. **COMMON USES:** Nut mixes, ice creams, baked goods (pecan pie), salads, cookies. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Praline, tree nut. **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

PEPPERMINT

Avoid also peppermint tea, spearmint, balm teas, bergamont tea,curry, mint teas, pennyroyal, tea, peppermint & menthol. Also found in chewing gum, mint sauce (especially with lamb), mint jelly, toothpaste, stuffings, salads, flavouring in drinks and sweets, crème de menthe and curries. For reintroduction into diet, place into Day 2.

PLANTAIN

Characteristically speaking, the plantain looks almost identical to a banana. Plantains are typically cooked before being eaten because of their high starch content, and they do not contain as much sugar as bananas.. **COMMON USES:** African cuisine, Caribbean cuisine, South American cuisine, chips, crackers, tortillas, baby foods, stews, soups, beverages. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Platanos, tostones, patacones, aloco, maduros, kelewele. **BE AWARE:** Because of their high carbohydrate content, those that are concerned with blood sugar levels should be aware when consuming.



PLUM

A small stone fruit with deep purple waxy skin and creamy white to orange colored flesh. COMMON USES: Preserves, compotes, desserts, sauces, salads, and plum vinegar. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Prunes



PUMPKIN

Pumpkin is a winter squash that is round with smooth, slightly ribbed deep yellow to orange skin. The inside if filled with seeds and orange flesh. COMMON USES: Pies, breads, sauces, desserts, and soups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fall vegetables, squash medley, winter squash. BE AWARE: Pepitas are the seeds of pumpkin and can be found in trail mixes, granola, salads, soups



QUINOA

A gluten free grain, that is actually a seed, that comes in white or red and has a distinct flavor when cooked. Quinoa should be rinsed before cooking. COMMON USES: Gluten-free prepackaged goods, cereals, crackers, salads, flour. OTHER WORDS THAT MIGHT INDICATE PRESENCE: gluten-free, whole grain, ancient grain. BE AWARE: Can be ground into flour, and may be in gluten-free flour blends



RED PALM FRUIT

Palm fruits are small, oval fruits that grow on the African oil palm tree. The fruits range in size from one to two inches and are considered ripe when they are red and black. The primary use is to make palm oil. The fruit surrounds a white kernal, which is rich in oils and the fruit itself is fibrous and oily. To make palm oil, which is a reddish orange color, the oil is extracted from the pulp of the fruit. The color comes from its high carotene content. White palm oil indicates that it has been highly processed and refined.. COMMON USES: African dishes, crackers, chips, roasted nuts, baked goods, fried goods, pre-packaged foods, cosmetics, doughs, shampoos, ice creams and frozen desserts, detergents, margarines, chocolate, cookies, biodiesel, soaps, vegan cheese, soups, sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Palm oil, dende oil, palm shortening, palm kernel oil, Mchikichi, Mjenga, Mubira, Munazi, and Abe. BE AWARE: Much of the palm oil sold today is heavily processed and oxidized. Although palm oil can improve cholesterol levels in many individuals, it may increase them in some. Since palm fruit oil is made from the pulp of the fruit, it is not sustainable. Many forests and habitats have been destroyed trying to keep up with the demand. Look for sustainably sourced palm oil verified by the RSPO (Round Table on Sustainable Palm Oil) OR the Green Palm label if purchasing.

SAFFLOWER

Safflower is an actual flower with green leaves and a round flower that is yellow to orange in color. COMMON USES: Oils or vegetable oils; used in mayonnaise, salad dressings, prepackaged foods. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Vegetable oil, blended oil. BE AWARE: Read labels



SWORDFISH

Swordfish comes in "steaks" because their white flesh is very thick and meaty; does not flake like a mild white fish does. COMMON USES: Seafood dishes or cooked alone as a "steak". OTHER WORDS THAT MIGHT INDICATE PRESENCE: Broadbills. BE AWARE: Mercury levels are 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



THYME

Thyme is a woody herb with small, fragrant green leaves. It is one of the most widely used herbs in cooking. COMMON USES: Rubs/spice/herb blends to flavor meats, vegetables, soups, stews, sauces, even desserts. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Herbs, flavorings, bouquet garni



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, parmigania, piccata, scaloppine, oscar, orloff, sweetbreads



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



WATER CHESTNUT

The Chinese water chestnut more often called simply the water chestnut, is a grass-like sedge grown for its edible corms. The water chestnut is actually not a nut at all, but an aquatic vegetable. They are a popular ingredient in Chinese dishes. They can also be ground into a flour form used for making water chestnut cake, which is common as part of dim sum cuisine. COMMON USES: Stir-fries, oriental food, juices, raw, canned, powdered. OTHER WORDS THAT MIGHT INDICATE PRESENCE: matai, singhara, egg roll



YAM

A tuber that is rough and scaly; unlike a sweet potato which has smooth skin. Inside can be white, yellow or purple. COMMON USES: Casseroles, baked, fried, roasted, in salads, cake, breads, stews, soups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fufu. BE AWARE: Should never be consumed raw due to toxins. It also must be peeled

YELLOW PEA

Yellow split peas are dried and peeled, and after this process they split on their own. They are pale yellow in color and are in the shape of small half spheres. They are most often found dried.. COMMON USES: Soups, stews, Indian dishes, protein powder (pea protein), protein blends, vegan protein. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Dried pea, field pea, split pea soup, moong dal, pea protein, vegan protein, khoresh gheymeh, wandouhuang, matar ki daal.. BE AWARE: Pea protein contains yellow split pea, not green pea

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.

Item Count: 70

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
--------	----------	-------	--------------------------

ORRIS ROOT
RED#40 ALLURA RED

ACID BLUE #3*
ANNATTO*
ASPARTAME*
BENZOIC ACID*
SACCHARIN*
SODIUM SULFITE*
XYLITOL*
YELLOW#6 SUNSET YELLOW*

FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS

ACID RED #14	BHA	BHT	BLUE#1 BRILLIANT
BLUE#2 INDIGO CAR	BRILLIANT BLACK	CITRIC ACID	ERYTHRITOL
GREEN#3 FAST GREE	HIGH FRUCTOSE COR	MSG	POLYSORBATE 80
RED#4 CARMINE	SORBIC ACID	SUCRALOSE	YELLOW#5 TARTRAZI

NYSTATIN
PENICILLIN
TETRACYCLINE

AMPICILLIN*
ASPIRIN*
DICLOFENAC*
IBUPROFEN*
STREPTOMYCIN*
SULFAMETHOXAZOLE*

ANTIBIOTICS/ANTI INFLAMMATORY AGENTS

ACETAMINOPHEN	AMOXICILLIN	DIFLUNISAL	GENTAMICIN
INDOMETHACIN	KETOPROFEN	NAPROXEN	NEOMYCIN
PENICILLAMINE	PIROXICAM	SULINDAC	

PHOMA HERBARUM
RHIZOPUS NIGRICANS
RHODOTORULA RUBRA

ALTERNARIA*
ASPERGILLUS*
PULLULARIA*
SPONDYLOCLADIUM*
TRICHODERMA*

MOLDS

BOTRYTIS	CEPHALOSPORIUM	CLADO HERBARUM	CURV SPECIFERA
EPICOCCUM NIGRUM	FUSARIUM OXYSPORU	GEOTRICHUM CANDID	HELMINTHOSPORIUM
HORMODENDRUM	MONILIA SITOPHILA	MUCOR RACEMOSUS	PENICILLIUM

RED#3 ERYTHROSINE

RED#2 AMARANTH*

PRESERVATIVES/EXPANDED ADDITIVES

BETA-CAROTENE Lecithin (Soy)

Others

SEVERE

MODERATE

MILD*

ACCEPTABLE / NO REACTION

Item Count: 50

ALOE VERA
MILK THISTLE
NONI BERRY
PINE BARK
REISHI MUSHROOM
SENNA
ST JOHNS WORT
YELLOW DOCK

ASHWAGANDHA*
ASTRAGALUS*
CHLORELLA*
CHONDROITIN*
FEVERFEW*
HUPERZINE*
LUO HAN GUO*
MULLEIN LEAF*
PAU DARCO BARK*
RED QUEBRACHO*
RESVERATROL*
RHODIOLA*
WHEATGRASS*
WORMWOOD*

Functional Foods and Medicinal
Herbs

ACAI BERRY
BILBERRY
ECHINACEA
GLUCOSAMINE
GUARANA SEED
LUTEIN
SCHISANDRA BERRY

BAMBOO SHOOT
BLACK WALNUT
ELDERBERRY
GOJI BERRY
GYMNEMA SYLVESTRE
MAITAKE MUSHROOM
SPIRULINA

BARLEY GRASS
CASCARA
ESSIAC
GOLDENSEAL
HAWTHORN BERRY
RED YEAST RICE
VALERIAN

BEE POLLEN
DANDELION ROOT
GINKGO BILOBA
GRAPE SEED EXTRAC
KAVA KAVA
ROOIBOS TEA
VINPOCETINE

Herbs: Male/Female

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:

AGAVE, CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have no reaction to Gluten or Gliadin.

CASEIN

WHEY

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

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

ACORN SQUASH
BAKER'S YEAST
BROCCOLI
CARROT
CAYENNE PEPPER
CRANBERRY
LAMB
MUNG BEAN
PARSLEY
PECAN
PLANTAIN
PUMPKIN
RED PALM FRUIT
SWORDFISH
VEAL
WATER CHESTNUT
YELLOW PEA

ALLSPICE
BANANA
CANTALOUPE
CAULIFLOWER
CHERRY
ESCAROLE
MILLET
PAPAYA
PEAR
PEPPERMINT
PLUM
QUINOA
SAFFLOWER
THYME
WAKAME SEAWEED
YAM

ADZUKI BEANS*
APPLE*
ASPARAGUS*
BLACK PEPPER*
CAPERS*
CORN*
DRAGON FRUIT*
EGGPLANT*
HOPS*
LIME*
NUTRITIONAL YEAST
ORANGE*
PINE NUT*
ROMAINE LETT*
SHALLOTS*
STRAWBERRY*
TILAPIA*
TURNIP*

ALMOND*
APRICOT*
BARLEY*
BOK CHOY*
CAROB*
CRAB*
DUCK*
FIG*
ICEBERG LETTUCE*
LYCHEE*
OAT (GLUTEN FREE)
OREGANO*
PORK*
RYE*
SHIITAKE MUSHRM*
TANGERINE*
TROUT*
ZUCCHINI SQUASH*

ANCHO CHILI
PEPP*
ARROWROOT*
BAY LEAF*
BUTTON
MUSHROOM*
CASHEW*
CURRY*
EGG WHITE*
GRAPE*
KELP*
MAHI MAHI*
OKRA*
PARSNIP*
PORTOBELLO
MUSHRM
SAGE*
SHRIMP*
TAPIOCA*
TURKEY*

ANCHOVY*
ARUGULA*
BEEF*
CABBAGE*
COLLARD
GREENS*
DANDELION
LEAF*
EGG YOLK*
GROUPER*
LEMON*
MUSTARD
GREENS*
OLIVE*
PEACH*
RASPBERRY*
SARDINE*
SPAGHETTI
SQUASH*
TARRAGON*
TURMERIC*

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:

AGAVE, CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

You have no reaction to Gluten or Gliadin.

CASEIN

WHEY

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

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

ACORN SQUASH
BAKER'S YEAST
BROCCOLI
CARROT
CAYENNE PEPPER
CRANBERRY
LAMB
MUNG BEAN
PARSLEY
PECAN
PLANTAIN
PUMPKIN
RED PALM FRUIT
SWORDFISH
VEAL
WATER CHESTNUT
YELLOW PEA

ALLSPICE
BANANA
CANTALOUPE
CAULIFLOWER
CHERRY
ESCAROLE
MILLET
PAPAYA
PEAR
PEPPERMINT
PLUM
QUINOA
SAFFLOWER
THYME
WAKAME SEAWEED
YAM

ADZUKI BEANS*
APPLE*
ASPARAGUS*
BLACK PEPPER*
CAPERS*
CORN*
DRAGON FRUIT*
EGGPLANT*
HOPS*
LIME*
NUTRITIONAL YEAST
ORANGE*
PINE NUT*
ROMAINE LETT*
SHALLOTS*
STRAWBERRY*
TILAPIA*
TURNIP*

ALMOND*
APRICOT*
BARLEY*
BOK CHOY*
CAROB*
CRAB*
DUCK*
FIG*
ICEBERG LETTUCE*
LYCHEE*
OAT (GLUTEN FREE)
OREGANO*
PORK*
RYE*
SHIITAKE MUSHRM*
TANGERINE*
TROUT*
ZUCCHINI SQUASH*

ANCHO CHILI
PEPP*
ARROWROOT*
BAY LEAF*
BUTTON
MUSHROOM*
CASHEW*
CURRY*
EGG WHITE*
GRAPE*
KELP*
MAHI MAHI*
OKRA*
PARSNIP*
PORTOBELLO
MUSHRM
SAGE*
SHRIMP*
TAPIOCA*
TURKEY*

ANCHOVY*
ARUGULA*
BEEF*
CABBAGE*
COLLARD
GREENS*
DANDELION
LEAF*
EGG YOLK*
GROUPER*
LEMON*
MUSTARD
GREENS*
OLIVE*
PEACH*
RASPBERRY*
SARDINE*
SPAGHETTI
SQUASH*
TARRAGON*
TURMERIC*

VEGETABLES / LEGUMES

ARTICHOKE	BELL PEPPER MIX	BLACK BEANS	BLACK-EYED PEA
BOSTON BIBB LETTU	BRSSLS SPROUT	BUTTERNUT SQUASH	CANNELLINI BEANS
CELERY	CHICKPEA	CHICORY	CUCUMBER
ENDIVE	FAVA BEAN	FENNEL SEED	GREEN PEA
HABANERO PEPPER	JALAPEÑO PEPP	JICAMA	KALE
KIDNEY BEAN	LEAF LETT (RED/GR	LEEK	LENTIL BEAN
LIMA BEAN	NAVY BEAN	ONION	PINTO BEAN
RADISH	RED BEET / SUGAR	RHUBARB	RUTABAGA
SCALLION	SOYBEAN	SPINACH	STRING BEAN
SWEET POTATO	SWISS CHARD	TARO ROOT	TOMATO
WATERCRESS	WHITE POTATO	YELLOW SQUASH	

FRUITS

AVOCADO	BLACK CURRANT	BLACKBERRY	BLUEBERRY
DATE	GRAPEFRUIT	GUAVA	HONEYDEW MLN
JACKFRUIT	KIWI	MANGO	MULBERRY
NECTARINE	PERSIMMON	PINEAPPLE	POMEGRANATE
STAR FRUIT	WATERMELON		

MEAT

BISON	CHICKEN	CHICKEN LIVER	VENISON
-------	---------	---------------	---------

DAIRY / EGGS
SEAFOOD

CATFISH	CLAM	CODFISH	FLOUNDER
HADDOCK	HALIBUT	LOBSTER	MACKEREL
MUSSEL	OYSTER	SALMON	SCALLOP
SEA BASS	SNAPPER (RED)	SOLE	TUNA

GRAINS / STARCHES

AMARANTH	BUCKWHEAT	MALT	RICE (BRWN/WHT)
SORGHUM	SPELT	TEFF	WHEAT
WILD RICE			

NUTS / OILS AND MISC. FOODS

BLACK TEA	BRAZIL NUT	BREWER'S YEAST	CANOLA
CARAWAY	CHAMOMILE	CHIA	(RAPESEED)
COCONUT	COFFEE	FLAXSEED	COCOA
GREEN TEA	HAZELNUT	HEMP	GARLIC
MUSTARD SEED	PEANUT	PISTACHIO	MACADAMIA
SESAME	SPEARMINT	STEVIA LEAF	POPPY SEED
VANILLA	WALNUT		SUNFLOWER

HERBS / SPICES

BASIL	CARDAMOM	CHIVES	CILANTRO
CINNAMON	CLOVE	CORIANDER SEED	CUMIN
DILL	GINGER	HORSERADISH	LICORICE
NUTMEG	PAPRIKA	ROSEMARY	SAFFRON

VEGETABLES / LEGUMES

ARTICHOKE	BELL PEPPER MIX	BLACK BEANS	BLACK-EYED PEA
BOSTON BIBB LETTU	BRSSLS SPROUT	BUTTERNUT SQUASH	CANNELLINI BEANS
CELERY	CHICKPEA	CHICORY	CUCUMBER
ENDIVE	FAVA BEAN	FENNEL SEED	GREEN PEA
HABANERO PEPPER	JALAPEÑO PEPP	JICAMA	KALE
KIDNEY BEAN	LEAF LETT (RED/GR	LEEK	LENTIL BEAN
LIMA BEAN	NAVY BEAN	ONION	PINTO BEAN
RADISH	RED BEET / SUGAR	RHUBARB	RUTABAGA
SCALLION	SOYBEAN	SPINACH	STRING BEAN
SWEET POTATO	SWISS CHARD	TARO ROOT	TOMATO
WATERCRESS	WHITE POTATO	YELLOW SQUASH	

FRUITS

AVOCADO	BLACK CURRANT	BLACKBERRY	BLUEBERRY
DATE	GRAPEFRUIT	GUAVA	HONEYDEW MLN
JACKFRUIT	KIWI	MANGO	MULBERRY
NECTARINE	PERSIMMON	PINEAPPLE	POMEGRANATE
STAR FRUIT	WATERMELON		

MEAT

BISON	CHICKEN	CHICKEN LIVER	VENISON
-------	---------	---------------	---------

DAIRY / EGGS
SEAFOOD

CATFISH	CLAM	CODFISH	FLOUNDER
HADDOCK	HALIBUT	LOBSTER	MACKEREL
MUSSEL	OYSTER	SALMON	SCALLOP
SEA BASS	SNAPPER (RED)	SOLE	TUNA

GRAINS / STARCHES

AMARANTH	BUCKWHEAT	MALT	RICE (BRWN/WHT)
SORGHUM	SPELT	TEFF	WHEAT
WILD RICE			

NUTS / OILS AND MISC. FOODS

BLACK TEA	BRAZIL NUT	BREWER'S YEAST	CANOLA
CARAWAY	CHAMOMILE	CHIA	(RAPESEED)
COCONUT	COFFEE	FLAXSEED	COCOA
GREEN TEA	HAZELNUT	HEMP	GARLIC
MUSTARD SEED	PEANUT	PISTACHIO	MACADAMIA
SESAME	SPEARMINT	STEVIA LEAF	POPPY SEED
VANILLA	WALNUT		SUNFLOWER

HERBS / SPICES

BASIL	CARDAMOM	CHIVES	CILANTRO
CINNAMON	CLOVE	CORIANDER SEED	CUMIN
DILL	GINGER	HORSERADISH	LICORICE
NUTMEG	PAPRIKA	ROSEMARY	SAFFRON