

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION				Item Count: 200
FAVA BEAN PINE NUT	ACORN SQUASH ASPARAGUS BASIL BAY LEAF BLACK-EYED PEA BROCCOLI BRSSLS SPROUT BUCKWHEAT BUTTON MUSHROOM CANE SUGAR CHERRY CRANBERRY CUMIN FLOUNDER GRAPE GREEN PEA HADDOCK HONEY KALE NAVY BEAN OLIVE ONION PEACH PEANUT SCALLOP SPINACH TURKEY WHITE POTATO	APPLE* APRICOT* AVOCADO* BEEF* BELL PEPPER MIX* BLACK BEANS* BLACK TEA* BLACKBERRY* BLUEBERRY* BREWER'S YEAST* CARROT* CATFISH* CAYENNE PEPPER* CELERY* CORN* DATE* FIG* FLAXSEED* FRUCTOSE* GROUPER* HAZELNUT* KELP* LEEK* LEMON* LICORICE* LIMA BEAN* MACADAMIA* MAHI MAHI* MANGO* MUNG BEAN* OREGANO* PAPAYA* PEAR* PINEAPPLE* POMEGRANATE* PORK* PORTOBELLO MUSHRM* PUMPKIN* QUINOA* RADISH* RASPBERRY* ROSEMARY* SAFFLOWER* SALMON* SARDINE* SESAME* SNAPPER (RED)* SOLE* STRAWBERRY* STRING BEAN* TOMATO* TUNA* WALNUT* WATERCRESS* YELLOW SQUASH*	VEGETABLES / LEGUMES				
			ARTICHOKE	BOK CHOY	BUTTERNUT SQUASH	CABBAGE	
			CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT	
			ENDIVE	FENNEL SEED	ICEBERG LETTUCE	JALAPEÑO PEPP	
			KIDNEY BEAN	LEAF LETT (RED/GR	LENTIL BEAN	OKRA	
			PARSNIP	PINTO BEAN	RED BEET / SUGAR	ROMAINE LETT	
			SCALLION	SOYBEAN	SWEET POTATO	SWISS CHARD	
			TURNIP	ZUCCHINI SQUASH			
			FRUITS				
			BANANA	CANTALOUPE	GRAPEFRUIT	HONEYDEW MLN	
KIWI	LIME	NECTARINE	ORANGE				
PLUM	WATERMELON						
MEAT							
BISON	CHICKEN	CHICKEN LIVER	DUCK				
LAMB	VEAL	VENISON					
DAIRY / EGGS							
EGG WHITE	EGG YOLK						
SEAFOOD							
ANCHOVY	CLAM	CODFISH	CRAB				
HALIBUT	LOBSTER	MACKEREL	MUSSEL				
OYSTER	SEA BASS	SHRIMP	SWORDFISH				
TILAPIA	TROUT						
GRAINS / STARCHES							
AMARANTH	MILLET	OAT (GLUTEN FREE)	RICE (BRWN/WHT)				
SORGHUM	TAPIOCA	TEFF	WILD RICE				
HERBS / SPICES							
ANCHO CHILI PEPP	BLACK PEPPER	CARDAMOM	CILANTRO				
CINNAMON	CLOVE	CORIANDER SEED	DILL				
GINGER	NUTMEG	PAPRIKA	PARSLEY				
PEPPERMINT	SAFFRON	SAGE	THYME				
TURMERIC							
NUTS / OILS AND MISC. FOODS							
ALMOND	BAKER'S YEAST	BRAZIL NUT	CARAWAY				
CAROB	CASHEW	CHAMOMILE	COCOA				
COCONUT	COFFEE	GARLIC	GREEN TEA				
HOPS	MAPLE SUGAR	MUSTARD SEED	PECAN				
PISTACHIO	SUNFLOWER	VANILLA					


CANDIDA ALBICANS
 You have no reaction to Candida Albicans.


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 Whey and mild reaction to Casein, eliminate these foods:
COW'S MILK, GOAT'S 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.

Avoiding YOUR Reactive Foods		WHAT YOU NEED TO KNOW
		 Lab Director Harold Alvarez, M.D.
	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	
	ASPARAGUS Asparagus is a woody, stalk like vegetable that can be green, purple or white in color. COMMON USES: Pickled mixtures, mixed vegetables, soups, stews and sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mixed vegetables, primavera	
	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	
	BAY LEAF A leaf that is mostly found dried, they can be used fresh as well. Best used whole and added at the beginning of cooking and removed before serving. COMMON USES: Soups, sauces, vegetables and meats as an aromatic or flavoring; used fresh or dried. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bay leaf, laurel leaf, herbs, sachet, bouquet garni	
	BLACK-EYED PEA A small, pale colored bean with a prominent black spot. COMMON USES: The southern "Hoppin' John" dish, Texas Caviar, in rice dishes, stews and soups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cowpea, purple hull pea, yellow eyed pea. BE AWARE: In many cultures this pea is a sign of good luck and will be incorporated into traditional dishes on holidays such as New Years or Rosh Hashana	
	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	
	BRSSLS SPROUT Brussels sprout are known to be native to cool regions in northern Europe. They are similar to cabbage in taste, but they are slightly milder in flavor and denser in texture. Brussels sprouts and cabbage are members of the cruciferous vegetable family. These vegetables contain significant amounts of the antioxidants vitamin C and beta-carotene (vitamin A). For reintroduction into diet, place into day: 2	
	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	
	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	
	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	

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

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

FAVA BEAN

A green kidney shaped bean that is a member of the pea family. COMMON USES: Soups, salads, dips. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Broadbean, faba bean, horse bean, field bean, tic bean, habas

FLOUNDER

Flounder are a flatfish species and encompass a variety of species of fish. They are known for their delicate, white flaky flesh. COMMON USES: Seafood dishes and stews. 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

GRAPE

Grapes are small fruits that grow on a vine and are high in water content. They vary in color and and sweetness. COMMON USES: Salads, pies, jams, jellies, juice, and wine. Raisins are dried grapes found in baked goods, cereals, granola, trail mix, etc.. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Trail mix, vinaigrette

GREEN PEA

Fresh peas are often eaten boiled as a side dish vegetable. Commonly used in many different Chinese and Indian foods. Peas are also used in pot pies, salads and casseroles. Also avoid cream peas, split peas, frozen mixed vegetables. For reintroduction into diet, place into day: 3

HADDOCK

Similar to cod, haddock has a dense white flaky flesh that is slightly sweet. COMMON USES: "Fish and Chips"; often used in omega-3 supplements. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Scrod, smoked fish dip. 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

HONEY

A golden liquid that is produced from bees and is much sweeter than sugar. COMMON USES: Cooking and baking; often used to top breads or sweeten various items. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Naturally sweetened

KALE

A form of cabbage that is green in color and slightly bitter in flavor. Comes in a few different varieties. COMMON USES: Salads, stews, soups, stuffings. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Borecole. BE AWARE: Can be found in mixed green salads in the form of baby kale

NAVY BEAN

A small white bean that is typically used in baked bean recipes. COMMON USES: Baked beans, spreads, dips, salads, soups, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pearl haricot, pea bean, yankee bean

OLIVE

Olives are small fruits that grow on trees that come in a a variety of colors such as black, green, and brown. COMMON USES: Salads, pasta's, pizzas, brines, marinades, packaged products, breads, baked items. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Puttanesca, tapenade. BE AWARE: Found in many varieties

ONION

A base of flavor in cooking all over the world. Come in many different colors that range in flavor from sweet to pungent. COMMON USES: Soups, stews, relish, stuffing, salads, salsa, dips, mixed vegetables. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Dry rub. BE AWARE: Comes in the form of powder, salt, flakes, and flavoring cubes

PEACH

Peaches are round stone fruits with reddish orange fuzzy skin and light orange flesh. Very sweet and soft to the bite when in season. COMMON USES: Baked goods, pies, fruit juices, preserves, salads and sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cobbler, fruit salad

PEANUT

Peanuts are small nuts that are found inside of a hard oblong, misshaped shell. The shell must be cracked and discarded to consume. COMMON USES: Nut mixes, satay, cakes, cookies, candies, sauces, soups, stews, salads, peanut butter and peanut oil. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Ground nut, monkey nut, earth nut, goober pea, blended oils. 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 peanut as an ingredient must list the word "peanut" in plain English, on the label

PINE NUT

Pine nuts are the small edible seeds of the female cone of a pine tree. They have a crunch yet buttery texture and are soft yellow in color. COMMON USES: Added to meat, fish, salads, sauces, desserts. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pinoli, pinon, pesto, pine nut oil. 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

SCALLOP

Scallops are mollusks but unlike clams, oysters and mussels are more often eaten out of their shell. Their white meat is firm and sweet when cooked. COMMON USES: Seafood dishes, sauces, soups, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bay, diver, sea scallops. BE AWARE: Also available dried to add flavor to dishes. Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements

SPINACH

A green leafy vegetables that comes in fresh or frozen form. It can be eaten in salads raw or cooked. COMMON USES: Salads, soups, stews, stuffing's, creamed dishes; eaten cooked and raw. OTHER WORDS THAT MIGHT INDICATE PRESENCE: "Florentine", vegetable soup. BE AWARE: Boiling for 1 minute is recommended to reduce concentration of oxalic acid

TURKEY

Turkey is a poultry that is very similar to chicken but much larger. COMMON USES: Soups, stews, casseroles, cold cuts, sausages, bacon, salad and sandwiches, and Thanksgiving. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cold cut, turkey bacon, turkey sausage, poultry

WHEAT

Wheat is a gluten containing grain that is light brown and when cooked oval shaped and translucent. COMMON USES: Breads, pastas, crackers, cookies, cereals, chips, baked goods, all purpose flour and much more. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bread, cake, cookies, pie, sauces, stews, soups, farina, semolina, farro, couscous, roux, durum, kamut. BE AWARE: Wheat is also found in beer and certain alcohols; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain wheat as an ingredient must list the word "wheat" in plain English, on the label

WHITE POTATO

A root vegetable with brown skin and white flesh. COMMON USES: Potato salad, as french 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, vichyssoise, 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 your rotation diet plan.

Item Count: 70

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
	ACID BLUE #3 BENZOIC ACID BHA BHT BLUE#1 BRILLIANT BLUE ORRIS ROOT XYLITOL	ACID RED #14* ANNATTO* CITRIC ACID* ERYTHRITOL* GREEN#3 FAST GREEN* POLYSORBATE 80* RED#40 ALLURA RED* SORBIC ACID* SUCRALOSE*	FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS <div> ASPARTAME MSG YELLOW#5 TARTRAZI </div> <div> BLUE#2 INDIGO CAR RED#4 CARMINE YELLOW#6 SUNSET Y </div> <div> BRILLIANT BLACK SACCHARIN </div> <div> HIGH FRUCTOSE COR SODIUM SULFITE </div>
	IBUPROFEN TETRACYCLINE	ASPIRIN* DICLOFENAC* KETOPROFEN* NAPROXEN* NEOMYCIN* PENICILLAMINE* PENICILLIN*	ANTIBIOTICS/ANTI INFLAMMATORY AGENTS <div> ACETAMINOPHEN GENTAMICIN STREPTOMYCIN </div> <div> AMOXICILLIN INDOMETHACIN SULFAMETHOXAZOLE </div> <div> AMPICILLIN NYSTATIN SULINDAC </div> <div> DIFLUNISAL PIROXICAM </div>
	ALTERNARIA HELMINTHOSPORIUM RHIZOPUS NIGRICANS	ASPERGILLUS* BOTRYTIS* HORMODENDRUM* TRICHODERMA*	MOLDS <div> CEPHALOSPORIUM FUSARIUM OXYSPORU PENICILLIUM SPONDYLOCLADIUM </div> <div> CLADO HERBARUM GEOTRICHUM CANDID PHOMA HERBARUM </div> <div> CURV SPECIFERA MONILIA SITOPHILA PULLULARIA </div> <div> EPICOCCUM NIGRUM MUCOR RACEMOSUS RHODOTORULA RUBRA </div>
	BETA-CAROTENE Lecithin (Soy)		PRESERVATIVES/EXPANDED ADDITIVES <div> RED#2 AMARANTH </div> <div> RED#3 ERYTHROSINE </div>
			Others

SEVERE

MODERATE

MILD*

ACCEPTABLE / NO REACTION

Item Count: 50

DANDELION ROOT
ELDERBERRY
GINKGO BILOBA
HUPERZINE
NONI BERRY
RED YEAST RICE
SENNA

ACAI BERRY*
ASTRAGALUS*
CASCARA*
CHONDROITIN*
ECHINACEA*
ESSIAC*
FEVERFEW*
GOJI BERRY*
RED QUEBRACHO*
REISHI MUSHROOM*
RESVERATROL*
ROOIBOS TEA*
SPIRULINA*
VALERIAN*
YELLOW DOCK*

Functional Foods and Medicinal Herbs

ALOE VERA
BEE POLLEN
GLUCOSAMINE
GYMNEMA SYLVESTRE
LUTEIN
PAU DARCO BARK
ST JOHNS WORT

ASHWAGANDHA
BILBERRY
GOLDENSEAL
HAWTHORN BERRY
MAITAKE MUSHROOM
PINE BARK
VINPOCETINE

BAMBOO SHOOT
BLACK WALNUT
GRAPE SEED EXTRAC
KAVA KAVA
MILK THISTLE
RHODIOLA
WHEATGRASS

BARLEY GRASS
CHLORELLA
GUARANA SEED
LUO HAN GUO
MULLEIN LEAF
SCHISANDRA BERRY
WORMWOOD

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 no reaction to Candida Albicans.

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 Whey and mild reaction to Casein, eliminate these foods:

COW'S MILK, GOAT'S MILK

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FAVA BEAN
PINE NUT

ACORN SQUASH
BASIL
BLACK-EYED PEA
BRSSLS SPROUT
BUTTON MUSHROOM
CHERRY
CUMIN
GRAPE
HADDOCK
KALE
OLIVE
PEACH
SCALLOP
TURKEY

ASPARAGUS
BAY LEAF
BROCCOLI
BUCKWHEAT
CANE SUGAR
CRANBERRY
FLOUNDER
GREEN PEA
HONEY
NAVY BEAN
ONION
PEANUT
SPINACH
WHITE POTATO

FAVA BEAN
PINE NUT

ACORN SQUASH
BASIL
BLACK-EYED PEA
BRSSLS SPROUT
BUTTON MUSHROOM
CHERRY
CUMIN
GRAPE
HADDOCK
KALE
OLIVE
PEACH
SCALLOP
TURKEY

ASPARAGUS
BAY LEAF
BROCCOLI
BUCKWHEAT
CANE SUGAR
CRANBERRY
FLOUNDER
GREEN PEA
HONEY
NAVY BEAN
ONION
PEANUT
SPINACH
WHITE POTATO

APPLE*
BELL PEPPER MIX*
BLUEBERRY*
CAYENNE
PEPPER*
FIG*
HAZELNUT*
LICORICE*
MANGO*
PEAR*
PORTOBELLO
MUSHRM
RASPBERRY*
SARDINE*
STRAWBERRY*
WALNUT*

APRICOT*
BLACK BEANS*
BREWER'S YEAST*
CELERY*
FLAXSEED*
KELP*
LIMA BEAN*
MUNG BEAN*
PINEAPPLE*
PUMPKIN*
ROSEMARY*
SESAME*
STRING BEAN*
WATERCRESS*

AVOCADO*
BLACK TEA*
CARROT*
CORN*
FRUCTOSE*
LEEK*
MACADAMIA*
OREGANO*
POMEGRANATE*
QUINOA*
SAFFLOWER*
SNAPPER (RED)*
TOMATO*
YELLOW SQUASH*

BEEF*
BLACKBERRY*
CATFISH*
DATE*
GROUPE*
LEMON*
MAHI MAHI*
PAPAYA*
PORK*
RADISH*
SALMON*
SOLE*
TUNA*

APPLE*
BELL PEPPER MIX*
BLUEBERRY*
CAYENNE
PEPPER*
FIG*
HAZELNUT*
LICORICE*
MANGO*
PEAR*
PORTOBELLO
MUSHRM
RASPBERRY*
SARDINE*
STRAWBERRY*
WALNUT*

APRICOT*
BLACK BEANS*
BREWER'S YEAST*
CELERY*
FLAXSEED*
KELP*
LIMA BEAN*
MUNG BEAN*
PINEAPPLE*
PUMPKIN*
ROSEMARY*
SESAME*
STRING BEAN*
WATERCRESS*

AVOCADO*
BLACK TEA*
CARROT*
CORN*
FRUCTOSE*
LEEK*
MACADAMIA*
OREGANO*
POMEGRANATE*
QUINOA*
SAFFLOWER*
SNAPPER (RED)*
TOMATO*
YELLOW SQUASH*

BEEF*
BLACKBERRY*
CATFISH*
DATE*
GROUPE*
LEMON*
MAHI MAHI*
PAPAYA*
PORK*
RADISH*
SALMON*
SOLE*
TUNA*

VEGETABLES / LEGUMES			
ARTICHOKE	BOK CHOY	BUTTERNUT SQUASH	CABBAGE
CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ENDIVE	FENNEL SEED	ICEBERG LETTUCE	JALAPEÑO PEPP
KIDNEY BEAN	LEAF LETT (RED/GR	LENTIL BEAN	OKRA
PARSNIP	PINTO BEAN	RED BEET / SUGAR	ROMAINE LETT
SCALLION	SOYBEAN	SWEET POTATO	SWISS CHARD
TURNIP	ZUCCHINI SQUASH		

FRUITS			
BANANA	CANTALOUPE	GRAPEFRUIT	HONEYDEW MLN
KIWI	LIME	NECTARINE	ORANGE
PLUM	WATERMELON		

MEAT			
BISON	CHICKEN	CHICKEN LIVER	DUCK
LAMB	VEAL	VENISON	

DAIRY / EGGS	
EGG WHITE	EGG YOLK

SEAFOOD			
ANCHOVY	CLAM	CODFISH	CRAB
HALIBUT	LOBSTER	MACKEREL	MUSSEL
OYSTER	SEA BASS	SHRIMP	SWORDFISH
TILAPIA	TROUT		

GRAINS / STARCHES			
AMARANTH	MILLET	OAT (GLUTEN FREE)	RICE (BRWN/WHT)
SORGHUM	TAPIOCA	TEFF	WILD RICE

NUTS / OILS AND MISC. FOODS			
ALMOND	BAKER'S YEAST	BRAZIL NUT	CARAWAY
CAROB	CASHEW	CHAMOMILE	COCOA
COCONUT	COFFEE	GARLIC	GREEN TEA
HOPS	MAPLE SUGAR	MUSTARD SEED	PECAN
PISTACHIO	SUNFLOWER	VANILLA	

HERBS / SPICES			
ANCHO CHILI PEPP	BLACK PEPPER	CARDAMOM	CILANTRO
CINNAMON	CLOVE	CORIANDER SEED	DILL
GINGER	NUTMEG	PAPRIKA	PARSLEY
PEPPERMINT	SAFFRON	SAGE	THYME
TURMERIC			

VEGETABLES / LEGUMES			
ARTICHOKE	BOK CHOY	BUTTERNUT SQUASH	CABBAGE
CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ENDIVE	FENNEL SEED	ICEBERG LETTUCE	JALAPEÑO PEPP
KIDNEY BEAN	LEAF LETT (RED/GR	LENTIL BEAN	OKRA
PARSNIP	PINTO BEAN	RED BEET / SUGAR	ROMAINE LETT
SCALLION	SOYBEAN	SWEET POTATO	SWISS CHARD
TURNIP	ZUCCHINI SQUASH		

FRUITS			
BANANA	CANTALOUPE	GRAPEFRUIT	HONEYDEW MLN
KIWI	LIME	NECTARINE	ORANGE
PLUM	WATERMELON		

MEAT			
BISON	CHICKEN	CHICKEN LIVER	DUCK
LAMB	VEAL	VENISON	

DAIRY / EGGS	
EGG WHITE	EGG YOLK

SEAFOOD			
ANCHOVY	CLAM	CODFISH	CRAB
HALIBUT	LOBSTER	MACKEREL	MUSSEL
OYSTER	SEA BASS	SHRIMP	SWORDFISH
TILAPIA	TROUT		

GRAINS / STARCHES			
AMARANTH	MILLET	OAT (GLUTEN FREE)	RICE (BRWN/WHT)
SORGHUM	TAPIOCA	TEFF	WILD RICE

NUTS / OILS AND MISC. FOODS			
ALMOND	BAKER'S YEAST	BRAZIL NUT	CARAWAY
CAROB	CASHEW	CHAMOMILE	COCOA
COCONUT	COFFEE	GARLIC	GREEN TEA
HOPS	MAPLE SUGAR	MUSTARD SEED	PECAN
PISTACHIO	SUNFLOWER	VANILLA	

HERBS / SPICES			
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CINNAMON	CLOVE	CORIANDER SEED	DILL
GINGER	NUTMEG	PAPRIKA	PARSLEY
PEPPERMINT	SAFFRON	SAGE	THYME
TURMERIC			