

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 50
GREEN PEA	CABBAGE CHICKEN GRAPE LAMB	APPLE* CANTALOUPE* CAULIFLOWER* CINNAMON* EGG WHITE* FRUCTOSE* GARLIC* OAT (GLUTEN FREE)* ONION* SHRIMP* SOYBEAN* STRAWBERRY*	<b>VEGETABLES / LEGUMES</b> BROCCOLI STRING BEAN YELLOW SQUASH BUTTERNUT SQUASH SWEET POTATO CARROT TOMATO ICEBERG LETTUCE WHITE POTATO	
			<b>FRUITS</b> BANANA LEMON ORANGE PEAR	
			<b>MEAT</b> BEEF PORK TURKEY	
			<b>DAIRY / EGGS</b> EGG YOLK	
			<b>SEAFOOD</b> TUNA	
			<b>GRAINS / STARCHES</b> CORN RICE (BRWN/WHT)	
			<b>HERBS / SPICES</b> BLACK PEPPER	
			<b>NUTS / OILS AND MISC. FOODS</b> BAKER'S YEAST PEANUT CANE SUGAR VANILLA COCOA MUSTARD SEED	

**GLUTEN**

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

**BARLEY, WHEAT**

**GLIADIN**
**CASEIN**

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

**COWS 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		<div>ALCAT</div> <div>Lab Director Harold Alvarez, M.D.</div>	

	<div>CABBAGE</div> <p>A vegetable that comes in a head with thick leaves; in a variety of colors and is much more dense. COMMON USES: Coleslaw, salads, soups, stews, German and Polish dishes . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sauerkraut, purple cabbage, red cabbage, white cabbage, green cabbage</p>
	<div>CHICKEN</div> <p>Chicken is a poultry and because of its relatively low cost, chicken is one of the most used meats in the world. Nearly all parts of the bird can be used for food, and the meat is cooked in many different ways around the world. COMMON USES: Soup, broths, stocks, stews, salads, bouillon, prepackaged/precooked items, read labels. Prepared in various cooking methods such as roasted, baked, grilled, fried. . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Poultry, fowl, broiler, fryer, roaster, capon Cornish hen, squab</p>
	<div>COW'S MILK</div> <p>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</p>
	<div>GRAPE</div> <p>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</p>
	<div>GREEN PEA</div> <p>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</p>
	<div>LAMB</div> <p>A young sheep, tender red meat with a very distict flavor. COMMON USES: Kebabs, gyros, burgers, stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mutton, spring lamb</p>

*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.*

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Patient Information

ALCAT

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

GLUTEN

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

BARLEY, WHEAT

GLIADIN

CASEIN

WHEY

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COW'S MILK

GREEN PEA

CABBAGE  
GRAPE

CHICKEN  
LAMB

APPLE\*  
EGG WHITE\*  
ONION\*

CANTALOUPE\*  
FRUCTOSE\*  
SHRIMP\*

CAULIFLOWER\*  
GARLIC\*  
SOYBEAN\*

CINNAMON\*  
OAT (GLUTEN  
FREE)  
STRAWBERRY\*

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SOYBEAN\*

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OAT (GLUTEN  
FREE)  
STRAWBERRY\*

**VEGETABLES / LEGUMES**

BROCCOLI	BUTTERNUT SQUASH	CARROT	ICEBERG LETTUCE
STRING BEAN	SWEET POTATO	TOMATO	WHITE POTATO
YELLOW SQUASH			

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**FRUITS**

BANANA	LEMON	ORANGE	PEAR
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BANANA	LEMON	ORANGE	PEAR
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**MEAT**

BEEF	PORK	TURKEY
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BEEF	PORK	TURKEY
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**DAIRY / EGGS**

EGG YOLK
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**SEAFOOD**

TUNA
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**SEAFOOD**

TUNA
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**GRAINS / STARCHES**

CORN	RICE (BRWN/WHT)
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CORN	RICE (BRWN/WHT)
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**NUTS / OILS AND MISC. FOODS**

BAKER'S YEAST	CANE SUGAR	COCOA	MUSTARD SEED
PEANUT	VANILLA		

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**HERBS / SPICES**

BLACK PEPPER
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