

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION				Item Count: 150
BASIL KIDNEY BEAN MILLET PLUM	ANCHO CHILI PEPP ASPARAGUS AVOCADO BAKER'S YEAST BANANA BLACKBERRY BUTTON MUSHROOM CASHEW CHAMOMILE CHICKPEA CINNAMON CLOVE COFFEE CURRY FLAXSEED GINGER HOPS OKRA ONION ORANGE RHUBARB SUNFLOWER WAKAME SEAWEED	ALMOND* APPLE* ARTICHOKE* BLACK TEA* BLACK-EYED PEA* BREWER'S YEAST* BRSSLS SPROUT* BUCKWHEAT* CABBAGE* CANTALOUPE* CAROB* CARROT* CAULIFLOWER* CAYENNE PEPPER* COCOA* CORN* CUMIN* EGG WHITE* EGG YOLK* LENTIL BEAN* LIMA BEAN* MACADAMIA* MUSTARD SEED* PAPRIKA* PARSLEY* PEAR* PECAN* RADISH* RICE (BRWN/WHT)* SAGE* SORGHUM* SOYBEAN* STRING BEAN* SWEET POTATO* TAPIOCA* TARRAGON* WHITE POTATO* YELLOW SQUASH*	VEGETABLES / LEGUMES				
			BELL PEPPER MIX EGGPLANT ICEBERG LETTUCE LEEK PINTO BEAN SPINACH ZUCCHINI SQUASH	BROCCOLI ENDIVE JALAPEÑO PEPP MUNG BEAN PORTOBELLO MUSHRM SWISS CHARD	CELERY FAVA BEAN KALE NAVY BEAN RED BEET / SUGAR TOMATO	CUCUMBER GREEN PEA KELP PARSNIP ROMAINE LETT TURNIP	
			FRUITS				
			APRICOT DATE HONEYDEW MLN MANGO PEACH RASPBERRY	BLUEBERRY FIG KIWI NECTARINE PINEAPPLE STRAWBERRY	CHERRY GRAPE LEMON OLIVE POMEGRANATE WATERMELON	CRANBERRY GRAPEFRUIT LIME PAPAYA PUMPKIN	
			MEAT				
			DAIRY / EGGS				
			SEAFOOD				
			GRAINS / STARCHES				
			OAT (GLUTEN FREE)				
			HERBS / SPICES				
BAY LEAF OREGANO THYME	BLACK PEPPER PEPPERMINT TURMERIC	DILL ROSEMARY	NUTMEG SAFFRON				
NUTS / OILS AND MISC. FOODS							
BRAZIL NUT HAZELNUT PSYLLIUM	CARAWAY PEANUT SESAME	COCONUT PINE NUT VANILLA	GARLIC PISTACHIO WALNUT				

CANDIDA ALBICANS

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

CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR

GLUTEN

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

BARLEY, MALT, RYE, WHEAT

GLIADIN
CASEIN

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

COW'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:

- 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.

Cell Science Systems

Personalized Rotation Diet

4 Day Rotation

ALCAT

Lab Director
Dr. Jennifer Spiegel, M.D.



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



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



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



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



BARLEY

A gluten containing grain that is light brown in color and firm to the bite. **COMMON USES:** Flour, pasta, bread, muffins, soups, stews, hot cereal, prepared salads, candies. Used as an ingredient in beer, alcoholic beverages, coffee substitutes, hulled barley, pearl barley, pot/scotch barley, barley flakes, barley grits. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Flour, gluten, beer, scotch broth, whiskey, whole grain, hot cereal. **BE AWARE:** Gluten-containing grain



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



BLACKBERRY

A large, soft berry that is dark purple/black in color. **COMMON USES:** Jams, jellies, preserves, yogurt, pie, pastries, frozen yogurt, smoothies, teas, sauces. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mixed berries, bramble. **BE AWARE:** Commonly used as a natural flavoring



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

Avoiding YOUR Reactive Foods		WHAT YOU NEED TO KNOW		<div>ALCAT</div> <div>Lab Director Dr. Jennifer Spiegel, M.D.</div>

	<div>CASHEW</div> <p>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.</p>
	<div>CHAMOMILE</div> <p>Chamomile is a flowering plant in the daisy family. It is native to Europe and Asia. The flowers are used medicinally. Chamomile has a long history of use in Europe for digestive ailments. COMMON USES: Capsule, liquid, and tea form. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sleeping Tea. BE AWARE: Often found in beauty products and fragrances</p>
	<div>CHICKPEA</div> <p>Chickpeas are grown in the Mediterranean, western Asia and the Indian subcontinent. Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as besan and used in primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into a paste called hummus or roasted, spiced and eaten as a snack. For reintroduction into diet, place into day: 1</p>
	<div>CINNAMON</div> <p>Cinnamon bark is brown and comes in a roll that resembles a stick. It is widely used as a spice. Cinnamon bark is one of the few spices that can be consumed directly. COMMON USES: Sweet and savory dishes therefore it is important to check labels. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cassia, ceylon. BE AWARE: Also used in fragrances and beauty products</p>
	<div>CLOVE</div> <p>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.</p>
	<div>COFFEE</div> <p>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</p>
	<div>CURRY</div> <p>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.</p>
	<div>FLAXSEED</div> <p>Flax seeds come in two basic varieties, brown and yellow or golden, with most types having similar nutritional values and equal amounts of short-chain omega-3 fatty acids. Flax seeds produce a vegetable oil known as flaxseed or linseed oil; it is one of the oldest commercial oils and solvent-processed flax seed oil has been used for centuries as a drying oil in painting and varnishing. COMMON USES: Oatmeal, wafers, gluten-free bread, cookies, crackers, and cereals. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Linseed oil, gluten-free, egg free. Be aware that solin is a flaxseed bred to have very low levels of omega-3 fatty acids. BE AWARE: May be used as an egg substitute</p>
	<div>GINGER</div> <p>Fresh ginger root is a woody looking root with thin skin that resembles fingers. Ginger can be juiced, ground into powder, grated and added into beverages. COMMON USES: Tea, cakes, cookies, alcohol, soups, sauces, meats. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Spices, seasonings, flavorings. BE AWARE: Commonly used in fragrances and beauty products</p>
	<div>HONEY</div> <p>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</p>

	<p>HOPS</p> <p>Hops are the seeds of the plant Humulus and they are used as a flavoring agent. COMMON USES: Herbal medicine. Most common in flavoring and stabilizing beer. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Nobel hops. BE AWARE: Even gluten- free beers contain hops</p>
	<p>KIDNEY BEAN</p> <p>Red beans that resemble the shape of a kidney. COMMON USES: Bean dips, bean flour, chili, beans and rice. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cannelloni (white kidney bean), flageolets</p>
	<p>MILLET</p> <p>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</p>
	<p>OKRA</p> <p>Okra is a long, ridged edible seed pod that grows on a plant. Okra is one of the most widely used vegetables throughout the Caribbean countries, and the southern United States. Okra naturally gelatinizes making it a very effective thickening agent. COMMON USES: Gumbo, soups and stews; used as a thickening agent . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Lady finger, bamia</p>
	<p>ONION</p> <p>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</p>
	<p>ORANGE</p> <p>A round fruit that varies in size with bright orange thick skin and sweet orange flesh. COMMON USES: Salads, dressings, marmalades, desserts, sauces, marinades, liqueurs, flavoring, juices and as an aromatic oil. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Citrus flavor. BE AWARE: Commonly found in beauty products, fragrances</p>
	<p>PLUM</p> <p>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</p>
	<p>RHUBARB</p> <p>The stalk is used in mostly sweet preparations and is a vibrant red/ruby in color. COMMON USES: Sauces, preserves, jellies, jams, syrups, sorbets, juices, pies, tarts, puddings, crumbs, pancakes, muffins, strudel. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Da Huang, Rhei. BE AWARE: Top greens of rhubarb should be avoided in cooking. Its leaf (blade) contains unusually high amounts of oxalic acid, a naturally-occurring substance found in some vegetables. 100 g of leaves contain about 0.59 - 0.72 mg of oxalates. Lowest published lethal dose (LDLo) of oxalate in humans is 600 mg/kg. Oxalate can cause severe toxic symptoms even at much lower concentrations than this on the human body.</p>
	<p>SUNFLOWER</p> <p>Sunflowers are large flowers with a green leafy stalk and bright yellow flat petals. COMMON USES: Nut butter, ground to make flour, or pressed to obtain the oil; used in salads, soups, cereals, sandwiches and baked goods. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sun butter, blended oils</p>
	<p>WAKAME SEAWEED</p> <p>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</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.

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:

CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR

GLUTEN

GLIADIN

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

BARLEY, MALT, RYE, WHEAT

CASEIN

WHEY

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

COW'S MILK

BASIL KIDNEY BEAN MILLET PLUM	ANCHO CHILI PEPP AVOCADO BANANA BUTTON MUSHROOM CHAMOMILE CINNAMON COFFEE FLAXSEED HOPS ONION RHUBARB WAKAME SEAWEED	ASPARAGUS BAKER'S YEAST BLACKBERRY CASHEW CHICKPEA CLOVE CURRY GINGER OKRA ORANGE SUNFLOWER
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ALMOND* BLACK-EYED PEA* CABBAGE* CAULIFLOWER* CUMIN* LIMA BEAN* PARSLEY* RICE (BRWN/WHT)* STRING BEAN* WHITE POTATO*	APPLE* BREWER'S YEAST* CANTALOUPE* CAYENNE PEPPER* EGG WHITE* MACADAMIA* PEAR* SAGE* SWEET POTATO* YELLOW SQUASH*	ARTICHOKE* BRSSLs SPROUT* CAROB* COCOA* EGG YOLK* MUSTARD SEED* PECAN* SORGHUM* TAPIOCA*	BLACK TEA* BUCKWHEAT* CARROT* CORN* LENTIL BEAN* PAPRIKA* RADISH* SOYBEAN* TARRAGON*
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VEGETABLES / LEGUMES

BELL PEPPER MIX	BROCCOLI	CELERY	CUCUMBER
EGGPLANT	ENDIVE	FAVA BEAN	GREEN PEA
ICEBERG LETTUCE	JALAPEÑO PEPP	KALE	KELP
LEEK	MUNG BEAN	NAVY BEAN	PARSNIP
PINTO BEAN	PORTOBELLO	RED BEET / SUGAR	ROMAINE LETT
SPINACH	MUSHRM	TOMATO	TURNIP
ZUCCHINI SQUASH	SWISS CHARD		

VEGETABLES / LEGUMES

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SPINACH	MUSHRM	TOMATO	TURNIP
ZUCCHINI SQUASH	SWISS CHARD		

FRUITS

APRICOT	BLUEBERRY	CHERRY	CRANBERRY
DATE	FIG	GRAPE	GRAPEFRUIT
HONEYDEW MLN	KIWI	LEMON	LIME
MANGO	NECTARINE	OLIVE	PAPAYA
PEACH	PINEAPPLE	POMEGRANATE	PUMPKIN
RASPBERRY	STRAWBERRY	WATERMELON	

FRUITS

APRICOT	BLUEBERRY	CHERRY	CRANBERRY
DATE	FIG	GRAPE	GRAPEFRUIT
HONEYDEW MLN	KIWI	LEMON	LIME
MANGO	NECTARINE	OLIVE	PAPAYA
PEACH	PINEAPPLE	POMEGRANATE	PUMPKIN
RASPBERRY	STRAWBERRY	WATERMELON	

MEAT**MEAT****DAIRY / EGGS****DAIRY / EGGS****SEAFOOD****SEAFOOD****GRAINS / STARCHES**

OAT (GLUTEN FREE)

GRAINS / STARCHES

OAT (GLUTEN FREE)

NUTS / OILS AND MISC. FOODS

BRAZIL NUT	CARAWAY	COCONUT	GARLIC
HAZELNUT	PEANUT	PINE NUT	PISTACHIO
PSYLLIUM	SESAME	VANILLA	WALNUT

NUTS / OILS AND MISC. FOODS

BRAZIL NUT	CARAWAY	COCONUT	GARLIC
HAZELNUT	PEANUT	PINE NUT	PISTACHIO
PSYLLIUM	SESAME	VANILLA	WALNUT

HERBS / SPICES

BAY LEAF	BLACK PEPPER	DILL	NUTMEG
OREGANO	PEPPERMINT	ROSEMARY	SAFFRON
THYME	TURMERIC		

HERBS / SPICES

BAY LEAF	BLACK PEPPER	DILL	NUTMEG
OREGANO	PEPPERMINT	ROSEMARY	SAFFRON
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