



# 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	OAT (GLUTEN FREE) TAPIOCA*	MILLET	CORN	AMARANTH BUCKWHEAT RICE (BRWN/WHT)
VEGETABLES / LEGUMES	BLACK-EYED PEA BUTTERNUT SQUASH CARROT CHICKPEA TOMATO YELLOW SQUASH*	BELL PEPPER MIX BROCCOLI BRSSLS SPROUT BUTTON MUSHROOM CABBAGE CAULIFLOWER* LENTIL BEAN	ASPARAGUS BLACK BEANS GREEN PEA ICEBERG LETTUCE KIDNEY BEAN LIMA BEAN NAVY BEAN* ONION PINTO BEAN* RADISH* STRING BEAN*	CUCUMBER* RED BEET / SUGAR
Fruit	BANANA DATE FIG KIWI LEMON PAPAYA STRAWBERRY*	APPLE BLUEBERRY CRANBERRY PINEAPPLE	APRICOT BLACKBERRY GRAPE* LIME PEACH PLUM	CANTALOUPE GRAPEFRUIT* HONEYDEW MLN OLIVE ORANGE PUMPKIN* WATERMELON*
Protein	BEEF CODFISH* CRAB* LAMB OYSTER* SARDINE* SEA BASS SNAPPER (RED) VEAL*	CHICKEN EGG WHITE EGG YOLK TUNA*	DUCK PORK SOLE* SOYBEAN*	CLAM HADDOCK LOBSTER* SCALLOP* SHRIMP TROUT
MISCELLANEOUS	BAY LEAF CARAWAY CASHEW CUMIN* FLAXSEED* HONEY* PARSLEY PISTACHIO SAFFLOWER	ALMOND BAKER'S YEAST* BASIL BREWER'S YEAST CANE SUGAR CAYENNE PEPPER CINNAMON* CLOVE* GARLIC HAZELNUT HOPS MUSTARD SEED PEPPERMINT	COCOA COFFEE* DILL OREGANO PEANUT* THYME*	BLACK PEPPER CAROB GREEN TEA* NUTMEG* PECAN SAGE* SESAME SUNFLOWER* WALNUT

Avoiding YOUR Reactive Foods		WHAT YOU NEED TO KNOW
		 Lab Director Harold Alvarez, M.D.
	ARTICHOKE	The globe artichoke is a perennial thistle that is green in color. The heart is most often consumed, although the leaves can be as well if prepared in the right way. The leaves can be very sharp. COMMON USES: Stews, soups, salads and dips. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Artichoke crowns, artichoke bottoms, vegetable pizza, poivrade. BE AWARE: Can be found in some herbal teas and the Italian liqueur Cynar
	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
	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
	BLACK TEA	Black and green tea are leaves from their respective plants that are dried and commonly steeped in hot water. COMMON USES: The leaves of the camellia sinensis plant are boiled in water to produce tea; this drink is used for varying medicinal and health reasons. OTHER WORDS THAT MIGHT INDICATE PRESENCE: White tea, black leaf tea, Chinese tea, English tea, theaflavin . BE AWARE: Remember most iced teas include these varieties, although herbal teas are usually made from herbs, plants, and flowers of different species
	CELERY	Long fibrous stalks that are green in color and crunchy with flavorful leaves that can be eaten. COMMON USES: Soups, soup mixes, stews, salads, poultry seasoning, V-8 juice, mixed juices, broths, bouillon cubes. Celery seed is used as a flavoring or spice and mixed with salt as celery salt commonly found in coleslaw. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Celery root, celery seed, celery salt, broth, soup. BE AWARE: Like many produce items, pesticides are a concern; the leaves may be found in salads
	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
	COCONUT	The coconut palm is grown throughout the tropical world, for decoration as well as for its many culinary and non-culinary uses; virtually every part of the coconut palm has some human use. The white, fleshy part of the seed is edible and used fresh or dried in cooking. The cavity is filled with coconut water which contains sugar, proteins, antioxidants, vitamins and minerals. Coconut water provides an isotonic electrolyte balance, and is a highly nutritious food source. Coconut milk is made by processing grated coconut with hot water or milk, which extracts the oil and aromatic compounds. COMMON USES: Stews, soups, oils, sauces, baked goods, desserts, candies, drinks, and drinking water; popular in Thai cuisine . BE AWARE: Commonly found in beauty 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
	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
	GINGER	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

## HALIBUT

Halibut is a flatfish that has dense and firm texture with white flesh that is ultra low in fat content. **COMMON USES:** Entrees, soups, stews, dips, and ceviche. **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

## MANGO

Mangos are a medium sized fruit with varying color skin from green to red and a mix of both. The flesh is vibrant orange and sweet, revealing a large pit inside that must be delicately cut around. **COMMON USES:** Chutney, salsa, jams, preserves, smoothies, desserts, sauces, salads, teas. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Amchoor

## PAPRIKA

Paprika is a ground spice made from fruits of air dried chile peppers. **COMMON USES:** Spice blends, dry rubs, garnish for a variety of dishes. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Hot, spicy, smokey, curry, seasonings, flavoring, and spices. **BE AWARE:** Used for color in many dishes and prepackaged goods; check labels

## 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

## RASPBERRY

Raspberries are small, soft red berries that are very perishable while mildly sweet and tart. **COMMON USES:** Purees, juices, teas, preserves, smoothies, sauces, salads, pie fillings, desserts and yogurts. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mixed berries, coulis. **BE AWARE:** Also comes in golden and black varieties

## SALMON

Salmon is a very popular fish with firm, pink, flaky flesh and a very distinct flavor. **COMMON USES:** Salads, dips, spreads, sushi, entrees. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Lox, gravlax, coulibiac, roe, coho, smoked. **BE AWARE:** Salmon roe is becoming increasingly popular; there are many varieties of salmon. 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

## SPINACH

A green leafy vegetable 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

## SWEET POTATO

A root vegetable with skin that is brown/orange in color with bright orange flesh; although it can be found in the white flesh variety. Sweet potatoes are most commonly boiled, baked, roasted or fried. **COMMON USES:** Baked goods, pies, casseroles, mashes, purees, soups, stews; not related to the white potato. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Root vegetables, yams (used interchangeably but yam is a different species), boniato. **BE AWARE:** Can also be found in white or purple color

## TILAPIA

Tilapia is a common freshwater fish with flaky white flesh that is mild in flavor. **COMMON USES:** Stews, soups, ceviche, seafood dishes. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** White fish, St. Peter's fish, Hawaiian sunfish. **BE AWARE:** Usually aquacultured. 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

## 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

## TURNIP

Turnips are a starchy root vegetable whose leaves are also consumed. **COMMON USES:** Stir fry, casseroles, salads, mashes, purees; turnip greens can be found in the same manner as other greens. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Root vegetable

## VANILLA

Vanilla comes in long dark brown pods called vanilla beans. When the pod is sliced open there are tiny dark brown seeds that give off the vanilla flavor when added to a dish. Fresh vanilla is expensive, it is more commonly found in the liquid extract form. **COMMON USES:** Baked goods, desserts, candies, yogurts, sweet and some savory dishes. **BE AWARE:** Commonly used in fragrance, beauty products, flavoring for vanilla sugar



## 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.*

## 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 Gliadin and moderate reaction to Gluten, eliminate these foods:

BARLEY, MALT, RYE, WHEAT

### GLIADIN

### CASEIN

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

COW'S MILK, GOAT'S MILK

### WHEY

ARTICHOKE  
EGGPLANT  
PAPRIKA  
PEAR

AVOCADO  
CELERY  
COCONUT  
HALIBUT  
RASPBERRY  
SPINACH  
TILAPIA  
TURNIP  
WHITE POTATO

BLACK TEA  
CHERRY  
GINGER  
MANGO  
SALMON  
SWEET POTATO  
TURKEY  
VANILLA

BAKER'S YEAST\*  
CODFISH\*  
CUMIN\*  
GRAPEFRUIT\*  
NAVY BEAN\*  
PINTO BEAN\*  
SARDINE\*  
STRAWBERRY\*  
THYME\*  
YELLOW SQUASH\*

CAULIFLOWER\*  
COFFEE\*  
FLAXSEED\*  
GREEN TEA\*  
NUTMEG\*  
PUMPKIN\*  
SCALLOP\*  
STRING BEAN\*  
TUNA\*

CINNAMON\*  
CRAB\*  
FRUCTOSE\*  
HONEY\*  
OYSTER\*  
RADISH\*  
SOLE\*  
SUNFLOWER\*  
VEAL\*

CLOVE\*  
CUCUMBER\*  
GRAPE\*  
LOBSTER\*  
PEANUT\*  
SAGE\*  
SOYBEAN\*  
TAPIOCA\*  
WATERMELON\*

## 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 Gliadin and moderate reaction to Gluten, eliminate these foods:

BARLEY, MALT, RYE, WHEAT

### GLIADIN

### CASEIN

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

COW'S MILK, GOAT'S MILK

### WHEY

ARTICHOKE  
EGGPLANT  
PAPRIKA  
PEAR

AVOCADO  
CELERY  
COCONUT  
HALIBUT  
RASPBERRY  
SPINACH  
TILAPIA  
TURNIP  
WHITE POTATO

BLACK TEA  
CHERRY  
GINGER  
MANGO  
SALMON  
SWEET POTATO  
TURKEY  
VANILLA

BAKER'S YEAST\*  
CODFISH\*  
CUMIN\*  
GRAPEFRUIT\*  
NAVY BEAN\*  
PINTO BEAN\*  
SARDINE\*  
STRAWBERRY\*  
THYME\*  
YELLOW SQUASH\*

CAULIFLOWER\*  
COFFEE\*  
FLAXSEED\*  
GREEN TEA\*  
NUTMEG\*  
PUMPKIN\*  
SCALLOP\*  
STRING BEAN\*  
TUNA\*

CINNAMON\*  
CRAB\*  
FRUCTOSE\*  
HONEY\*  
OYSTER\*  
RADISH\*  
SOLE\*  
SUNFLOWER\*  
VEAL\*

CLOVE\*  
CUCUMBER\*  
GRAPE\*  
LOBSTER\*  
PEANUT\*  
SAGE\*  
SOYBEAN\*  
TAPIOCA\*  
WATERMELON\*

**VEGETABLES / LEGUMES**

ASPARAGUS	BELL PEPPER MIX	BLACK BEANS	BLACK-EYED PEA
BROCCOLI	BRSSLS SPROUT	BUTTERNUT SQUASH	BUTTON
CABBAGE	CARROT	CHICKPEA	MUSHROOM
ICEBERG LETTUCE	KIDNEY BEAN	LENTIL BEAN	GREEN PEA
ONION	RED BEET / SUGAR	TOMATO	LIMA BEAN

**VEGETABLES / LEGUMES**

ASPARAGUS	BELL PEPPER MIX	BLACK BEANS	BLACK-EYED PEA
BROCCOLI	BRSSLS SPROUT	BUTTERNUT SQUASH	BUTTON
CABBAGE	CARROT	CHICKPEA	MUSHROOM
ICEBERG LETTUCE	KIDNEY BEAN	LENTIL BEAN	GREEN PEA
ONION	RED BEET / SUGAR	TOMATO	LIMA BEAN

**FRUITS**

APPLE	APRICOT	BANANA	BLACKBERRY
BLUEBERRY	CANTALOUPE	CRANBERRY	DATE
FIG	HONEYDEW MLN	KIWI	LEMON
LIME	OLIVE	ORANGE	PAPAYA
PEACH	PINEAPPLE	PLUM	

**FRUITS**

APPLE	APRICOT	BANANA	BLACKBERRY
BLUEBERRY	CANTALOUPE	CRANBERRY	DATE
FIG	HONEYDEW MLN	KIWI	LEMON
LIME	OLIVE	ORANGE	PAPAYA
PEACH	PINEAPPLE	PLUM	

**MEAT**

BEEF	CHICKEN	DUCK	LAMB
PORK			

**MEAT**

BEEF	CHICKEN	DUCK	LAMB
PORK			

**DAIRY / EGGS**

EGG WHITE	EGG YOLK
-----------	----------

**DAIRY / EGGS**

EGG WHITE	EGG YOLK
-----------	----------

**SEAFOOD**

CLAM	HADDOCK	SEA BASS	SHRIMP
SNAPPER (RED)	TROUT		

**SEAFOOD**

CLAM	HADDOCK	SEA BASS	SHRIMP
SNAPPER (RED)	TROUT		

**GRAINS / STARCHES**

AMARANTH	BUCKWHEAT	CORN	MILLET
OAT (GLUTEN FREE)	RICE (BRWN/WHT)		

**GRAINS / STARCHES**

AMARANTH	BUCKWHEAT	CORN	MILLET
OAT (GLUTEN FREE)	RICE (BRWN/WHT)		

**NUTS / OILS AND MISC. FOODS**

ALMOND	BREWER'S YEAST	CANE SUGAR	CARAWAY
CAROB	CASHEW	COCOA	GARLIC
HAZELNUT	HOPS	MUSTARD SEED	PECAN
PISTACHIO	SAFFLOWER	SESAME	WALNUT

**NUTS / OILS AND MISC. FOODS**

ALMOND	BREWER'S YEAST	CANE SUGAR	CARAWAY
CAROB	CASHEW	COCOA	GARLIC
HAZELNUT	HOPS	MUSTARD SEED	PECAN
PISTACHIO	SAFFLOWER	SESAME	WALNUT

**HERBS / SPICES**

BASIL	BAY LEAF	BLACK PEPPER	CAYENNE PEPPER
DILL	OREGANO	PARSLEY	PEPPERMINT

**HERBS / SPICES**

BASIL	BAY LEAF	BLACK PEPPER	CAYENNE PEPPER
DILL	OREGANO	PARSLEY	PEPPERMINT