

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.



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



BREWER'S YEAST

A yeast that has been instrumental in fermenting over a long period of time. **COMMON USES:** Vinegar, apple cider, apple cider vinegar (unless Bragg's Apple Cider or other vinegars naturally brewed). Also can be found in alcoholic beverages, processed juices, processed meats, tomato ketchup, salad dressings & soy sauce. May also be used as an in. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Vinegar, salad dressing, cider, alcohol, ketchup, mustards. **BE AWARE:** Can cause headaches, stomach discomfort and gas. If a person has yeast allergies brewer's yeast is to be avoided



CASHEW

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.



CLOVE

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.



COCOA

Cocoa is the dried seed of the cacao tree from which chocolate is made. Cocoa powder is a dry powder made by grinding cocoa seeds and removing the cocoa butter from the dark, bitter cocoa solids. **COMMON USES:** Cakes, desserts, coffee's, even savory stews and beverages as a chocolate flavoring. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Cacao, cocoa butter, cocoa powder, chocolate nibs. **BE AWARE:** Commonly added to beauty products in the form of cocoa butter for its moisturizing properties



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



CODFISH

A white fish with dense, mild flavored flaky flesh. **COMMON USES:** Fast food, frozen fish sticks, smoked fish dips; dried and salted. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Scrod. **BE AWARE:** Codfish is often a fish used in fish oil supplements. 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



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



DATE

Dates are typically dried, brown in color and very sweet. **COMMON USES:** Sweet and savory dishes and desserts; common vegan sweetener. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Stoned dates, degle noor, medjoolle, vegan. **BE AWARE:** High in sugar



LENTIL BEAN

A small disk like legume that comes in many colors, with the most common being red and green. **COMMON USES:** Soups, salads, stews, meat substitutes . **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Veggie Burger, meatless



LIME

A green citrus fruit with thick skin and tart green flesh. **COMMON USES:** Dressings, drinks, marinades, desserts, ceviche. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Citrus flavoring. **BE AWARE:** Used for many non culinary purposes such as fragrance, beauty products; used to prevent enzymatic browning. Read labels.

NUTMEG

Nutmeg is the seed kernel of the nutmeg fruit. It is spicy, very aromatic and best used fresh by grating the outside of the nut. **COMMON USES:** Baking and flavoring drinks, soups, stews, sauces, custards, potatoes, and vegetables. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mace, "Cream of...", pumpkin pie spice blends. **BE AWARE:** Oil is found in some beauty products and health products

OYSTER

The oyster is a mollusk that lives in long irregular shaped shells and is often eaten raw. **COMMON USES:** Soups, stews, sandwiches, stuffing's. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Po Boy, Rockefeller, gumbo, fra diavolo. **BE AWARE:** Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements

PARSNIP

The parsnip is a starchy root vegetable related to the carrot that is pale in color. **COMMON USES:** Soups, stews, casseroles, purees, sauces. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Root vegetables

POMEGRANATE

Pomegranate is a red colored fruit with a large amount of ruby seeds within white stringy flesh. The seeds are consumed raw and the juice can be obtained as well. **COMMON USES:** Beverages, jams, yogurts, smoothies, salads, sauces, and baked goods. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Tropical, antioxidant, sweet and sour sauce, free of cane sugar sweetener, anardana. **BE AWARE:** Juice is reduced to make pomegranate molasses

ROMAINE LETT

A green lettuce that is hardy and comes in a tall head, with the center being the heart and much more tender. **COMMON USES:** Caesar salad, mixed greens salads, and sandwiches. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Salads, Caesar, mixed greens

SARDINE

Avoid also pilchards, sprats and herring. For reintroduction into diet, place into Day 1.

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

SNAPPER (RED)

The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

SPELT

Spelt is a gluten containing grain that is light brown in color, long and thin in shape. **COMMON USES:** Cereals, flours, baked goods, soups, salads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Hulled wheat, whole grain, ancient grain. **BE AWARE:** Gluten containing grain; 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

STRING BEAN

There are many varieties e.g. runner, lima and french or haricot beans. French beans need only be topped and tailed before cooking; runner beans must have their tough skins stripped off even when they are very young. There is a yellow variety known as wax bean, popular in North America. **COMMON USES:** Soups, stews, salads, casseroles. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Runner bean, French bean, haricot vert, snap bean. **BE AWARE:** The yellow wax bean is a variety of green bean

SWISS CHARD

Chard is a relative of the beet, grown for its white, fleshy chard and its greens, which resemble spinach. **COMMON USES:** Gratins, omelettes, soups, stews, salads, sauces, pasta dishes. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mixed greens (baby chard), leafy greens



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



TUNA

Tuna comes in many species. When cooked, tuna is very dense and called a "steak". A delicacy eaten raw and considered a fatty fish. **COMMON USES:** Salads or snacks; used in sushi and often sold as tuna steaks; can be fresh or canned. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Albacore, bluefin, bigeye, pacific, Atlantic, blackfin, longtail or yellowfin. **BE AWARE:** Mercury is 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



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



TURMERIC

Turmeric is a root that resembles ginger. Most often found in it's ground spice form. **COMMON USES:** Curry powders, soups, stews, mayonnaise, mustard and dressings, dry rubs; also sold as a supplement. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Curry powder, mustard. **BE AWARE:** Many items that have a yellow color to them and are colored "naturally" could contain turmeric



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



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, parmigiana, piccata, scaloppine, oscar, orloff, sweetbreads



VENISON

The meat of a deer or other game meat; considered very distinctive in flavor. **COMMON USES:** Soups, stews, braised dishes, roasted dishes, casseroles. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Game meat, hunting meat. **BE AWARE:** The name Venison is commonly associated with deer meat, but can include moose, elk, caribou and antelope



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



YELLOW SQUASH

Summer squashes, such as zucchini, pattypan and yellow crookneck are harvested while the skin is still tender and the fruit relatively small; they are consumed almost immediately and require little or no cooking. Squash seeds can be eaten directly, ground into paste or pressed for vegetable oil. For reintroduction into diet, place into day 4.



ZUCCHINI SQUASH

A green summer squash that can be eaten raw or cooked. **COMMON USES:** Casseroles, salads, soups, stews, stuffing's, pasta dishes, sauces, dips, baked goods, breads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Italian squash, courgette, gratin, summer squash. **BE AWARE:** Much of the yellow summer squash and zucchini in US is genetically engineered

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 mild reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR

GLUTEN

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

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

COW'S MILK, GOAT'S MILK

GLIADIN

WHEY

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 mild reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, FRUCTOSE, HONEY, MAPLE SUGAR

GLUTEN

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

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

COW'S MILK, GOAT'S MILK

GLIADIN

WHEY

COCONUT	BANANA	BREWER'S YEAST
CODFISH	CASHEW	CLOVE
VEAL	COCOA	CUMIN
	DATE	LENTIL BEAN
	LIME	NUTMEG
	OYSTER	PARSNIP
	POMEGRANATE	ROMAINE LETT
	SARDINE	SCALLOP
	SNAPPER (RED)	STRING BEAN
	SWISS CHARD	SWORDFISH
	TUNA	TURKEY
	TURMERIC	VANILLA
	VENISON	WHITE POTATO
	YELLOW SQUASH	ZUCCHINI SQUASH

COCONUT	BANANA	BREWER'S YEAST
CODFISH	CASHEW	CLOVE
VEAL	COCOA	CUMIN
	DATE	LENTIL BEAN
	LIME	NUTMEG
	OYSTER	PARSNIP
	POMEGRANATE	ROMAINE LETT
	SARDINE	SCALLOP
	SNAPPER (RED)	STRING BEAN
	SWISS CHARD	SWORDFISH
	TUNA	TURKEY
	TURMERIC	VANILLA
	VENISON	WHITE POTATO
	YELLOW SQUASH	ZUCCHINI SQUASH

APPLE*	ARTICHOKE*	BASIL*	BELL PEPPER
BISON*	BLACK TEA*	BLACKBERRY*	MIX*
BROCCOLI*	CABBAGE*	CARROT*	BLUEBERRY*
CHERRY*	CHICKEN LIVER*	CHICKPEA*	CELERY*
COFFEE*	DILL*	DUCK*	CLAM*
GREEN PEA*	HADDOCK*	HALIBUT*	FIG*
KALE*	KELP*	KIDNEY BEAN*	HAZELNUT*
LICORICE*	MILLET*	NECTARINE*	LAMB*
PEANUT*	PORTOBELLO	RED BEET /	PAPRIKA*
SAFFRON*	MUSHRM	SUGAR*	ROSEMARY*
SHRIMP*	SAGE*	SALMON*	SCALLION*
STRAWBERRY*	SOLE*	SORGHUM*	SOYBEAN*
TURNIP*	TAPIOCA*	TEFF*	TILAPIA*
WILD RICE*	WALNUT*	WATERCRESS*	WATERMELON*

APPLE*	ARTICHOKE*	BASIL*	BELL PEPPER
BISON*	BLACK TEA*	BLACKBERRY*	MIX*
BROCCOLI*	CABBAGE*	CARROT*	BLUEBERRY*
CHERRY*	CHICKEN LIVER*	CHICKPEA*	CELERY*
COFFEE*	DILL*	DUCK*	CLAM*
GREEN PEA*	HADDOCK*	HALIBUT*	FIG*
KALE*	KELP*	KIDNEY BEAN*	HAZELNUT*
LICORICE*	MILLET*	NECTARINE*	LAMB*
PEANUT*	PORTOBELLO	RED BEET /	PAPRIKA*
SAFFRON*	MUSHRM	SUGAR*	ROSEMARY*
SHRIMP*	SAGE*	SALMON*	SCALLION*
STRAWBERRY*	SOLE*	SORGHUM*	SOYBEAN*
TURNIP*	TAPIOCA*	TEFF*	TILAPIA*
WILD RICE*	WALNUT*	WATERCRESS*	WATERMELON*

VEGETABLES / LEGUMES

ACORN SQUASH	ASPARAGUS	BLACK BEANS	BLACK-EYED PEA
BOK CHOY	BRSSL SPROUT	BUTTERNUT SQUASH	BUTTON
CAULIFLOWER	CUCUMBER	EGGPLANT	MUSHROOM
FAVA BEAN	FENNEL SEED	ICEBERG LETTUCE	ENDIVE
LEAF LETT (RED/GR	LEEK	LIMA BEAN	JALAPEÑO PEPP
NAVY BEAN	OKRA	ONION	MUNG BEAN
RADISH	SPINACH	SWEET POTATO	PINTO BEAN
			TOMATO

FRUITS

APRICOT	AVOCADO	CANTALOUPE	CRANBERRY
GRAPE	GRAPEFRUIT	HONEYDEW MLN	KIWI
LEMON	MANGO	OLIVE	ORANGE
PAPAYA	PEACH	PEAR	PINEAPPLE
PLUM	PUMPKIN	RASPBERRY	

MEAT

BEEF	CHICKEN	PORK
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DAIRY / EGGS

EGG WHITE	EGG YOLK
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SEAFOOD

ANCHOVY	CATFISH	CRAB	FLOUNDER
GROUPE	LOBSTER	MACKEREL	MAHI MAHI
MUSSEL	SEA BASS	TROUT	

GRAINS / STARCHES

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

NUTS / OILS AND MISC. FOODS

ALMOND	BAKER'S YEAST	BRAZIL NUT	CARAWAY
CAROB	CHAMOMILE	FLAXSEED	GARLIC
GREEN TEA	HOPS	MACADAMIA	MUSTARD SEED
PECAN	PINE NUT	PISTACHIO	SAFFLOWER
SESAME	SUNFLOWER		

HERBS / SPICES

ANCHO CHILI PEPP	BAY LEAF	BLACK PEPPER	CARDAMOM
CAYENNE PEPPER	CILANTRO	CINNAMON	CORIANDER SEED
GINGER	OREGANO	PARSLEY	PEPPERMINT
THYME			

VEGETABLES / LEGUMES

ACORN SQUASH	ASPARAGUS	BLACK BEANS	BLACK-EYED PEA
BOK CHOY	BRSSL SPROUT	BUTTERNUT SQUASH	BUTTON
CAULIFLOWER	CUCUMBER	EGGPLANT	MUSHROOM
FAVA BEAN	FENNEL SEED	ICEBERG LETTUCE	ENDIVE
LEAF LETT (RED/GR	LEEK	LIMA BEAN	JALAPEÑO PEPP
NAVY BEAN	OKRA	ONION	MUNG BEAN
RADISH	SPINACH	SWEET POTATO	PINTO BEAN
			TOMATO

FRUITS

APRICOT	AVOCADO	CANTALOUPE	CRANBERRY
GRAPE	GRAPEFRUIT	HONEYDEW MLN	KIWI
LEMON	MANGO	OLIVE	ORANGE
PAPAYA	PEACH	PEAR	PINEAPPLE
PLUM	PUMPKIN	RASPBERRY	

MEAT

BEEF	CHICKEN	PORK
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DAIRY / EGGS

EGG WHITE	EGG YOLK
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SEAFOOD

ANCHOVY	CATFISH	CRAB	FLOUNDER
GROUPE	LOBSTER	MACKEREL	MAHI MAHI
MUSSEL	SEA BASS	TROUT	

GRAINS / STARCHES

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

NUTS / OILS AND MISC. FOODS

ALMOND	BAKER'S YEAST	BRAZIL NUT	CARAWAY
CAROB	CHAMOMILE	FLAXSEED	GARLIC
GREEN TEA	HOPS	MACADAMIA	MUSTARD SEED
PECAN	PINE NUT	PISTACHIO	SAFFLOWER
SESAME	SUNFLOWER		

HERBS / SPICES

ANCHO CHILI PEPP	BAY LEAF	BLACK PEPPER	CARDAMOM
CAYENNE PEPPER	CILANTRO	CINNAMON	CORIANDER SEED
GINGER	OREGANO	PARSLEY	PEPPERMINT
THYME			