

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION				Item Count: 150
APPLE LENTIL BEAN	ALMOND AMARANTH AVOCADO BASIL BEEF BLACK PEPPER BREWER'S YEAST BROCCOLI CASHEW CAYENNE PEPPER CLAM CLOVE CRANBERRY DATE FIG HALIBUT MANGO PINTO BEAN PORK RICE (BRWN/WHT)	ARTICHOKE* BAY LEAF* BELL PEPPER MIX* BLACK TEA* BLUEBERRY* CAROB* CELERY* CINNAMON* CODFISH* CORN* DILL* DUCK* EGG YOLK* GREEN PEA* LOBSTER* OLIVE* OYSTER* PINEAPPLE* RASPBERRY* RED BEET / SUGAR* SAGE* SARDINE* SCALLOP* SEA BASS* STRAWBERRY* STRING BEAN* SWEET POTATO* TROUT* TUNA* TURNIP* WALNUT* WATERMELON* WHITE POTATO* YELLOW SQUASH*	VEGETABLES / LEGUMES				
			ASPARAGUS	BLACK BEANS	BLACK-EYED PEA	BRSSLS SPROUT	
			BUTTERNUT SQUASH	BUTTON MUSHROOM	CABBAGE	CARROT	
			CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT	
			ICEBERG LETTUCE	KIDNEY BEAN	LIMA BEAN	NAVY BEAN	
			ONION	RADISH	SOYBEAN	SPINACH	
			TOMATO				
			FRUITS				
			APRICOT	BANANA	BLACKBERRY	CANTALOUPE	
			CHERRY	GRAPE	GRAPEFRUIT	HONEYDEW MLN	
			KIWI	LEMON	LIME	ORANGE	
			PAPAYA	PEACH	PEAR	PLUM	
			PUMPKIN				
			MEAT				
			CHICKEN	LAMB	TURKEY	VEAL	
DAIRY / EGGS							
EGG WHITE							
SEAFOOD							
CRAB	HADDOCK	SALMON	SHRIMP				
SNAPPER (RED)	SOLE	TILAPIA					
GRAINS / STARCHES							
BUCKWHEAT	MILLET	OAT (GLUTEN FREE)	TAPIOCA				
HERBS / SPICES							
CUMIN	GINGER	NUTMEG	OREGANO				
PAPRIKA	PARSLEY	PEPPERMINT	THYME				
NUTS / OILS AND MISC. FOODS							
BAKER'S YEAST	CARAWAY	COCOA	COCONUT				
COFFEE	FLAXSEED	GARLIC	GREEN TEA				
HAZELNUT	HOPS	MUSTARD SEED	PEANUT				
PECAN	PISTACHIO	SAFFLOWER	SESAME				
SUNFLOWER	VANILLA						

CANDIDA ALBICANS

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

CANE SUGAR, FRUCTOSE, HONEY

GLUTEN

You have a mild reaction to Gluten and Gliadin, 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

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.



Personalized Rotation Diet

4 Day Rotation

ALCAT











Lab Director

Harold Alvarez, M.D.











	DAY 1	DAY 2	DAY 3	DAY 4
GRAINS / STARCHES	OAT (GLUTEN FREE) TAPIOCA WHITE POTATO*	MILLET	CORN* SWEET POTATO*	BUCKWHEAT
VEGETABLES / LEGUMES	ARTICHOKE* BLACK-EYED PEA BUTTERNUT SQUASH CARROT CELERY* CHICKPEA EGGPLANT TOMATO YELLOW SQUASH*	BELL PEPPER MIX* BRSSLs SPROUT BUTTON MUSHROOM CABBAGE CAULIFLOWER	ASPARAGUS BLACK BEANS GREEN PEA* ICEBERG LETTUCE KIDNEY BEAN LIMA BEAN NAVY BEAN ONION RADISH STRING BEAN*	CUCUMBER RED BEET / SUGAR* SPINACH TURNIP*
Fruit	BANANA KIWI LEMON PAPAYA STRAWBERRY*	BLUEBERRY* PEAR PINEAPPLE*	APRICOT BLACKBERRY CHERRY GRAPE LIME PEACH PLUM RASPBERRY*	CANTALOUPE GRAPEFRUIT HONEYDEW MLN OLIVE* ORANGE PUMPKIN WATERMELON*
Protein	CODFISH* CRAB LAMB OYSTER* SARDINE* SEA BASS* SNAPPER (RED) VEAL	CHICKEN EGG WHITE EGG YOLK* TILAPIA TUNA*	DUCK* SOLE SOYBEAN	HADDOCK LOBSTER* SALMON SCALLOP* SHRIMP TROUT* TURKEY
MISCELLANEOUS	BAY LEAF* CARAWAY COCONUT CUMIN FLAXSEED PARSLEY PISTACHIO SAFFLOWER	BAKER'S YEAST CINNAMON* GARLIC GINGER HAZELNUT HOPS MUSTARD SEED PAPRIKA PEPPERMINT	COCOA COFFEE DILL* OREGANO PEANUT THYME	BLACK TEA* CAROB* GREEN TEA NUTMEG PECAN SAGE* SESAME SUNFLOWER VANILLA WALNUT*

852 South Military Trail, Deerfield Beach, FL 33442 | 800.872.5228 | Fax: 954.428.8676 | CLIA# 10D0283906 | cellsciencesystems.com

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

	ALMOND <p>Almonds are tree nuts that are oval in shape with brown skin and creamy white flesh. COMMON USES: Granola, cereals, baked goods, nut butters, gluten-free products, baklava, dairy free products. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Dairy free, tree nut, gluten-free (flour mixtures), nut butter, extracts, oils, paste, marzipan, amaretto, praline. 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</p>
	AMARANTH <p>A small round shaped gluten free grain that when cooked has a creamy texture and is slightly sweet. COMMON USES: Salads and hot/cold breakfast cereals; the seeds can be ground into flour for breads and baked goods. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Whole grains, ancient grains, gluten-free. BE AWARE: May be found in pre-packaged gluten-free items and mixes</p>
	APPLE <p>Apples come in many sizes and colors and are considered a fall and winter fruit. COMMON USES: Juice, cider, fruit cocktails, juice blends, yogurt, desserts, salads, pie, crisps, cake, apple butter, apple jelly. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Pectin, cider, fruit juice blend, waldorf salad. BE AWARE: Items labeled no added sugar might be sweetened with apple</p>
	AVOCADO <p>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</p>
	BASIL <p>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</p>
	BEEF <p>Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. COMMON USES: Meatloaf, pot roast, short ribs, ground, hamburger, steaks, used in broth, stock, bouillon, beef franks, pastrami, brisket, corned beef, soups, stew, short ribs. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Gelatin, Bovine, sausage, hot dog, jerky. BE AWARE: Some dietary supplements use a gelatin casing; ("Gelatin" could be a beef or pork source, unless specified "vegetarian")</p>
	BLACK PEPPER <p>Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine. COMMON USES: Main dishes, side dishes, soups, stews, chips, dips, condiments, many prepackaged foods. OTHER WORDS THAT MIGHT INDICATE PRESENCE: White pepper, green peppercorns, pepper oil, blended spices. BE AWARE: Found in most prepackaged spice mixtures and prepackaged foods; it is one of the most commonly used spices</p>
	BREWER'S YEAST <p>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</p>
	BROCCOLI <p>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</p>
	CANE SUGAR <p>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</p>

Avoiding YOUR Reactive Foods		WHAT YOU NEED TO KNOW		<div>ALCAT</div> <div>Lab Director Harold Alvarez, 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>CAYENNE PEPPER</div> <p>Cayenne is the spicy red pepper ground up to create the spice. COMMON USES: Chili, stews; any food to add spice. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Spice blend, spicy, buffalo wing sauce . BE AWARE: Dishes that are "spicy" may contain cayenne pepper</p>
	<div>CLAM</div> <p>Clam is a term for any bivalve mollusk; varies in color, size and shape. COMMON USES: Seafood dishes, pastas, soups, and stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mollusk, shellfish, boullabaisse. BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements</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>CRANBERRY</div> <p>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</p>
	<div>DATE</div> <p>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</p>
	<div>FIG</div> <p>Fresh figs are very perishable and best eaten a day or two after purchase. They come in a variety of colors, and before eating the stem should be removed. The skin is edible. COMMON USES: Cakes, candies, syrups, glazes, jams, sauces, beverages, prepackaged cookies. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fruit cake, fruit pudding</p>
	<div>HALIBUT</div> <p>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</p>
	<div>LENTIL BEAN</div> <p>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</p>
	<div>MANGO</div> <p>Mangos are a medium sized fruit with varying color skin from green to red and a mix of both. The flesh os 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</p>

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION				Item Count: 50
BLUE#2 INDIGO CARMINE	ACID BLUE #3 ORRIS ROOT SODIUM SULFITE XYLITOL	BHT* BRILLIANT BLACK* MSG* POLYSORBATE 80* YELLOW#6 SUNSET YELLOW*	FOOD ADDITIVES/COLORINGS/ENVIRONMENTAL CHEMS <div> <div>ACID RED #14</div> <div>BHA</div> <div>GREEN#3 FAST GREE</div> <div>SACCHARIN</div> </div> <div> <div>ANNATTO</div> <div>BLUE#1 BRILLIANT</div> <div>HIGH FRUCTOSE COR</div> <div>SORBIC ACID</div> </div> <div> <div>ASPARTAME</div> <div>CITRIC ACID</div> <div>RED#4 CARMINE</div> <div>SUCRALOSE</div> </div> <div> <div>BENZOIC ACID</div> <div>ERYTHRITOL</div> <div>RED#40 ALLURA RED</div> <div>YELLOW#5 TARTRAZI</div> </div>				
			ANTIBIOTICS/ANTI INFLAMMATORY AGENTS				
	ALTERNARIA FUSARIUM OXYSPORUM GEOTRICHUM CANDIDUM	ASPERGILLUS* CEPHALOSPORIUM* HELMINTHOSPORIUM* MUCOR RACEMOSUS* RHIZOPUS NIGRICANS* SPONDYLOCLADIUM*	MOLDS <div> <div>BOTRYTIS</div> <div>HORMODENDRUM</div> <div>PULLULARIA</div> </div> <div> <div>CLADO HERBARUM</div> <div>MONILIA SITOPHILA</div> <div>RHODOTORULA</div> <div>RUBRA</div> </div> <div> <div>CURV SPECIFERA</div> <div>PENICILLIUM</div> <div>TRICHODERMA</div> </div> <div> <div>EPICOCCUM NIGRUM</div> <div>PHOMA HERBARUM</div> </div>				
	Lecithin (Soy)	RED#3 ERYTHROSINE*	PRESERVATIVES/EXPANDED ADDITIVES <div> <div>BETA-CAROTENE</div> <div>RED#2 AMARANTH</div> </div>				
			Others				

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

GLUTEN

You have a mild reaction to Gluten and Gliadin, 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

APPLE
LENTIL BEAN

ALMOND
AVOCADO
BEEF
BREWER'S YEAST
CASHEW
CLAM
CRANBERRY
FIG
MANGO
PORK

AMARANTH
BASIL
BLACK PEPPER
BROCCOLI
CAYENNE PEPPER
CLOVE
DATE
HALIBUT
PINTO BEAN
RICE (BRWN/WHT)

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

GLUTEN

You have a mild reaction to Gluten and Gliadin, 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

APPLE
LENTIL BEAN

ALMOND
AVOCADO
BEEF
BREWER'S YEAST
CASHEW
CLAM
CRANBERRY
FIG
MANGO
PORK

AMARANTH
BASIL
BLACK PEPPER
BROCCOLI
CAYENNE PEPPER
CLOVE
DATE
HALIBUT
PINTO BEAN
RICE (BRWN/WHT)

ARTICHOKE*
BLUEBERRY*
CODFISH*
EGG YOLK*
OYSTER*
SAGE*
STRAWBERRY*
TUNA*
WHITE POTATO*

BAY LEAF*
CAROB*
CORN*
GREEN PEA*
PINEAPPLE*
SARDINE*
STRING BEAN*
TURNIP*
YELLOW SQUASH*

BELL PEPPER MIX*
CELERY*
DILL*
LOBSTER*
RASPBERRY*
SCALLOP*
SWEET POTATO*
WALNUT*

BLACK TEA*
CINNAMON*
DUCK*
OLIVE*
RED BEET /
SUGAR*
SEA BASS*
TROUT*
WATERMELON*

ARTICHOKE*
BLUEBERRY*
CODFISH*
EGG YOLK*
OYSTER*
SAGE*
STRAWBERRY*
TUNA*
WHITE POTATO*

BAY LEAF*
CAROB*
CORN*
GREEN PEA*
PINEAPPLE*
SARDINE*
STRING BEAN*
TURNIP*
YELLOW SQUASH*

BELL PEPPER MIX*
CELERY*
DILL*
LOBSTER*
RASPBERRY*
SCALLOP*
SWEET POTATO*
WALNUT*

BLACK TEA*
CINNAMON*
DUCK*
OLIVE*
RED BEET /
SUGAR*
SEA BASS*
TROUT*
WATERMELON*

VEGETABLES / LEGUMES

ASPARAGUS	BLACK BEANS	BLACK-EYED PEA	BRSSLS SPROUT
BUTTERNUT SQUASH	BUTTON MUSHROOM	CABBAGE	CARROT
CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ICEBERG LETTUCE	KIDNEY BEAN	LIMA BEAN	NAVY BEAN
ONION	RADISH	SOYBEAN	SPINACH
TOMATO			

FRUITS

APRICOT	BANANA	BLACKBERRY	CANTALOUPE
CHERRY	GRAPE	GRAPEFRUIT	HONEYDEW MLN
KIWI	LEMON	LIME	ORANGE
PAPAYA	PEACH	PEAR	PLUM
PUMPKIN			

MEAT

CHICKEN	LAMB	TURKEY	VEAL
---------	------	--------	------

DAIRY / EGGS

EGG WHITE

SEAFOOD

CRAB	HADDOCK	SALMON	SHRIMP
SNAPPER (RED)	SOLE	TILAPIA	

GRAINS / STARCHES

BUCKWHEAT	MILLET	OAT (GLUTEN FREE)	TAPIOCA
-----------	--------	-------------------	---------

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	CARAWAY	COCOA	COCONUT
COFFEE	FLAXSEED	GARLIC	GREEN TEA
HAZELNUT	HOPS	MUSTARD SEED	PEANUT
PECAN	PISTACHIO	SAFFLOWER	SESAME
SUNFLOWER	VANILLA		

HERBS / SPICES

CUMIN	GINGER	NUTMEG	OREGANO
PAPRIKA	PARSLEY	PEPPERMINT	THYME

VEGETABLES / LEGUMES

ASPARAGUS	BLACK BEANS	BLACK-EYED PEA	BRSSLS SPROUT
BUTTERNUT SQUASH	BUTTON MUSHROOM	CABBAGE	CARROT
CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ICEBERG LETTUCE	KIDNEY BEAN	LIMA BEAN	NAVY BEAN
ONION	RADISH	SOYBEAN	SPINACH
TOMATO			

FRUITS

APRICOT	BANANA	BLACKBERRY	CANTALOUPE
CHERRY	GRAPE	GRAPEFRUIT	HONEYDEW MLN
KIWI	LEMON	LIME	ORANGE
PAPAYA	PEACH	PEAR	PLUM
PUMPKIN			

MEAT

CHICKEN	LAMB	TURKEY	VEAL
---------	------	--------	------

DAIRY / EGGS

EGG WHITE

SEAFOOD

CRAB	HADDOCK	SALMON	SHRIMP
SNAPPER (RED)	SOLE	TILAPIA	

GRAINS / STARCHES

BUCKWHEAT	MILLET	OAT (GLUTEN FREE)	TAPIOCA
-----------	--------	-------------------	---------

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	CARAWAY	COCOA	COCONUT
COFFEE	FLAXSEED	GARLIC	GREEN TEA
HAZELNUT	HOPS	MUSTARD SEED	PEANUT
PECAN	PISTACHIO	SAFFLOWER	SESAME
SUNFLOWER	VANILLA		

HERBS / SPICES

CUMIN	GINGER	NUTMEG	OREGANO
PAPRIKA	PARSLEY	PEPPERMINT	THYME