



Food Sensitivity Test

Patient Name: PRETEND PATIENT II

Test Date: 11 Feb 2010

Healthcare Provider: Sample Physician

File #: 68220 (200)

Severe Intolerance

AVOCADO
CHERRY
TOMATO
WHEAT

Moderate Intolerance

BRAZIL NUT
CABBAGE
CARROT
CHILI PEPPER
GREEN PEA
LIME
MANGO
MUSSEL
OREGANO
PARSNIP
PORK
THYME

Mild Intolerance

ANCHOVY*
ARTICHOKE*
BANANA*
BLACK-EYED PEAS*
CANOLA OIL*
CARAWAY*
CARDAMOM*
CASHEW*
CHICKEN*
CLAM*
FENNEL SEED*
FRUCTOSE (HFCS)*
GARLIC*
HADDOCK*
JALAPENO PEPPER*
KELP*
LAMB*
LEEK*
LICORICE*
LOBSTER*
MACADAMIA*
MAHI MAHI*
MAPLE SUGAR*
MUNG BEAN*
PEACH*
PSYLLIUM*
RICE*
ROMAINE LETTUCE*
SAFFLOWER*
SAGE*
SALMON*
SCALLIONS*
SPINACH*
SUNFLOWER*
TURMERIC*

VEGETABLES / LEGUMES

ACORN SQUASH ASPARAGUS BEET BELL PEPPERS
BLACK BEANS BOK CHOY BROCCOLI BRUSSEL SPROUTS
BUTTERNUT SQUASH BUTTON MUSHROOM CAULIFLOWER CELERY
CHICK PEA CUCUMBER EGGPLANT ENDIVE
FAVA BEAN ICEBERG LETTUCE KALE KIDNEY BEAN
LENTIL BEAN LIMA BEAN MUSTARD NAVY BEAN
OKRA ONION PINTO BEAN PORTOBELLO MUSHR
RADISH RED/GRN LEAF LETTUC SOYBEAN SQUASH (Yellow)
STRING BEAN SWEET POTATO SWISS CHARD TURNIP
WATERCRESS WHITE POTATO ZUCCHINI SQUASH

FRUITS

APPLE APRICOT BLACK CURRANT BLACKBERRY
BLUEBERRY CANTALOUPE CRANBERRY DATE
FIG GRAPE GRAPEFRUIT HONEYDEW (MELON)
KIWI LEMON NECTARINE OLIVE
ORANGE PAPAYA PEAR PINEAPPLE
PLUM POMEGRANATE PUMPKIN RASPBERRY
STRAWBERRY WATERMELON

MEAT

BEEF BISON CHICKEN LIVER DUCK
TURKEY VEAL VENISON

DAIRY

EGG WHITE EGG YOLK

SEAFOOD

CATFISH CODFISH CRAB FLOUNDER
HALIBUT MACKEREL OYSTER SARDINE
SCALLOP SEA BASS SHRIMP SNAPPER
SOLE SQUID SWORDFISH TILAPIA
TROUT TUNA

GRAINS

AMARANTH BUCKWHEAT CORN MILLET
QUINOA SORGHUM TAPIOCA WILD RICE

HERBS / SPICES

BASIL BAY LEAF BLACK PEPPER CAYENNE PEPPER
CINNAMON CLOVE CORIANDER CUMIN
DILL GINGER NUTMEG PAPRIKA
PARSLEY PEPPERMINT ROSEMARY SAFFRON

NUTS/ OILS AND MISC. FOODS

ALMOND BAKER'S YEAST BLK/GREEN TEA BREWER'S YEAST
CANE SUGAR CAROB CHAMOMILE COCOA
COCONUT COFFEE COTTONSEED FLAXSEED
HAZELNUT HONEY HOPS PEANUT
PECAN PINE NUT PISTACHIO SESAME
VANILLA WALNUT

You have no reaction to Candida Albicans.

You have a severe reaction to Gluten/Gliadin, eliminate these foods:

BARLEY*	MALT	OAT
RYE	SPELT*	

You have no reaction to Whey and moderate reaction to Casein, avoid these foods:

COWS MILK	GOATS MILK
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RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months YELLOW indicates a mild intolerance and these foods should be avoided if possible ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months GREEN indicates acceptable foods / no reaction



Food Sensitivity Test
4 Day Rotation Diet

Patient Name: PRETEND PATIENT II
Healthcare Provider: Sample Physician

Test Date: 2/11/2010
File #: 68220

DAY 1

STARCH

TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS*
BUTTERNUT SQUASH
CELERY
EGGPLANT
KALE
PARSLEY
RED/GRN LEAF LETTUCE
ROMAINE LETTUCE*

FRUIT

BANANA*
BLACK CURRANT
DATE
FIG
GRAPE
KIWI
PAPAYA
STRAWBERRY

PROTEIN

BEEF
BISON
CHICK PEA
CODFISH
CRAB
FAVA BEAN
FLOUNDER
LAMB*
OYSTER
SARDINE
SEA BASS
SNAPPER
SWORDFISH
VEAL

MISCELLANEOUS

BAY LEAF
CARAWAY*
CASHEW*
CHAMOMILE
COCONUT
CORIANDER
CUMIN
FLAXSEED
HONEY
LICORICE*
PISTACHIO
ROSEMARY
SAFFLOWER*
TURMERIC*

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS
BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
BUTTON MUSHROOM
CAULIFLOWER
ENDIVE
KELP*
MUSTARD
ZUCCHINI SQUASH

FRUIT

APPLE
BLUEBERRY
CRANBERRY
PEAR
PINEAPPLE
POMEGRANATE

PROTEIN

CATFISH
CHICKEN*
EGG WHITE
EGG YOLK
LENTIL BEAN
MACKEREL
MAHI MAHI*
SQUID
TILAPIA
TUNA

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CANE SUGAR
CAYENNE PEPPER
CINNAMON
CLOVE
GARLIC*
GINGER
HAZELNUT
HOPS
MAPLE SUGAR*
PAPRIKA
PEPPERMINT
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SORGHUM
SWEET POTATO

VEGETABLES

ACORN SQUASH
ASPARAGUS
BLACK BEANS
FENNEL SEED*
ICEBERG LETTUCE
LEEK*
LIMA BEAN
ONION
PINTO BEAN
RADISH
STRING BEAN

FRUIT

APRICOT
BLACKBERRY
NECTARINE
PEACH*
PLUM
RASPBERRY

PROTEIN

ANCHOVY*
DUCK
HALIBUT
KIDNEY BEAN
MUNG BEAN*
NAVY BEAN
SOLE
SOYBEAN

MISCELLANEOUS

ALMOND
CANOLA OIL*
CARDAMOM*
COCOA
COFFEE
COTTONSEED
DILL
MACADAMIA*
PEANUT
PSYLLIUM*

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE*

VEGETABLES

BEEF
CUCUMBER
JALAPENO PEPPER*
OKRA
PORTOBELLO MUSHROOM
SCALLIONS*
SPINACH*
SQUASH (Yellow)
SWISS CHARD
TURNIP

FRUIT

CANTALOUPE
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
OLIVE
ORANGE
PUMPKIN
WATERMELON

PROTEIN

CHICKEN LIVER
CLAM*
HADDOCK*
LOBSTER*
SALMON*
SCALLOP
SHRIMP
TROUT
TURKEY
VENISON

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CAROB
FRUCTOSE (HFCS)*
NUTMEG
PECAN
PINE NUT
SAGE*
SESAME
SUNFLOWER*
VANILLA
WALNUT

Foods To Avoid

File: 68220

Date: 2/11/2010

Patient: PRETEND PATIENT II Clinic/Doctor: Sample Physician

AVOCADO



The avocado is very popular in vegetarian cuisine, making an excellent substitute for meats in sandwiches and salads because of its high fat content. The fruit is not sweet, but fatty, strongly flavored, and of smooth, almost creamy texture. It is used as the base for the Mexican dip, guacamole, as well as a filling for several kinds of sushi, including California rolls. Avocado is popular in chicken dishes and as a spread on toast, served with salt and pepper. In Brazil and Vietnam, avocados are considered sweet fruits, so are frequently used for milk-shakes and occasionally added to ice cream and other desserts. For reintroduction into diet, place into day: 2

BRAZIL NUT



Brazil nut is a large nut with brown skin, and can be used in recipes that call for coconut or macadamia nuts, as they are high in fat content resulting in a rich flavor. Brazil nuts are high in Selenium. For reintroduction, place on day 3.

CABBAGE



Avoid also savoy cabbage, roundhead cabbage, spring cabbage, chinese cabbage, collard greens, kale, kohlrabi, purple cabbage, red cabbage, white cabbage, pak choi, pe-tsai & sauerkraut, indonesian relish and pickled red cabbage. For reintroduction into diet, place into Day 2.

CARROT



Carrots are often chopped and boiled, fried or steamed, and cooked in soups and stews, as well as baby and pet foods. Together with onion and celery, carrots are one of the primary vegetables used to make various broths. Carrot juice is also widely marketed, especially as a health drink, either stand-alone or blended with fruits and other vegetables. For reintroduction into diet, place into day: 1

CHERRY



Avoid also cherry juice. May be used in pies, jams, liqueurs and brandies. For reintroduction into diet, place into Day 3.

CHILI PEPPER



The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. Although unknown in Asia until Europeans introduced it there, 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. Also avoid curry, paprika, pimento, red pepper, jalapeno pepper and Tabasco sauce. For reintroduction into diet, place into day: 1

GREEN PEA



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

LIME



Limes are used in beverages, such as limeade (akin to lemonade). Alcoholic beverages prepared with limes include cocktails such as gin and tonic, margarita, mojito, as well as many drinks that may be garnished with a thin slice of the fruit. Tequila is commonly accompanied by lime wedges and salt. Beer is often served with limes in Mexico. Lime juice is also used in some commercial soft drinks. In cooking, lime is valued both for the acidity of its juice and the floral aroma of its zest. It is used in Key lime pie and is a very common ingredient in authentic Mexican, Southwestern American and Thai dishes. For reintroduction into diet, place into day: 3

MANGO



The fruit flesh of a ripe mango is very sweet, with a unique taste. Mangoes are used in chutneys, preserves and mango juice. The fruit is also widely used as a key ingredient in a variety of cereal products, in particular muesli and granola. For reintroduction into diet, place into day: 1

MUSSEL



Marine mussels are a popular seafood, especially in Belgium and the Netherlands, where they are consumed with French fries. In Italy they are popular, often mixed with other sea food, or eaten with pasta. Mussels can be smoked, boiled, steamed or fried in batter. For reintroduction into diet, place into day: 4

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.

Foods To Avoid

File: 68220

Date: 2/11/2010

Patient: PRETEND PATIENT II Clinic/Doctor: Sample Physician

OREGANO



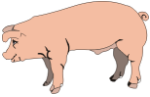
Oregano is an important culinary herb. It is particularly widely used in Greek and Italian cuisines. It is the leaves that are used in cooking, and the dried herb is often more flavorful than the fresh. Oregano is often used in tomato sauces, fried vegetables and grilled meat. Oregano is an indispensable ingredient for Greek cuisine. Oregano adds flavor to Greek salad. The dish most commonly associated with oregano is pizza. For reintroduction into diet, place into day: 3

PARSNIP



The parsnip is a root vegetable related to the carrot. Parsnips can be boiled, roasted or used in stews, soups and casseroles. For reintroduction into diet, place into day: 4

PORK



Avoid also bacon, ground pork, pork liver, stuffing, pâté, ham, hot dogs, italian sausage, pastrama, rillettes, bologna, liverwurst, brawn, Dutch loaf, honeyloaf, scrapple, souse, salami, peperoni, kabanos, chorizo, bierwurst, black pudding, lard, pork chops, pork sausage & pork skins. For reintroduction into diet, place into Day 3.

THYME



Thyme is used most widely in cooking. Thyme is a basic ingredient in French, Greek, Italian, Persian, Spanish and Turkish cuisines, and in those derived from them. It is also widely used in Lebanese and Caribbean cuisines. Thyme is often used to flavor meats, soups and stews. It has a particular affinity to and is often used as a primary flavor with lamb, tomatoes and eggs. For reintroduction into diet, place into day:3

TOMATO



Avoid also ketchup, picante sauce, chutney, tomato juice. Used on pizzas, sauces, lasagnas, salads and curries. For reintroduction into diet, place into Day 1.

WHEAT



Avoid also enriched flour, msg, pasta, puffed wheat, shredded wheat, soy sauce, triticale, wheat berries, wheat bran, wheat germ, whole wheat flour, all-purpose flour, bread, products, bulgur, crackers & cream of wheat. For reintroduction into diet, place into Day 2.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance BHT	Moderate Intolerance RHIZOPUS STOLONIFER	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance PIROXICAM (FELDENE)
Mild Intolerance RED#1 CRYSTAL PONCEAU SUCRALOSE (SPLENDA)	Mild Intolerance ALTERNARIA ASPERGILLUS CURVULARIA	Mild Intolerance BENZENE DELTAMETHRIN PHENOL	Mild Intolerance	Mild Intolerance VOLTAREN
No Intolerance ASPARTAME BENZOIC ACID BHA BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE ERYTHRITOL GREEN#3 FAST GREEN MSG POLYSORBATE 80 POTASSIUM NITRITE RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SORBIC ACID XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	No Intolerance BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM GEOTRICHUM CANDIDUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA PULLULARIA RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	No Intolerance AMMONIUM CHLORIDE CHLORINE FLUORIDE FORMALDEHYDE GLYPHOSATE ORRIS ROOT TOLUENE	No Intolerance	No Intolerance ACETAMINOPHEN AMOXICILLIN AMPICILLIN ASPIRIN CEPHALOSPORIN C CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NAPROXEN (ALEVE) NEOMYCIN NYSTATIN PENICILLAMINE PENICILLIN STREPTOMYCIN SULFAMETHOXAZOLE TETRACYCLINE



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Severe Intolerance

CHLORELLA
RED YEAST RICE

Moderate Intolerance

AGAVE
DANDELION

Mild Intolerance

ACAI BERRY
ESSIAC
FEVERFEW
GURANA SEED
MANGOSTEEN
MULLEIN LEAF
PAU DARCO BARK
PINE BARK
ROOIBOS TEA
SCHISANDRA BERRY
STEVIA LEAF
WORMWOOD

Functional Foods and Medicinal Herbs

ALOE VERA	ASHWAGANDHA	ASTRAGALUS	BARLEY GRASS
BEE POLLEN	BILLBERRY	BLACK WALNUT	CASCARA
ECHINACEA	ELDERBERRY	GINKO BILOBA	GOJI BERRY
GOLDENSEAL	GRAPE SEED EXTRACT	GYMNEMA SYLVESTRE	HAWTHORN BERRY
HUPERZINE	KAVA KAVA	LO HAN	LUTEIN
MAITAKE MUSHROOM	MILK THISTLE	NONI BERRY	RED CLOVER SEED
REISHI MUSHROOM	RESVERATROL	RHODIOLA	SENNA
SPIRULINA	ST JOHNS WORT	VALERIAN	VINPOCETINE
WHEAT GRASS	YELLOW DOCK		

Herbs: Male/Female

RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months
 YELLOW indicates a mild intolerance and these foods should be avoided if possible
 ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
 GREEN indicates acceptable foods / no reaction