

**Severe Intolerance**

BUTTERNUT SQUASH  
CABBAGE  
CHICKEN  
COCOA  
COCONUT  
ICEBERG LETTUCE  
SNAPPER  
SWEET POTATO

**Moderate Intolerance**

BASIL  
COW'S MILK  
PEAR  
PSYLLIUM  
RICE  
SHRIMP  
TURKEY  
WHITE POTATO

**Mild Intolerance**

ASPARAGUS\*  
BLACK PEPPER\*  
BRUSSEL SPROUTS\*  
CARROT\*  
CAULIFLOWER\*  
CINNAMON\*  
CODFISH\*  
CORN\*  
COTTONSEED\*  
EGG WHITE\*  
GREEN PEA\*  
LIME\*  
MUSHROOM\*  
PARSLEY\*  
SCALLOP\*  
SOYBEAN\*  
TOMATO\*

**VEGETABLES / LEGUMES**

BELL PEPPERS  
EGGPLANT  
SPINACH

BROCCOLI  
MUSTARD  
SQUASH (Yellow)

CELERY  
ONION  
STRING BEAN

CUCUMBER  
PINTO BEAN

**FRUITS**

APPLE  
CANTALOUPE  
GRAPEFRUIT  
PEACH  
WATERMELON

AVOCADO  
CHERRY  
LEMON  
PINEAPPLE

BANANA  
CRANBERRY  
OLIVE  
PLUM

BLUEBERRY  
GRAPE  
ORANGE  
STRAWBERRY

**EAT**

BEEF  
LAMB  
PORK

**DAIRY**

EGG YOLK

**SEAFOOD**

CLAM  
SALMON

CRAB  
SOLE

HALIBUT  
TUNA

LOBSTER

**GRAINS**

MILLET

**HERBS / SPICES**

GINGER  
OREGANO

**NUTS/ OILS AND MISC. FOODS**

ALMOND  
CAROB  
HOPS  
VANILLA

BAKER'S YEAST  
CASHEW  
PEANUT

BLK/GREEN TEA  
COFFEE  
PECAN

BREWER'S YEAST  
GARLIC  
SESAME

You have a moderate reaction to Fructans and Galactans, also avoid these foods:

CANE SUGAR    FRUCTOSE (HFCS)    HONEY

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

BARLEY    OAT    RYE  
WHEAT

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

GOAT'S MILK



**Food Sensitivity Test**  
**4 Day Rotation Diet**

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DAY 1	DAY 2	DAY 3	DAY 4
<b>STARCH</b>	<b>STARCH</b> MILLET	<b>STARCH</b> CORN*	<b>STARCH</b>
<b>VEGETABLES/LEGUMES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>
CARROT* CELERY EGGPLANT PARSLEY* TOMATO*	BELL PEPPERS BROCCOLI BRUSSEL SPROUTS* CAULIFLOWER* MUSHROOM* MUSTARD	ASPARAGUS* GREEN PEA* ONION PINTO BEAN STRING BEAN	CUCUMBER SPINACH SQUASH (Yellow)
<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>
BANANA GRAPE STRAWBERRY	APPLE AVOCADO BLUEBERRY CRANBERRY PINEAPPLE	CHERRY LIME* PEACH PLUM	CANTALOUPE GRAPEFRUIT LEMON OLIVE ORANGE WATERMELON
<b>PROTEIN</b>	<b>PROTEIN</b>	<b>PROTEIN</b>	<b>PROTEIN</b>
BEEF CODFISH* CRAB LAMB	EGG WHITE* EGG YOLK TUNA	HALIBUT PORK SOLE SOYBEAN*	CLAM LOBSTER SALMON SCALLOP*
<b>MISCELLANEOUS</b>	<b>MISCELLANEOUS</b>	<b>MISCELLANEOUS</b>	<b>MISCELLANEOUS</b>
CASHEW	BAKER'S YEAST BREWER'S YEAST CINNAMON* GARLIC GINGER HOPS	ALMOND COFFEE COTTONSEED* OREGANO PEANUT	BLACK PEPPER* BLK/GREEN TEA CAROB PECAN SESAME VANILLA

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## Foods To Avoid

### BASIL



Basil 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. Basil is one of the main ingredients in pesto, a green Italian oil and herb sauce. Basil is also used in soups and other foods. It is sometimes used with fresh fruit and in fruit jams and sauces, in particular with strawberries, but also raspberries or dark colored plums. For reintroduction into diet, place into day: 2

### BUTTERNUT SQUASH

Some dishes may include soups, a side dish, pie and or casseroles. Is a type of winter squash with yellow skin and orange pulp. Good source of Vitamin A, C, Potassium and dietary fiber.

### 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.

### CHICKEN



Because of its relatively low cost, chicken is one of the most used meats in the world. Nearly all parts of the bird can be used for food, and the meat is cooked in many different ways around the world. Popular chicken dishes include fried chicken, chicken soup, Buffalo wings, tandoori chicken, butter chicken, and chicken rice. Chicken is also a staple of fast food restaurants such as KFC, McDonald's, and Burger King. Also avoid chicken livers. For reintroduction into diet, place into day: 2

### COCOA



Cocoa is the dried seed of the cacao tree from which chocolate is made. "Cocoa" can often also refer to the drink commonly known as hot chocolate. Cocoa powder is a dry powder made by grinding cocoa seeds and removing the cocoa butter from the dark, bitter cocoa solids. For reintroduction into diet, place into day: 3

### 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. Also avoid Coconut oil and macaroons. For reintroduction into diet, place into day: 1

### COW'S MILK



Avoid also sweetened milk, semi skimmed milk, butter, butter cakes, ice cream, marscapone (sweet Italian cheese) imitation milk products, lactaid milk, margarine, neufchatel cheese, non fat dry milk, processed cheese, buttermilk, cheese, chocolate, cottage cheese, cream, cream cheese, evaporated cow's milk & guar gum. For reintroduction into diet, place into Day 1.

### ICEBERG LETTUCE

### PEAR



Avoid also pear juice. Can be used in cooking and pickling. Used in desserts, fruit salad, preserves and confectionary. For reintroduction into diet, place into Day 2.

### PSYLLIUM



Ground Psyllium is a common over the counter bulk laxative and fiber supplement in such products as Metamucil. Look at all labels that state added fiber. For reintroduction into diet, place on day 3.

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.

Sample test results. Actual results may vary.

## Foods To Avoid

### RICE



Avoid also mochi, nutty rice cereal, puffed rice, rice bran, rice bran oil, rice cakes, rice cream, rice flour, rice noodles, rice pasta, rice breakfast cereals, rice pudding, rice syrup, brown rice, crackers, brown rice flour & cream of rice. For reintroduction into diet, place into Day 4.

### SHRIMP



Recipes using shrimp form part of the cuisine of many cultures: examples include shrimp kebabs, shrimp Creole, shrimp gumbo, pan fried, deep fried, stir fried. In Europe, shrimp is very popular, forming a necessary ingredient in Spanish paella, French bouillabaisse, and many other seafood dishes. Shrimp curry is very popular in South Asia and Southeast Asia. They are also found in Latin and Caribbean dishes such as enchiladas. Also avoid Prawns. For reintroduction into diet, place into day:4

### SNAPPER



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

### SWEET POTATO



The roots are most frequently boiled, fried, or baked. They can also be processed to make starch and a partial flour substitute. Industrial uses include the production of starch and industrial alcohol. For reintroduction into diet, place into day: 3

### TURKEY



Turkeys are sold sliced and ground, as well as "whole" in a manner similar to chicken with the head, feet, and feathers removed. Frozen whole turkeys remain popular. Sliced turkey is frequently used as a sandwich meat or served as cold cuts. Also avoid turkey franks, turkey sausage. For reintroduction into diet, place into day: 4

### WHITE POTATO



Avoid potato salad, potato chips/crisps, mashed potatoes, baked potatoes, steamed potatoes, French fried potatoes, and potato pancakes. Also avoid potato flour, potato starch, red potato and yellow potato. For reintroduction into diet, place into day: 1

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