

Severe Intolerance

GINGER
SARDINE
TUNA

Moderate Intolerance

BROCCOLI
CARROT
LAMB
LENTIL BEAN
PAPAYA
PEACH
PORK
SHRIMP
SOYBEAN
SWEET POTATO

Mild Intolerance

AVOCADO*
BLACK BEANS*
BLUEBERRY*
CRANBERRY*
HAZELNUT*
HONEY*
HONEYDEW (MELON)
MILLET*
PEANUT*
PLUM*
RADISH*
TAPIOCA*
THYME*
TROUT*
TURNIP*

VEGETABLES / LEGUMES

ARTICHOKE
BLACK-EYED PEAS
CABBAGE
CUCUMBER
KIDNEY BEAN
ONION
STRING BEAN

ASPARAGUS
BRUSSEL SPROUTS
CAULIFLOWER
EGGPLANT
LIMA BEAN
PINTO BEAN
TOMATO

BEEF
BUTTERNUT SQUASH
CELERY
GREEN PEA
MUSTARD
SPINACH
WHITE POTATO

BELL PEPPERS
BUTTON MUSHROOM
CHICK PEA
ICEBERG LETTUCE
NAVY BEAN
SQUASH (Yellow)

FRUITS

APPLE
CANTALOUPE
GRAPE
LIME
PEAR
STRAWBERRY

APRICOT
CHERRY
GRAPEFRUIT
MANGO
PINEAPPLE
WATERMELON

BANANA
DATE
KIWI
OLIVE
PUMPKIN

BLACKBERRY
FIG
LEMON
ORANGE
RASPBERRY

MEAT

BEEF
VEAL

CHICKEN
DUCK
TURKEY

DAIRY

EGG WHITE
EGG YOLK

SEAFOOD

CLAM
HALIBUT
SCALLOP
TILAPIA

CODFISH
LOBSTER
SEA BASS

CRAB
OYSTER
SNAPPER

HADDOCK
SALMON
SOLE

GRAINS

AMARANTH
BUCKWHEAT

CORN
RICE

HERBS / SPICES

BASIL
CINNAMON
NUTMEG
PEPPERMINT

BAY LEAF
CLOVE
OREGANO
SAGE

BLACK PEPPER
CUMIN
PAPRIKA

CAYENNE PEPPER
DILL
PARSLEY

NUTS/ OILS AND MISC. FOODS

ALMOND
CANE SUGAR
COCOA
FLAXSEED
PECAN
SESAME

BAKER'S YEAST
CARAWAY
COCONUT
FRUCTOSE (HFCS)
PISTACHIO
SUNFLOWER

BLK/GREEN TEA
CAROB
COFFEE
GARLIC
PSYLLIUM
VANILLA

BREWER'S YEAST
CASHEW
COTTONSEED
HOPS
SAFFLOWER
WALNUT

You have no reaction to Candida Albicans.

You have a moderate reaction to Gluten/Gliadin, avoid these foods:

BARLEY	MALT	OAT
RYE	WHEAT	

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

COWS MILK	GOATS MILK
-----------	------------



Food Sensitivity Test
4 Day Rotation Diet

Order Today At
www.accesalabs.com

DAY 1	DAY 2	DAY 3	DAY 4
STARCH	STARCH	STARCH	STARCH
TAPIOCA* WHITE POTATO	MILLET*	CORN	AMARANTH BUCKWHEAT RICE
VEGETABLES/LEGUMES	VEGETABLES	VEGETABLES	VEGETABLES
ARTICHOKE BLACK-EYED PEAS BUTTERNUT SQUASH CELERY EGGPLANT PARSLEY TOMATO	BELL PEPPERS BRUSSEL SPROUTS BUTTON MUSHROOM CABBAGE CAULIFLOWER MUSTARD	ASPARAGUS BLACK BEANS* GREEN PEA ICEBERG LETTUCE LIMA BEAN ONION PINTO BEAN RADISH* STRING BEAN	BEEF CUCUMBER SPINACH SQUASH (Yellow) TURNIP*
FRUIT	FRUIT	FRUIT	FRUIT
BANANA DATE FIG GRAPE KIWI MANGO STRAWBERRY	APPLE AVOCADO* BLUEBERRY* CRANBERRY* PEAR PINEAPPLE	APRICOT BLACKBERRY CHERRY LIME PLUM* RASPBERRY	CANTALOUPE GRAPEFRUIT HONEYDEW (MELON)* LEMON OLIVE ORANGE PUMPKIN WATERMELON
PROTEIN	PROTEIN	PROTEIN	PROTEIN
BEEF CHICK PEA CODFISH CRAB OYSTER SEA BASS SNAPPER VEAL	CHICKEN EGG WHITE EGG YOLK TILAPIA	DUCK HALIBUT KIDNEY BEAN NAVY BEAN SOLE	CLAM HADDOCK LOBSTER SALMON SCALLOP TROUT* TURKEY
MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
BAY LEAF CARAWAY CASHEW COCONUT CUMIN FLAXSEED HONEY* PISTACHIO SAFFLOWER	BAKER'S YEAST BASIL BREWER'S YEAST CANE SUGAR CAYENNE PEPPER CINNAMON CLOVE GARLIC HAZELNUT* HOPS PAPRIKA PEPPERMINT	ALMOND COCOA COFFEE COTTONSEED DILL OREGANO PEANUT* PSYLLIUM THYME*	BLACK PEPPER BLK/GREEN TEA CAROB FRUCTOSE (HFCS) NUTMEG PECAN SAGE SESAME SUNFLOWER VANILLA WALNUT

Foods To Avoid

BROCCOLI



Only one type of broccoli is generally found in markets, but a few close relatives of this vegetable are also available. Broccoli rabe has thinner stalks and is leafier, with smaller bunches of buds. It has a stronger, more bitter flavor, and all of the plant, including its leaves, is edible. Broccolini is a new vegetable that looks just like regular broccoli except that the stalks are delicate, with thin stems; the flower buds are also smaller. Also avoid Bok Choy. 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

GINGER



The juice from old ginger roots is extremely potent and is often used as a spice in Chinese cuisine to flavor dishes. Powdered dry ginger root (ginger powder) is typically used to add spiciness to gingerbread and other recipes. Ginger is also made into candy and used as a flavoring for cookies, crackers and cake, and is the main flavor in ginger ale, as well as the similar, but somewhat spicier beverage ginger beer. For reintroduction into diet, place into day: 2

LAMB



Avoid also lamb chops, mutton, lamb roast & leg of lamb. Also found in kebabs. For reintroduction into diet, place into Day 1.

LENTIL BEAN



Avoid also lentil soup. Can be used in curries and purées. For reintroduction into diet, place into Day 2.

PAPAYA



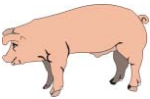
Can be used in fruit juice blends, frozen desserts, mixed fruits and digestive enzymes. Also avoid also pawpaw. For reintroduction into diet, place into Day 1.

PEACH



Also avoid nectarines. Peaches can be found in baked goods, pies and fruit juice blends. For reintroduction into diet, place into day: 3

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.

SARDINE



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

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

SOYBEAN



Avoid also soy cheese, soy flour, soy grits, soy milk, soy sauce, tenpe, soybean oil, tamari sauce, tofu, chocolate, hot dogs, mayonnaise, miso & processed foods. Used in delicate noodles called harusame and used to make flavouring pastes, and condiments. The shoots of the soybean can be eaten raw (known as bean sprouts). For reintroduction into diet, place into 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

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

TUNA



Avoid also albacore tuna, mahi mahi & wahoo. Used in "salad Niçoise", pizza and salads. For reintroduction into diet, place into Day 2.

accesalabs.com

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.