

Severe Intolerance
CANTALOUPE
EGG YOLK

Moderate Intolerance
VANILLA

Mild Intolerance
CHICKEN*
GRAPE*
PEANUT*
PEAR*
SOYBEAN*
STRING BEAN*
WHEAT*

VEGETABLES / LEGUMES
BROCCOLI
CAULIFLOWER
ONION
WHITE POTATO
BUTTERNUT SQUASH
GREEN PEA
SQUASH (Yellow)
CABBAGE
ICEBERG LETTUCE
SWEET POTATO
CARROT
MUSTARD
TOMATO

FRUITS
APPLE
STRAWBERRY
BANANA
LEMON
ORANGE

MEAT
BEEF
LAMB
PORK
TURKEY

DAIRY
COW'S MILK
EGG WHITE

SEAFOOD
SHRIMP
TUNA

GRAINS
BARLEY
CORN
OAT
RICE

HERBS / SPICES
BLACK PEPPER
CINNAMON

NUTS/ OILS AND MISC. FOODS
BAKER'S YEAST
FRUCTOSE (HFCS)
CANE SUGAR
GARLIC
COCOA
COTTONSEED

You have no reaction to Gluten/Gliadin.

You have no reaction to Casein

Foods To Avoid

CANTALOUPE



Cantaloupe is normally eaten as a fresh fruit, as a salad, or as a dessert with ice cream or custard. Melon pieces wrapped in prosciutto are a familiar modern antipasto. For reintroduction into diet, place into day: 4

EGG YOLK



An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking (for mayonnaise, custard, hollandaise sauce, crème brûlée, avgolemono, and ovos moles). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodles, and egg pasta. Eggs can also be a hidden ingredient in glazes and margarine. Egg can also be used in some ice creams. Egg can be listed as ovalbumin or lecithin. For reintroduction into diet, place into day: 2.

VANILLA



Used as flavouring in sweet sauces, cakes, chocolate, puddings and ice creams. For reintroduction into diet, place into Day 4.

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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.