

**Severe Intolerance**

- BUTTERNUT SQUASH
- CARAWAY
- EGG YOLK
- GREEN PEA
- PISTACHIO
- PUMPKIN

**Moderate Intolerance**

- BLACKBERRY
- CHICK PEA
- DATE
- HAZELNUT
- KIWI
- LAMB
- LIMA BEAN
- ONION
- PSYLLIUM
- SNAPPER
- THYME
- VEAL

**Mild Intolerance**

- ARTICHOKE\*
- AVOCADO\*
- BELL PEPPERS\*
- BLACK BEANS\*
- BLACK PEPPER\*
- BREWER'S YEAST\*
- CLAM\*
- COCONUT\*
- GINGER\*
- HADDOCK\*
- KIDNEY BEAN\*
- LENTIL BEAN\*
- NAVY BEAN\*
- PAPRIKA\*
- PARSLEY\*
- PEANUT\*
- PEPPERMINT\*
- SAGE\*
- SALMON\*
- SARDINE\*
- SEA BASS\*
- SESAME\*
- SHRIMP\*
- SOYBEAN\*
- TILAPIA\*
- TUNA\*
- WALNUT\*

**VEGETABLES / LEGUMES**

- ASPARAGUS
- BRUSSEL SPROUTS
- CAULIFLOWER
- ICEBERG LETTUCE
- SPINACH
- TOMATO
- BEET
- BUTTON MUSHROOM
- CELERY
- MUSTARD
- SQUASH (Yellow)
- TURNIP
- BLACK EYED PEAS
- CABBAGE
- CUCUMBER
- PINTO BEAN
- STRING BEAN
- WHITE POTATO
- BROCCOLI
- CARROT
- EGGPLANT
- RADISH
- SWEET POTATO

**FRUITS**

- APPLE
- CANTALOUPE
- GRAPE
- LIME
- PAPAYA
- PLUM
- APRICOT
- CHERRY
- GRAPEFRUIT
- MANGO
- PEACH
- RASPBERRY
- BANANA
- CRANBERRY
- HONEYDEW (MELON)
- OLIVE
- PEAR
- STRAWBERRY
- BLUEBERRY
- FIG
- LEMON
- ORANGE
- PINEAPPLE
- WATERMELON

**EAT**

- BEEF
- TURKEY
- CHICKEN
- DUCK
- PORK

**DAIRY**

- COW'S MILK
- EGG WHITE
- GOAT'S MILK

**SEAFOOD**

- CODFISH
- OYSTER
- CRAB
- SCALLOP
- HALIBUT
- SOLE
- LOBSTER
- TROUT

**GRAINS**

- AMARANTH
- RICE
- BUCKWHEAT
- TAPIOCA
- CORN
- MILLET

**HERBS / SPICES**

- BASIL
- CLOVE
- OREGANO
- BAY LEAF
- CUMIN
- CAYENNE PEPPER
- DILL
- CINNAMON
- NUTMEG

**NUTS/ OILS AND MISC. FOODS**

- ALMOND
- CAROB
- COTTONSEED
- HONEY
- SUNFLOWER
- BAKER'S YEAST
- CASHEW
- FLAXSEED
- HOPS
- VANILLA
- BLK/GREEN TEA
- COCOA
- FRUCTOSE (HFCS)
- PECAN
- CANE SUGAR
- COFFEE
- GARLIC
- SAFFLOWER

You have no reaction to Candida Albicans.

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

BARLEY	MALT*	OAT
RYE*	WHEAT	

You have no reaction to Casein or Whey.



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

Order Today At  
[www.accesalabs.com](http://www.accesalabs.com)

DAY 1	DAY 2	DAY 3	DAY 4
<b>STARCH</b>	<b>STARCH</b>	<b>STARCH</b>	<b>STARCH</b>
TAPIOCA WHITE POTATO	MILLET	CORN SWEET POTATO	AMARANTH BUCKWHEAT RICE
<b>VEGETABLES/LEGUMES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>	<b>VEGETABLES</b>
ARTICHOKE* BLACK EYED PEAS CARROT CELERY EGGPLANT PARSLEY* TOMATO	BELL PEPPERS* BROCCOLI BRUSSEL SPROUTS BUTTON MUSHROOM CABBAGE CAULIFLOWER MUSTARD	ASPARAGUS BLACK BEANS* ICEBERG LETTUCE PINTO BEAN RADISH STRING BEAN	BEEF CUCUMBER SPINACH SQUASH (Yellow) TURNIP
<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>
BANANA FIG GRAPE MANGO PAPAYA STRAWBERRY	APPLE AVOCADO* BLUEBERRY CRANBERRY PEAR PINEAPPLE	APRICOT CHERRY LIME PEACH PLUM RASPBERRY	CANTALOUPE GRAPEFRUIT HONEYDEW (MELON) LEMON OLIVE ORANGE WATERMELON
<b>PROTEIN</b>	<b>PROTEIN</b>	<b>PROTEIN</b>	<b>PROTEIN</b>
BEEF CODFISH CRAB OYSTER SARDINE* SEA BASS*	CHICKEN EGG WHITE LENTIL BEAN* TILAPIA* TUNA*	DUCK HALIBUT KIDNEY BEAN* NAVY BEAN* PORK SOLE SOYBEAN*	CLAM* HADDOCK* LOBSTER SALMON* SCALLOP SHRIMP* TROUT TURKEY
<b>MISCELLANEOUS</b>	<b>MISCELLANEOUS</b>	<b>MISCELLANEOUS</b>	<b>MISCELLANEOUS</b>
BAY LEAF CASHEW COCONUT* COW'S MILK CUMIN FLAXSEED HONEY SAFFLOWER	BAKER'S YEAST BASIL BREWER'S YEAST* CANE SUGAR CAYENNE PEPPER CINNAMON CLOVE GARLIC GINGER* HOPS PAPRIKA* PEPPERMINT*	ALMOND COCOA COFFEE COTTONSEED DILL GOAT'S MILK OREGANO PEANUT*	BLACK PEPPER* BLK/GREEN TEA CAROB FRUCTOSE (HFCS) NUTMEG PECAN SAGE* SESAME* SUNFLOWER VANILLA WALNUT*

## Foods To Avoid

### BLACKBERRY



The soft fruit is popular for use in desserts, jams, jellies and sometimes wine. Since the many species form hybrids easily, there are many cultivars with more than one species in their ancestry. Also avoid boysenberry, dewberry and loganberry. For reintroduction into diet, place into day: 3

### 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.

### CARAWAY



Caraway is used as a spice in breads especially rye bread, which is denser because of the yeast killing properties of the essential oil, limonene. Caraway is also used in liquors, casseroles, and other foods, especially in Central European and Scandinavian cuisine, for instance sauerkraut. It is also used to add flavor to cheeses such as havarti. For reintroduction into diet, place into day: 1

### CHICK PEA



Chickpeas are grown in the Mediterranean, western Asia and the Indian subcontinent. Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as besan and used in primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into a paste called hummus or roasted, sliced and eaten as a snack. For reintroduction into diet, place into day: 1

### DATE



Dry or soft dates are eaten out of hand, or may be pitted and stuffed with fillings such as almonds, walnuts, candied orange and lemon peel, marzipan or cream cheese. Pitted dates are also referred to as stoned dates. Dates can also be chopped and used in a range of sweet and savory dishes, puddings, bread, cakes and other dessert items. Recent innovations include chocolate covered dates and products such as sparkling date juice, used in some Islamic countries as a non alcoholic version of champagne, for special occasions and religious times such as Ramadan. For reintroduction into diet, place into day: 1

### 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, avg lemon, and ovos moles). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodle 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.

### 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

### HAZELNUT



Avoid also filbert & hazelnut oil. Used in butters, confectionary and desserts. For reintroduction into diet, place into Day 2.

### KIWI



Kiwifruit can be eaten whole, like an apple (and, rarely, even including the skin, which increases the tartness), cut in half and eaten like a passion fruit or peeled and sliced, like a pineapple. Kiwi may also be found in desserts and fruit salads. Also avoid Gooseberry. For reintroduction into diet, place into day: 1

### LAMB



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

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

### LIMA BEAN



Avoid also butter beans & Madagascar beans. Can be found in salads. For reintroduction into diet, place into Day 3.

### ONION



Avoid also chive, spring onion, spanish onion, shallots, green onions, leeks, picante sauce & scallions. Used in stews, soups, sauces, chutney and pickles, relish on hamburgers, stuffing, salads and garnishes. For reintroduction into diet, place into Day 3.

### PISTACHIO



Used in stuffings, sauces and confectionery, baking and ice cream. For reintroduction into diet, place into Day 1.

### 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.

### PUMPKIN



When ripe, the pumpkin can be boiled, baked, or roasted. Often, it is made into various kinds of pie which is a traditional staple of the Canadian and American Thanksgiving holiday. Pumpkins can also be eaten mashed or incorporated into soup. In the Middle East, pumpkin is used for sweet dishes. Finally, pumpkin can be used to flavor both alcoholic and nonalcoholic beverages. Also avoid winter squash. 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

### THYME



Thyme is used most widely for 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

### VEAL



Veal is the meat of young calves. Compared to other meats, it has a delicate taste and tender texture. Veal has been an important ingredient in Italian and French cuisine since ancient times. In addition to providing meat, the bones of calves are used to make a stock that forms the base for sauces and soups such as demi glace. For reintroduction into diet, place into day: 1

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Sample test results. Actual results may vary.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<p style="text-align: center;"><b>Severe Intolerance</b></p>	<p style="text-align: center;"><b>Severe Intolerance</b></p>	<p style="text-align: center;"><b>Severe Intolerance</b></p>	<p style="text-align: center;"><b>Severe Intolerance</b></p>	<p style="text-align: center;"><b>Severe Intolerance</b></p>
<p style="text-align: center;"><b>Moderate Intolerance</b></p> <p>BHT BLUE#1 BRILLIANT BLUE</p>	<p style="text-align: center;"><b>Moderate Intolerance</b></p>	<p style="text-align: center;"><b>Moderate Intolerance</b></p>	<p style="text-align: center;"><b>Moderate Intolerance</b></p>	<p style="text-align: center;"><b>Moderate Intolerance</b></p>
<p style="text-align: center;"><b>Mild Intolerance</b></p> <p>GREEN#3 FAST GREEN RED#1 CRYSTAL PONCEAU SUCRALOSE (SPLENDA) YELLOW#6 SUNSET YELLOW</p>	<p style="text-align: center;"><b>Mild Intolerance</b></p>	<p style="text-align: center;"><b>Mild Intolerance</b></p>	<p style="text-align: center;"><b>Mild Intolerance</b></p>	<p style="text-align: center;"><b>Mild Intolerance</b></p>
<p style="text-align: center;"><b>No Intolerance</b></p> <p>ASPARTAME BENZOIC ACID BHA BLUE#2 INDIGO CARMINE ERYTHRITOL MSG POLYSORBATE 80 POTASSIUM NITRITE RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SORBIC ACID XYLITOL YELLOW#5 TARTRAZINE</p>	<p style="text-align: center;"><b>No Intolerance</b></p>	<p style="text-align: center;"><b>No Intolerance</b></p>	<p style="text-align: center;"><b>No Intolerance</b></p>	<p style="text-align: center;"><b>No Intolerance</b></p>

Sample test results. Actual results may vary.