

Severe Intolerance

VANILLA
WATERMELON

Moderate Intolerance

BROCCOLI
COFFEE
GARLIC
GINGER
PINTO BEAN
STRING BEAN
SWEET POTATO
WHITE POTATO

Mild Intolerance

ASPARAGUS*
AVOCADO*
BLACK PEPPER*
CELERY*
COCONUT*
CODFISH*
EGG WHITE*
EGGPLANT*
MILLET*
PARSLEY*
PEAR*
PLUM*
PSYLLIUM*
RICE*
SESAME*
SOYBEAN*
TURKEY*

VEGETABLES / LEGUMES

BELL PEPPERS
CABBAGE
GREEN PEA
SPINACH

BRUSSEL SPROUTS
CARROT
ICEBERG LETTUCE
SQUASH (Yellow)

BUTTERNUT SQUASH
CAULIFLOWER
MUSTARD
TOMATO

BUTTON MUSHROOM
CUCUMBER
ONION

FRUITS

APPLE
CHERRY
LEMON
PEACH

BANANA
CRANBERRY
LIME
PINEAPPLE

BLUEBERRY
GRAPE
OLIVE
STRAWBERRY

CANTALOUPE
GRAPEFRUIT
ORANGE

MEAT

BEEF

CHICKEN

LAMB

PORK

DAIRY

EGG YOLK

SEAFOOD

CLAM
SALMON
SOLE

CRAB
SCALLOP
TUNA

HALIBUT
SHRIMP

LOBSTER
SNAPPER

GRAINS

CORN

HERBS / SPICES

BASIL

CINNAMON

OREGANO

NUTS/ OILS AND MISC. FOODS

ALMOND
CAROB
HOPS

BAKER'S YEAST
CASHEW
PEANUT

BLK/GREEN TEA
COCOA
PECAN

BREWER'S YEAST
COTTONSEED

You have a mild reaction to Candida Albicans, also limit these foods:

CANE SUGAR FRUCTOSE (HFCS) HONEY

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

BARLEY OAT RYE
WHEAT

You have a mild reaction to Casein and Whey, limit these foods:

COWS MILK* GOATS MILK

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.

Sample test results. Actual results may vary.



Food Sensitivity Test
4 Day Rotation Diet

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DAY 1	DAY 2	DAY 3	DAY 4
STARCH	STARCH MILLET*	STARCH CORN	STARCH RICE*
VEGETABLES/LEGUMES BUTTERNUT SQUASH CARROT CELERY* EGGPLANT* PARSLEY* TOMATO	VEGETABLES BELL PEPPERS BRUSSEL SPROUTS BUTTON MUSHROOM CABBAGE CAULIFLOWER MUSTARD	VEGETABLES ASPARAGUS* GREEN PEA ICEBERG LETTUCE ONION	VEGETABLES CUCUMBER SPINACH SQUASH (Yellow)
FRUIT BANANA GRAPE STRAWBERRY	FRUIT APPLE AVOCADO* BLUEBERRY CRANBERRY PEAR* PINEAPPLE	FRUIT CHERRY LIME PEACH PLUM*	FRUIT CANTALOUPE GRAPEFRUIT LEMON OLIVE ORANGE
PROTEIN BEEF CODFISH* CRAB LAMB SNAPPER	PROTEIN CHICKEN EGG WHITE* EGG YOLK TUNA	PROTEIN HALIBUT PORK SOLE SOYBEAN*	PROTEIN CLAM LOBSTER SALMON SCALLOP SHRIMP TURKEY*
MISCELLANEOUS CASHEW COCONUT*	MISCELLANEOUS BAKER'S YEAST BASIL BREWER'S YEAST CINNAMON HOPS	MISCELLANEOUS ALMOND COCOA COTTONSEED OREGANO PEANUT PSYLLIUM*	MISCELLANEOUS BLACK PEPPER* BLK/GREEN TEA CAROB PECAN SESAME*

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

COFFEE



Coffee may be presented in a variety of ways, drip brewed, percolated or French-pressed. It may be served with no additives (black) or with sugar, milk or cream. Also avoid iced coffee and espresso. For reintroduction into diet, place into day: 3

GARLIC



Can be dried and used as flakes or ground into powder. Some French dishes can contain many cloves of garlic. Avoid also garlic bread, garlic oil and garlic tablets. Garlic oil may be used to flavour chewing gum, ice cream and fruit drinks. For reintroduction into diet, place into Day 2.

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

PINTO BEAN



Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. For reintroduction into diet, place into day: 3

STRING BEAN



There are many varieties e.g. runner, lima and french or haricot beans. French beans need only be topped and tailed before cooking; runner beans must have their tough skins stripped off even when they are very young. There is a yellow variety known as wax bean, popular in North America. Mongvete is Spanish of French bean. Avoid also acacia gum, pole beans, snap beans & wax beans. For reintroduction into diet, place into Day 3.

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

VANILLA



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

WATERMELON



Fresh watermelon may be eaten in a variety of ways and is also often used to flavor summer drinks and smoothies. Also avoid fruit salads and watermelon flavored candies. 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

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.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
Severe Intolerance 	Severe Intolerance 	Severe Intolerance 	Severe Intolerance 	Severe Intolerance
Moderate Intolerance BHT RED#1 CRYSTAL PONCEAU	Moderate Intolerance MUCOR RACEMOSUS RHIZOPUS NIGRICANS	Moderate Intolerance 	Moderate Intolerance 	Moderate Intolerance
Mild Intolerance BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE GREEN#3 FAST GREEN POLYSORBATE 80 XYLITOL	Mild Intolerance CEPHALOSPORIUM PENICILLIUM	Mild Intolerance DELTAMETHRIN	Mild Intolerance 	Mild Intolerance
No Intolerance ASPARTAME BENZOIC ACID BHA ERYTHRITOL MSG POTASSIUM NITRITE RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SORBIC ACID SUCRALOSE (SPLENDA) YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	No Intolerance ALTERNARIA ASPERGILLUS BOTRYTIS CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM FUSARIUM OXYSPORIUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA PHOMA HERBARUM PULLULARIA RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	No Intolerance AMMONIUM CHLORIDE BENZENE CHLORINE FLUORIDE FORMALDEHYDE GLYPHOSATE ORRIS ROOT PHENOL TOLUENE	No Intolerance 	No Intolerance

Sample test results. Actual results may vary.