

You have no reaction to Casein or Whey.



Food Sensitivity Test 4 Day Rotation Diet

DAY 1	DAY 2	DAY 3	DAY 4
STARCH	STARCH	STARCH	STARCH
OAT WHITE POTATO	BARLEY MILLET RYE* WHEAT	CORN SWEET POTATO	RICE
VEGETABLES/LEGUMES	VEGETABLES	VEGETABLES	VEGETABLES
BUTTERNUT SQUASH CARROT CELERY* EGGPLANT* PARSLEY* TOMATO	BELL PEPPERS BROCCOLI CABBAGE* CAULIFLOWER MUSHROOM* MUSTARD	ICEBERG LETTUCE ONION PINTO BEAN STRING BEAN	CUCUMBER SPINACH
FRUIT	FRUIT	FRUIT	FRUIT
BANANA GRAPE STRAWBERRY	APPLE AVOCADO BLUEBERRY CRANBERRY PEAR PINEAPPLE	CHERRY LI .c PEACH PLUM	CANTALOUPE GRAPEFRUIT* LEMON OLIVE ORANGE WATERMELON
PROTEIN	PROTEIN	PROTEIN	PROTEIN
BEEF CODFISH CRAB LAMB* SNAPPER*	CHICKEN EGG WHITE EGG YOLK TUNA	HALIBUT PORK SOLE	CLAM LOBSTER SALMON SCALLOP SHRIMP* TURKEY*
MISCELLANEOUS	MISCELL MEOUS	MISCELLANEOUS	MISCELLANEOUS
COCONUT COW'S MILK HONEY	BAKER'S YEAST BASIL BREWER'S YEAST CANE SUGAR CINNAMON GARLIC GINGER GOAT'S MILK HOPS	COCOA COFFEE COTTONSEED OREGANO PEANUT* PSYLLIUM*	BLACK PEPPER BLK/GREEN TEA CAROB FRUCTOSE (HFCS) PECAN SESAME VANILLA

Foods To Avoid

ALMOND



While the almond is most often eaten on its own, raw or toasted, it is used in some dishes. It, along with other nuts, is often sprinkled over desserts, particularly sundaes and other ice cream based dishes. It is also used in making baklava and nougat. There is also almond butter, a spread similar to peanut butter, popular with peanut allergy sufferers and for its less salty taste. Also avoid almond milk, marzipan and amaretto. For reintroduction into diet, place into day: 3

ASPARAGUS



Asparagus is low in calories, contains no fat or cholesterol, and is very low in sodium. The shoots are prepared and served in a number of ways around the world. In Asian style cooking, asparagus is often stir fried. Cantonese restaurants in the United States often serve asparagus stir fried with chicken, shrimp, or beef. It is often used an ingredient in stews and soups. In the French style, it is boiled or steamed and served with hollandaise sauce, melted butter or olive oil, Parmesan cheese or mayonnaise. For reintroduction into diet, place into day: 3

BRUSSEL SPROUTS



Brussel sprouts are known to be native to cool regions in northern Europe. They are imilar to cabbage in taste, but they are slightly milder in flavor and denser in texture. Brussels sprouts and cabbage are members of the cruciferous vegetable family. These vegetables contain sign fican amounts of the antioxidants vitamin C and beta carotene (vitamin A). For reintrod action into diet, pla e into day: 2

CASHEW



Cashew nuts are a common ingredient in Asian cooking. They can also be ground into a spread called cashew butter similar to peanut butter. Cashews have a very high oil content, and they are used in some other nut butters to add extra oil. Also avoid cashew nut milk reintroduction into diet, place into day:

GREEN PEA



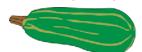
Fresh peas are often eaten boiled as a side dish vegetable. Commonly used in many different Chinese and Indian foods. Peas are also used in pot pies, salads and casseroles. Also avoid cream peas, split peas, frozen mixed vegetables. For reintrod tion into diet, place into day: 3

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.

SQUASH (Yellow)



Summer squashes, such as zucchini, pattypan and yellow crookneck are harvested while the skin is still tender and the fruit relatively small; they are consumed almost immediately and require little or no cooking. Squash seeds can be eaten directly, ground into paste or pressed for vegetable oil. For reintrodu, tio into diet, place into day:4

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.

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Food Additives Molds		Environmental Pharmacoactive Other		
Food Colorings	Words	Chemicals	Agents	Items
Severe Intolerance POLYSORBATE 80 POTASSIUM NITRITE SORBIC ACID	Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance GREEN#3 FAST GREEN	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance
Mild Intolerance BENZOIC ACID BHT BLUE#1 BRILLIANT BLUE SUCRALOSE (SPLENDA)	Mild Intolerance	Mild Intoterance	Mild Intolerance	Mild Intolerance
NO Intolerance ASPARTAME BHA BLUE#2 INDIGO CARMINE ERYTHRITOL MSG RED#1 CRYSTAL PONCEAU RED#40 ALLURA RED SACCHARINE SODIUM SULFITE XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	No Intolerance	No Intolerance	No Intolerance	No Intolerance