

Severe Intolerance
SOYBEAN

Moderate Intolerance
ALMOND
ASPARAGUS
BRUSSEL SPROUTS
CASHEW
GREEN PEA
SQUASH (Yellow)

Mild Intolerance
CABBAGE*
CELERY*
EGGPLANT*
GRAPEFRUIT*
LAMB*
MUSHROOM*
PARSLEY*
PEANUT*
PSYLLIUM*
RYE*
SHRIMP*
SNAPPER*
TURKEY*

VEGETABLES / LEGUMES
BELL PEPPERS
CAULIFLOWER
ONION
SWEET POTATO
BROCCOLI
CUCUMBER
PINTO BEAN
TOMATO
BUTTERNUT SQUASH
ICEBERG LETTUCE
SPINACH
WHITE POTATO
CARROT
MUSTARD
STRING BEAN

FRUITS
APPLE
CANTALOUPE
LEMON
PEACH
STRAWBERRY
AVOCADO
CHERRY
LIME
PEAR
WATERMELON
BANANA
CRANBERRY
OLIVE
PINEAPPLE
BLUEBERRY
GRAPE
ORANGE
PLUM

EAT
BEEF
CHICKEN
PORK

DAIRY
COW'S MILK
EGG WHITE
EGG YOLK
GOAT'S MILK

SEAFOOD
CLAM
LOBSTER
TUNA
CODFISH
SALMON
CRAB
SCALLOP
HALIBUT
SOLE

GRAINS
BARLEY
RICE
CORN
WHEAT
MILLET
OAT

HERBS / SPICES
BASIL
OREGANO
BLACK PEPPER
CINNAMON
GINGER

NUTS/ OILS AND MISC. FOODS
BAKER'S YEAST
CAROB
COTTONSEED
HOPS
BLK/GREEN TEA
COCOA
FRUCTOSE (HFCS)
PECAN
BREWER'S YEAST
COCONUT
GARLIC
SESAME
CANE SUGAR
COFFEE
HONEY
VANILLA

You have no reaction to Candida Albicans.

You have no reaction to Gluten/Gliadin.

You have no reaction to Casein or Whey.

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



Food Sensitivity Test
4 Day Rotation Diet

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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 LIME 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	MISCELLANEOUS	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

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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 as 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 similar 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 significant amounts of the antioxidants vitamin C and beta carotene (vitamin A). For reintroduction into diet, place 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. For reintroduction into diet, place into day: 1

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

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 reintroduction 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.

Sample test results. Actual results may vary.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<p>Severe Intolerance POLYSORBATE 80 POTASSIUM NITRITE SORBIC ACID</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>
<p>Moderate Intolerance GREEN#3 FAST GREEN</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>	<p>Moderate Intolerance</p>
<p>Mild Intolerance BENZOIC ACID BHT BLUE#1 BRILLIANT BLUE SUCRALOSE (SPLENDA)</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance</p>	<p>Mild Intolerance</p>
<p>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</p>	<p>No Intolerance</p>	<p>No Intolerance</p>	<p>No Intolerance</p>	<p>No Intolerance</p>