

Severe Intolerance
SOLE

Moderate Intolerance
BEEF
CARDAMOM
CLOVE
CODFISH
EGG YOLK
GRAPEFRUIT
GREEN PEA
NAVY BEAN
PUMPKIN
SPINACH
TURKEY
TURMERIC

Mild Intolerance
ALMOND*
APPLE*
ARTICHOKE*
AVOCADO*
CANOLA OIL*
CAULIFLOWER*
CELERY*
COTTONSEED*
COW'S MILK*
EGG WHITE*
LEMON*
LIME*
MUNG BEAN*
MUSTARD*
NUTMEG*
ONION*
ORANGE*
PSYLLIUM*
RADISH*
SESAME*
SHRIMP*
SOYBEAN*
TURNIP*
VENISON*

VEGETABLES / LEGUMES
ACORN SQUASH
BLACK BEANS
BRUSSEL SPROUTS
CARROT
ENDIVE
JALAPENO PEPPER
LEEK
PARSNIP
ROMAINE LETTUCE
SWEET POTATO
WHITE POTATO
ASPARAGUS
BLACK-EYED PEAS
BUTTERNUT SQUASH
CHICK PEA
FAVA BEAN
KALE
LENTIL BEAN
PINTO BEAN
SCALLIONS
SWISS CHARD
ZUCCHINI SQUASH
BEET
BOK CHOY
BUTTON MUSHROOM
CUCUMBER
FENNEL SEED
KELP
LIMA BEAN
PORTOBELLO MUSHROOM
SQUASH (Yellow)
TOMATO
BELL PEPPERS
BROCCOLI
CABBAGE
EGGPLANT
ICEBERG LETTUCE
KIDNEY BEAN
OKRA
RED/GRN LEAF LETTUCE
STRING BEAN
WATERCRESS

FRUITS
APRICOT
CANTALOUPE
FIG
MANGO
PEACH
POMEGRANATE
BANANA
CHERRY
GRAPE
NECTARINE
PEAR
RASPBERRY
BLACKBERRY
CRANBERRY
HONEYDEW (MELON)
OLIVE
PINEAPPLE
STRAWBERRY
BLUEBERRY
DATE
KIWI
PAPAYA
PLUM
WATERMELON

MEAT
BISON
LAMB
GOAT'S MILK
CHICKEN
PORK
CHICKEN LIVER
VEAL
DUCK

DAIRY / EGGS

SEAFOOD
ANCHOVY
FLOUNDER
MACKEREL
SALMON
SNAPPER
TROUT
CATFISH
HADDOCK
MAHI MAHI
SARDINE
SQUID
TUNA
CLAM
HALIBUT
MUSSEL
SCALLOP
SWORDFISH
CRAB
LOBSTER
OYSTER
SEA BASS
TILAPIA

GRAINS / STARCHES
AMARANTH
QUINOA
WILD RICE
BUCKWHEAT
RICE
CORN
SORGHUM
MILLET
TAPIOCA

HERBS / SPICES
BASIL
CHILI PEPPER
CUMIN
OREGANO
ROSEMARY
BAY LEAF
CILANTRO
DILL
PAPRIKA
SAFFRON
BLACK PEPPER
CINNAMON
GINGER
PARSLEY
SAGE
CAYENNE PEPPER
CORIANDER
LICORICE
PEPPERMINT
THYME

NUTS/ OILS AND MISC. FOODS
BAKER'S YEAST
CANE SUGAR
CHAMOMILE
FLAXSEED
HONEY
PEANUT
SAFFLOWER
BLK/GREEN TEA
CARAWAY
COCOA
FRUCTOSE (HFCS)
HOPS
PECAN
SUNFLOWER
BRAZIL NUT
CAROB
COCONUT
GARLIC
MACADAMIA
PINE NUT
VANILLA
BREWER'S YEAST
CASHEW
COFFEE
HAZELNUT
MAPLE SUGAR
PISTACHIO
WALNUT

You have no reaction to Candida Albicans.

You have a severe reaction to Gluten/Gliadin. The foods listed below contain Gluten/Gliadin eliminat

| | | |
|---------|-------|-------|
| BARLEY* | MALT | OAT* |
| RYE | SPELT | WHEAT |

You have no reaction to Casein or Whey.



Food Sensitivity Test
4 Day Rotation Diet

Order Today At
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DAY 1

STARCH

TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS
BUTTERNUT SQUASH
CARROT
CELERY*
EGGPLANT
KALE
PARSLEY
RED/GRN LEAF LETTUCE
ROMAINE LETTUCE
TOMATO

FRUIT

BANANA
DATE
FIG
GRAPE
KIWI
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BISON
CHICK PEA
CRAB
FAVA BEAN
FLOUNDER
FLounder
LAMB
OYSTER
SARDINE
SEA BASS
SNAPPER
SWORDFISH
VEAL

MISCELLANEOUS

BAY LEAF
CARAWAY
CASHEW
CHAMOMILE
CHILI PEPPER
COCONUT
CORIANDER
COW'S MILK*
CUMIN
FLAXSEED
HONEY
LICORICE
PISTACHIO
ROSEMARY
SAFFLOWER

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS
BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
BUTTON MUSHROOM
CABBAGE
CAULIFLOWER*
ENDIVE
KELP
MUSTARD*
ZUCCHINI SQUASH

FRUIT

APPLE*
AVOCADO*
BLUEBERRY
CRANBERRY
PEAR
PINEAPPLE
POMEGRANATE

PROTEIN

CATFISH
CHICKEN
EGG WHITE*
LENTIL BEAN
MACKEREL
MAHI MAHI
SQUID
TILAPIA
TUNA

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST
CANE SUGAR
CAYENNE PEPPER
CINNAMON
GARLIC
GINGER
HAZELNUT
HOPS
MAPLE SUGAR
PAPRIKA
PEPPERMINT
SAFFRON

DAY 3

STARCH

CORN
QUINOA
SORGHUM
SWEET POTATO

VEGETABLES

ACORN SQUASH
ASPARAGUS
BLACK BEANS
FENNEL SEED
ICEBERG LETTUCE
LEEK
LIMA BEAN
ONION*
PINTO BEAN
RADISH*
STRING BEAN

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME*
NECTARINE
PEACH
PLUM
RASPBERRY

PROTEIN

ANCHOVY
DUCK
HALIBUT
KIDNEY BEAN
MUNG BEAN*
PORK
SOYBEAN*

MISCELLANEOUS

ALMOND*
BRAZIL NUT
CANOLA OIL*
CILANTRO
COCOA
COFFEE
COTTONSEED*
DILL
GOAT'S MILK
MACADAMIA
OREGANO
PEANUT
PSYLLIUM*
THYME

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE

VEGETABLES

BEEF
CUCUMBER
JALAPENO PEPPER
OKRA
PARSNIP
PORTOBELLO MUSHROOM
SCALLIONS
SQUASH (Yellow)
SWISS CHARD
TURNIP*

FRUIT

CANTALOUPE
HONEYDEW (MELON)
LEMON*
OLIVE
ORANGE*
WATERMELON

PROTEIN

CHICKEN LIVER
CLAM
HADDOCK
LOBSTER
MUSSEL
SALMON
SCALLOP
SHRIMP*
TROUT
VENISON*

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CAROB
FRUCTOSE (HFCS)
NUTMEG*
PECAN
PINE NUT
SAGE
SESAME*
SUNFLOWER
VANILLA
WALNUT

Sample test results. Actual results may vary.

Foods To Avoid

BEEF



Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. Beef can be cut into steaks, pot roasts or short ribs, or it can be ground. Also avoid beef broth, beef franks, beef liver, pastrami, brisket, corned beef, sweetbreads and veal. For reintroduction into diet, place into day: 1

CARDAMOM

The most common form of cardamom - green cardamom - is used as a flavoring, mainly for coffee and tea. In Northern Europe, cardamom is commonly used in sweet foods. It has also been known to be used for making gin. It is a common ingredient in Indian cooking, and is often used in baking in Nordic countries. For reintroduction into diet, place into day: 3

CLOVE



Cloves can be used in cooking either whole or in a ground form. The spice is used throughout Europe and Asia and is smoked in a type of cigarettes locally known as kretek in Indonesia. Cloves have historically been used in Indian cuisine (both North Indian and South Indian) as well as in Mexican cuisine, where it is often paired together with cumin and canela (cinnamon). In the north Indian cuisine, it is used in almost every sauce or side dish made, mostly ground up along with other spices. They are also a key ingredient in tea along with green cardamoms. For reintroduction into diet, place into day:2

CODFISH



Cod is a popular fish with a mild flavor, low fat content and a dense white flesh that flakes easily. Cod livers are processed to make cod liver oil, an important source of Vitamin A, Vitamin D and omega-3 fatty acids. In the United Kingdom, Atlantic cod is one of the most common kinds of fish to be found in fish and chips, along with haddock and plaice. Also avoid Scrod. 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, 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.

GRAPEFRUIT



Also avoid Grapefruit juice, fruit juice blends and canned fruit cocktail. For reintroduction into diet, place into day: 4

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

NAVY BEAN



Small white variety of common bean also known as pearl haricot, navy bean and pea bean. Used to make French dish cassoulet and forerunners of modern canned baked beans (which contain other products e.g. tomato etc). Avoid also great northern bean & white beans. For reintroduction into diet, place into 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

SOLE



Avoid dover sole (*Solea solea*) and lemon sole. They are genetically very similar and therefore their protein etc makeup is virtually identical. Dover sole can be fried whole or divided into fillets. Lemon sole less tasty than dover sole can be cooked same way as dover sole. Avoid also petrale sole, plaice, sanddab. For reintroduction into diet, place into Day 3.

SPINACH



Eaten raw in salads or lightly cooked. The word "Florentine" denotes its use in recipes. 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.

Foods To Avoid

TURKEY



Turkeys are sold sliced and ground, as well as "whole" in a manner similar to chicken with the head, feet, and feathers removed. Frozen whole turkeys remain popular. Sliced turkey is frequently used as a sandwich meat or served as cold cuts. Also avoid turkey franks, turkey sausage. For reintroduction into diet, place into day: 4

TURMERIC



Turmeric is sometimes used as a coloring agent. It has found application in canned beverages, baked products, dairy products, ice cream, yogurt, yellow cakes orange juice, biscuits, popcorn-color, sweets, cake icings, cereals, sauces, gelatins, etc. It is a significant ingredient in most commercial curry powders. For reintroduction into diet, place into day: 1

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