

Severe Intolerance

- ACORN SQUASH
- ALMOND
- CODFISH
- FLOUNDER
- GOAT'S MILK
- KIWI
- MACKEREL
- ORANGE
- POMEGRANATE
- ROMAINE LETTUCE
- SWORDFISH
- WATERCRESS
- ZUCCHINI SQUASH

Moderate Intolerance

- APRICOT
- BAY LEAF
- BLACKBERRY
- CELERY
- CLAM
- DILL
- GRAPE
- GRAPEFRUIT
- HADDOCK
- LEEK
- LICORICE
- OREGANO
- PEAR
- ROSEMARY
- SQUID
- SWISS CHARD
- VANILLA
- WILD RICE

Mild Intolerance

- ASPARAGUS*
- AVOCADO*
- BEEF*
- BELL PEPPERS*
- BLACK BEANS*
- BLACK CURRANT*
- BLUEBERRY*
- BREWER'S YEAST*
- BUCKWHEAT*
- CASHEW*
- CAULIFLOWER*
- CAYENNE PEPPER*
- CHERRY*
- CHICKEN LIVER*
- CLOVE*
- COCONUT*
- CRANBERRY*
- EGG WHITE*
- EGG YOLK*
- FENNEL SEED*
- FIG*
- FLAXSEED*
- GARLIC*
- GREEN PEA*
- HALIBUT*
- HAZELNUT*
- HONEYDEW (MELON)
- HOPS*
- LEMON*
- MILLET*
- MUNG BEAN*
- MUSSEL*
- NAVY BEAN*
- NECTARINE*
- NUTMEG*
- PAPRIKA*
- PARSLEY*
- PARSNIP*
- PEACH*
- PEANUT*
- PORTOBELLO MUSHROOM
- PUMPKIN*
- QUINOA*
- RICE*
- SAFFRON*
- SCALLIONS*
- SESAME*
- SHRIMP*
- SOLE*
- SOYBEAN*
- SPINACH*
- TURNIP*

VEGETABLES / LEGUMES

- ARTICHOKE
- BROCCOLI
- CABBAGE
- EGGPLANT
- JALAPENO PEPPER
- LENTIL BEAN
- ONION
- SQUASH (Yellow)
- WHITE POTATO
- BEET
- BRUSSEL SPROUTS
- CARROT
- ENDIVE
- KALE
- LIMA BEAN
- PINTO BEAN
- STRING BEAN
- BLACK-EYED PEAS
- BUTTERNUT SQUASH
- CHICK PEA
- FAVA BEAN
- KELP
- MUSTARD
- RADISH
- SWEET POTATO
- BOK CHOY
- BUTTON MUSHROOM
- CUCUMBER
- ICEBERG LETTUCE
- KIDNEY BEAN
- OKRA
- RED/GRN LEAF LETTUCE
- TOMATO

FRUITS

- APPLE
- LIME
- PINEAPPLE
- WATERMELON
- BANANA
- MANGO
- PLUM
- CANTALOUPE
- OLIVE
- RASPBERRY
- DATE
- PAPAYA
- STRAWBERRY

MEAT

- BUFFALO
- PORK
- CHICKEN
- TURKEY
- DUCK
- VEAL
- LAMB
- VENISON

DAIRY

- COW'S MILK

SEAFOOD

- ANCHOVY
- MAHI MAHI
- SCALLOP
- TROUT
- CATFISH
- OYSTER
- SEA BASS
- TUNA
- CRAB
- SALMON
- SNAPPER
- LOBSTER
- SARDINE
- TILAPIA

GRAINS

- AMARANTH
- CORN
- SORGHUM
- TAPIOCA

HERBS / SPICES

- BASIL
- CINNAMON
- PEPPERMINT
- BLACK PEPPER
- CORIANDER
- SAGE
- CARDAMOM
- CUMIN
- THYME
- CHILI PEPPER
- GINGER
- TURMERIC

NUTS/ OILS AND MISC. FOODS

- BAKER'S YEAST
- CARAWAY
- COFFEE
- PINE NUT
- SUNFLOWER
- BLK/GREEN TEA
- CAROB
- COTTONSEED
- PISTACHIO
- WALNUT
- BRAZIL NUT
- CHAMOMILE
- MACADAMIA
- PSYLLIUM
- CANOLA OIL
- COCOA
- PECAN
- SAFFLOWER

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

CANE SUGAR	FRUCTOSE (HFCS)	HONEY*
MAPLE SUGAR		

You have a moderate reaction to Gluten/Gliadin, avoid these foods:

BARLEY	MALT	OAT
RYE	SPELT	WHEAT

You have no reaction to Casein or Whey.



Food Sensitivity Test
4 Day Rotation Diet

Order Today At
www.accesalabs.com

DAY 1

STARCH

TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

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

FRUIT

BANANA
BLACK CURRANT*
DATE
FIG*
MANGO
PAPAYA
STRAWBERRY

PROTEIN

BEEF*
BUFFALO
CHICK PEA
CRAB
FAVA BEAN
LAMB
OYSTER
SARDINE
SEA BASS
SNAPPER
VEAL

MISCELLANEOUS

CARAWAY
CASHEW*
CHAMOMILE
CHILI PEPPER
COCONUT*
CORIANDER
COW'S MILK
CUMIN
FLAXSEED*
PISTACHIO
SAFFLOWER
TURMERIC

DAY 2

STARCH

MILLET*

VEGETABLES

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

FRUIT

APPLE
AVOCADO*
BLUEBERRY*
CRANBERRY*
PINEAPPLE

PROTEIN

CATFISH
CHICKEN
EGG WHITE*
EGG YOLK*
LENTIL BEAN
MAHI MAHI
TILAPIA
TUNA

MISCELLANEOUS

BAKER'S YEAST
BASIL
BREWER'S YEAST*
CAYENNE PEPPER*
CINNAMON
CLOVE*
GARLIC*
GINGER
HAZELNUT*
HOPS*
PAPRIKA*
PEPPERMINT
SAFFRON*

DAY 3

STARCH

CORN
QUINOA*
SORGHUM
SWEET POTATO

VEGETABLES

ASPARAGUS*
BLACK BEANS*
FENNEL SEED*
GREEN PEA*
ICEBERG LETTUCE
LIMA BEAN
ONION
PINTO BEAN
RADISH
STRING BEAN

FRUIT

CHERRY*
LIME
NECTARINE*
PEACH*
PLUM
RASPBERRY

PROTEIN

ANCHOVY
DUCK
HALIBUT*
KIDNEY BEAN
MUNG BEAN*
NAVY BEAN*
PORK
SOLE*
SOYBEAN*

MISCELLANEOUS

BRAZIL NUT
CANOLA OIL
CARDAMOM
COCOA
COFFEE
COTTONSEED
MACADAMIA
PEANUT*
PSYLLIUM
THYME

DAY 4

STARCH

AMARANTH
BUCKWHEAT*
RICE*

VEGETABLES

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

FRUIT

CANTALOUPE
HONEYDEW (MELON)*
LEMON*
OLIVE
PUMPKIN*
WATERMELON

PROTEIN

CHICKEN LIVER*
LOBSTER
MUSSEL*
SALMON
SCALLOP
SHRIMP*
TROUT
TURKEY
VENISON

MISCELLANEOUS

BLACK PEPPER
BLK/GREEN TEA
CAROB
NUTMEG*
PECAN
PINE NUT
SAGE
SESAME*
SUNFLOWER
WALNUT

Foods To Avoid

ACORN SQUASH



Acorn squash is most commonly baked, but can also be microwaved, sauteed, and steamed. It can be eaten by baking with brown sugar, and serving with cooked bacon crumbles. The seeds can be toasted and eaten (similar to pumpkin seeds). Although considered a "winter" squash, acorn squash belongs to the same species as all "summer" squashes (including zucchini and yellow crookneck squash). The most common variety is dark green in color. For reintroduction into diet, place into day:3

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

APRICOT



The fruit can be consumed fresh, dried, frozen or processed as canned product, as juice, or as baby food (pureed). Also avoid apricot oil, apricot chutneys. For reintroduction into diet, place into day: 3

BAY LEAF



Bay leaves are a fixture in the cooking of many European cuisines (particularly those of the Mediterranean), as well as in North America. They are used in soups, stews, meat, seafood, and vegetable dishes. The leaves also flavor classic French dishes such as bouillabaisse and bouillon. The leaves are most often used whole and removed before serving. In Indian cuisine, bay leaves are often used in biryani and many salads. For reintroduction into diet, place into day: 1

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

CELERY



Several varieties of celery. Available all year round, either fresh (in heads or loose sticks) or canned. Celery is eaten raw or cooked. Avoid also celery seed, celeriac root and celery juice. For reintroduction into diet, place into Day 1.

CLAM



Clams can be eaten raw, steamed, boiled, baked or fried; the method of preparation depends partly on size and species. Clam chowder is a popular soup in the U.S. and Canada. In Italy, clams are often an ingredient of mixed seafood dishes, or are eaten together with pasta. For reintroduction into diet, place into day: 4

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

DILL



Dill is a short-lived annual herb. Its seeds, dill seed are used as a spice, and its fresh leaves, dill, and its dried leaves, dill weed, are used as herbs. Its fernlike leaves are aromatic, and are used to flavor many foods, such as gravlax (cured salmon), borscht and other soups, and pickles (where sometimes the dill flower is used). For reintroduction into diet, place into day: 3

FLOUNDER



This brown fish is the most common shallow-water flatfish in North America. Flounder are a highly desirable food fish, renowned for their fine, tender, yet firm texture. The taste is very delicate, often described as sweet and nut-like. Fillets are the form typically prepared. For reintroduction into diet, place into day: 1

GOAT'S MILK



Goat milk is commonly processed into cheese, goat butter, ice cream and other products. Goat milk can successfully replace cow milk in diets of those who are allergic to cow milk. However, like cow milk, goat milk has lactose (sugar) and may cause gastrointestinal problems for individuals with lactose intolerance. It also contains a form of Casein, a Protein in all Mammals' milk. For reintroduction into diet, place into day: 2

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

GRAPE



Grapes can be eaten raw or used for making jam, juice, jelly, vinegar, wine, grape seed extracts and grape seed oil. Also avoid Cream of Tartar, wine vinegar, tartrate baking powder and raisins. For reintroduction into diet, place into day: 1

GRAPEFRUIT



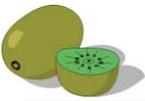
Also avoid Grapefruit juice, fruit juice blends and canned fruit cocktail. For reintroduction into diet, place into day: 4

HADDOCK



Haddock is a very popular fish, sold fresh, smoked, frozen, dried, or canned. Haddock, along with cod and plaice, is one of the most popular fish used in British fish and chips. For reintroduction into diet, place into day:4

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

LEEK



Avoid also leek soup and Indonesian relish. Also found in other soups, stews, side dishes, sauces and salads. For reintroduction into diet, place into Day 3.

LICORICE



Liquorice flavor is found in a wide variety of liquorice candies. Liquorice is also found in some soft drinks (such as root beer), and is in some herbal teas where it provides a sweet aftertaste. The flavor is common in medicines to disguise unpleasant flavors. Modern cough syrups often include liquorice extract as an ingredient. For reintroduction into diet, place into day:1

MACKEREL



Mackerel is an oily-fleshed sea fish found throughout the oceans of the world. For reintroduction into diet, place into day: 2

ORANGE



Avoid also orange juice, marmalade, satsumas & tangerines. Used in orangeade, orange oil (used to flavour beverages, liquors, sweets, gelatins, puddings, gum and condiments) and orange zest. Also used in perfumery and essential oils. Used in salads as a garnish and can be added to meat and fish dishes. For reintroduction into diet, place into Day 4.

OREGANO



Oregano is an important culinary herb. It is particularly widely used in Greek and Italian cuisines. It is the leaves that are used in cooking, and the dried herb is often more flavorful than the fresh. Oregano is often used in tomato sauces, fried vegetables and grilled meat. Oregano is an indispensable ingredient for Greek cuisine. Oregano adds flavor to Greek salad. The dish most commonly associated with oregano is pizza. For reintroduction into diet, place into day: 3

PEAR



Avoid also pear juice. Can be used in cooking and pickling. Used in desserts, fruit salad, preserves and confectionary. For reintroduction into diet, place into Day 2.

POMEGRANATE



The entire seed is consumed raw, though the fleshy outer portion of the seed is the part that is desired. Pomegranate juice is a popular drink. Pomegranate is also made into a liqueur and popular fruit confectionery that can be used as ice cream topping, or mixed with yogurt, and even spread as jams over toast for breakfast. For reintroduction into diet, place into day:

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

ROMAINE LETTUCE



Romaine is the standard lettuce used in Caesar salad. Romaine lettuce is also used on sandwiches. For reintroduction into diet, place into day: 1

ROSEMARY



The fresh and dried leaves are used frequently in traditional Mediterranean cuisine as an herb; they have a bitter, astringent taste, which compliments a wide variety of foods. They are extensively used in cooking, and when burned give off a distinct mustard smell, as well as a smell similar to that of burning which can be used to flavor foods while barbecuing. For reintroduction into diet, place into day: 1

SQUID



In many of the European languages around the Mediterranean, squid is called calamari, which in English has become a culinary name for Mediterranean dishes involving squid, especially fried squid. For reintroduction into diet, place into day: 2

SWISS CHARD



Chard is a relative of the beet, grown for its white, fleshy chard and its greens, which resemble spinach. Chard is used in gratins, omelettes, and even in dessert tarts with apples and pine nuts. They are also used in southern France in pies or as a filling for ravioli. For reintroduction into diet, place into day: 4

SWORDFISH



Swordfish is a particularly popular fish for cooking. The meat is usually sold as steaks, which are often grilled. For reintroduction into diet, place into day: 1

VANILLA



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

WATERCRESS



Watercress is a fast-growing, aquatic or semi-aquatic, perennial plant native from Europe to central Asia, and one of the oldest known leaf vegetables consumed by human beings. Watercress is one of the main ingredients in V8 Vegetable Juice. Watercress is often used in sandwiches. For reintroduction into diet, place into day: 1

WILD RICE

Dishes may include: vegetarian recipes, soups, casseroles, salad and Asian dishes. This is one of American's native foods. Is not in the family of rice, wild rice is high in protein and dietary fiber. This is a gluten-free grain.

ZUCCHINI SQUASH



Also known as courgette and Italian squash. Available all Summer, it does not need peeling, but it can be simply topped, tailed, sliced and eaten raw, steamed, baked, pickled etc. For reintroduction into diet, place into Day 2.

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 RED#1 CRYSTAL PONCEAU</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>	<p>Severe Intolerance</p>
<p>Moderate Intolerance SUCRALOSE (SPLENDA) XYLITOL</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 GREEN#3 FAST GREEN POLYSORBATE 80 POTASSIUM NITRITE SACCHARINE</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#40 ALLURA RED SODIUM SULFITE SORBIC ACID YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW</p>	<p>No Intolerance</p>	<p>No Intolerance</p>	<p>No Intolerance</p>	<p>No Intolerance</p>