



Patient Information	Date of Birth: 11/4/1977	Gender: F		
PATIENT II, PRETEND	Date Received: 2/11/2010	Date Collected	Date Reported: 05/31/2016	
Physician: Sample Physician		Clinic ID: 10804	Lab ID: 68220	

Item Count: 237

SEVERE MODERATE MILD* ACCEPTABLE / NO REACTION

<p>AVOCADO OLIVE PEACH PERSIMMON SNAPPER</p>	<p>APRICOT ARTICHOKE BASIL CELERY CLAM EGGPLANT GREEN PEA KALE MUSSEL PINTO BEAN RADISH SAFFRON SORGHUM STAR FRUIT TEFF WALNUT</p>	<p>ANCHO CHILI* BEEF* BELL PEPPERS* BREWER'S YEAST* CANDIDA ALBICANS* CASEIN* CAULIFLOWER* CHIVES* CILANTRO* COCOA* CUCUMBER* DATE* ENDIVE* FIG* GINGER* GLUTEN* GUAVA* LEEK* LICORICE* LOBSTER* MACADAMIA* NAVY BEAN* NECTARINE* PINEAPPLE* PLUM* POMEGRANATE* RED BEET* ROMAINE* SAFFLOWER* SCALLOP* SOYBEAN* TILAPIA* TOMATO*</p>	<p>VEGETABLES / LEGUMES</p> <p>ACORN SQUASH BLACK BEANS BROCCOLI CABBAGE CHICK PEA FAVA BEAN KELP MUNG BEAN PARSNIP SCALLIONS SPINACH TARO ROOT WATERCRESS ZUCCHINI SQUASH</p> <p>ADZUKI BEANS BLACK-EYED PEAS BRUSSELS SPTRS. CANNELLINI BEANS CHICORY FENNEL SEED KIDNEY BEAN MUSTARD GREENS PORTOBELLO SHALLOTS STRING BEAN TURNIP WHITE POTATO</p> <p>ARUGULA BOK CHOY BTN MUSHROOM CAPERS COLLARD GREENS ICEBERG LETTUCE LENTIL BEAN OKRA RED/GRN LEAF LETT SHITAKE SWEET POTATO WAKAME SEAWEED YAM</p> <p>ASPARAGUS BOSTON BIBB LETTU BTRNUT SQUASH CARROT ESCAROLE JALAPENO LIMA BEAN ONION RHUBARB SPAGHETTI SQUASH SWISS CHARD WATER CHESTNUT YELLOW SQUASH</p> <p>FRUIT</p> <p>APPLE BLUEBERRY GRAPE LEMON MULBERRY PUMPKIN WATERMELON</p> <p>BANANA CANTALOUPE GRAPEFRUIT LIME ORANGE RASPBERRY</p> <p>BLACK CURRANT CHERRY HONEYDEW MLN LYCHEES PAPAYA STRAWBERRY</p> <p>BLACKBERRY CRANBERRY KIWI MANGO PEAR TANGERINE</p> <p>MEAT</p> <p>BISON LAMB VENISON</p> <p>CHICKEN PORK</p> <p>CHICKEN LIVER TURKEY</p> <p>DUCK VEAL</p> <p>DAIRY / EGGS</p> <p>EGG WHITE EGG YOLK</p> <p>SEAFOOD</p> <p>ANCHOVY FLOUNDER MAHI MAHI SEA BASS SWORDFISH</p> <p>CATFISH HADDOCK OYSTER SHRIMP TROUT</p> <p>CODFISH HALIBUT SALMON SOLE TUNA</p> <p>CRAB MACKEREL SARDINE SQUID</p> <p>GRAINS / STARCHES</p> <p>AMARANTH MILLET TAPIOCA</p> <p>ARROWROOT OAT (GLUTEN FREE) WILD RICE</p> <p>BUCKWHEAT QUINOA</p> <p>CORN RICE</p> <p>HERBS / SPICES</p> <p>BAY LEAF CINNAMON CURRY POWDER OREGANO ROSEMARY TURMERIC</p> <p>BLACK PEPPER CLOVE DILL PAPRIKA SAGE</p> <p>CARDAMOM CORIANDER HORSERADISH PARSLEY TARRAGON</p> <p>CAYENNE PEPPER CUMIN NUTMEG PEPPERMINT THYME</p> <p>NUTS / OILS AND MISC. FOODS</p> <p>ALMOND CARAWAY CHIA FLAXSEED HOPS PECAN SESAME</p> <p>BAKER'S YEAST CAROB COCONUT GARLIC MUSTARD SEED PINE NUT SPEARMINT</p> <p>BLK/GREEN TEA CASHEW COFFEE HAZELNUT NUTRITIONAL YEAST PISTACHIO SUNFLOWER</p> <p>BRAZIL NUT CHAMOMILE DANDELION LEAF HEMP PEANUT PSYLLIUM VANILLA</p>
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CANDIDA ALBICANS

You have a mild reaction to Candida Albicans, also limit these foods:
CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLLASSES

GLUTEN

GLIADIN

You have a mild reaction to Gluten and Gliadin, limit these foods:
BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

You have no reaction to Whey and mild reaction to Casein, limit these foods:
COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

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Day 1

Day 2

Day 3

Day 4

GRAINS / STARCHES

ARROWROOT
OAT (GLUTEN FREE)
TAPIOCA
WHITE POTATO

MILLET
WILD RICE

CORN
QUINOA
SWEET POTATO

AMARANTH
BUCKWHEAT
RICE

VEGETABLES / LEGUMES

BLACK-EYED PEAS
BTRNUT SQUASH
CAPERS
CARROT
CHICORY
MUSTARD GREENS
PARSLEY
RED/GRN LEAF LETTUCE
ROMAINE*
TOMATO*
WAKAME SEAWEED
YAM
YELLOW SQUASH

BELL PEPPERS*
BOK CHOY
BOSTON BIBB LETTUCE
BROCCOLI
BRUSSELS SPTRS.
BTN MUSHROOM
CABBAGE
CAULIFLOWER*
ENDIVE*
ESCAROLE
KELP
RED BEET*
SHITAKE
ZUCCHINI SQUASH

ACORN SQUASH
ARUGULA
ASPARAGUS
BLACK BEANS
COLLARD GREENS
FENNEL SEED
ICEBERG LETTUCE
LEEK*
LIMA BEAN
ONION
SHALLOTS
STRING BEAN
TARO ROOT
WATERCRESS

CUCUMBER*
JALAPENO
OKRA
PARSNIP
PORTOBELLO
RHUBARB
SCALLIONS
SPAGHETTI SQUASH
SPINACH
SWISS CHARD
TURNIP
WATER CHESTNUT

FRUIT

BANANA
BLACK CURRANT
DATE*
FIG*
GRAPE
GUAVA*
KIWI
MANGO
PAPAYA
STRAWBERRY

APPLE
BLUEBERRY
CRANBERRY
PEAR
PINEAPPLE*
POMEGRANATE*
TANGERINE

BLACKBERRY
CHERRY
LIME
NECTARINE*
PLUM*
RASPBERRY

CANTALOUPE
GRAPEFRUIT
HONEYDEW MLN
LEMON
LYCHEES
MULBERRY
ORANGE
PUMPKIN
WATERMELON

PROTEIN

BEEF*
BISON
CHICK PEA
CODFISH
CRAB
FAVA BEAN
FLOUNDER
LAMB
OYSTER
SARDINE
SEA BASS
SWORDFISH
VEAL

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

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

ADZUKI BEANS
CANNELLINI BEANS
CHICKEN LIVER
HADDOCK
LOBSTER*
SALMON
SCALLOP*
SHRIMP
TROUT
TURKEY
VENISON

MISCELLANEOUS

ANCHO CHILI*
BAY LEAF
CARAWAY
CASHEW
CHAMOMILE
CHIA
COCONUT
CORIANDER
CUMIN
FLAXSEED
LICORICE*
PISTACHIO
ROSEMARY
SAFFLOWER*
TURMERIC

BAKER'S YEAST
BREWER'S YEAST*
CAYENNE PEPPER
CHIVES*
CINNAMON
CLOVE
GARLIC
GINGER*
HAZELNUT
HEMP
HOPS
MUSTARD SEED
PAPRIKA
PEPPERMINT

ALMOND
BRAZIL NUT
CARDAMOM
CILANTRO*
COCOA*
COFFEE
DILL
HORSERADISH
MACADAMIA*
OREGANO
PEANUT
PSYLLIUM
TARRAGON
THYME

BLACK PEPPER
BLK/GREEN TEA
CAROB
CURRY POWDER
DANDELION LEAF
NUTMEG
NUTRITIONAL YEAST
PECAN
PINE NUT
SAGE
SESAME
SPEARMINT
SUNFLOWER
VANILLA

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APRICOT

Apricots are small, golden orange fruits with smooth, sweet but firm flesh. COMMON USES: Juice, fruit cocktails, juice blends, jam/jelly, yogurt, desserts, Middle Eastern/Moroccan stews and soups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Chutney, nectar, fruit preserves. BE AWARE: Dried apricots may be treated with sulfites to extend shelf life



ARTICHOKE

The globe artichoke is a perennial thistle that is green in color. The heart is most often consumed, although the leaves can be as well if prepared in the right way. The leaves can be very sharp. COMMON USES: Stews, soups, salads and dips. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Artichoke crowns, artichoke bottoms, vegetable pizza, poivrade. BE AWARE: Can be found in some herbal teas and the Italian liqueur Cynar



AVOCADO

Haas avocados have a dark, leathery skin and a creamy green flesh. Florida avocados are larger with a bright green shiny skin and a green flesh that is a bit more firm than a Haas avocado. COMMON USES: Sandwiches, salads, in sushi, baby food, and dips, sauces, and smoothies; also an oil. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Guacamole, avocaditos (cocktail avocado), alligator pear, oil blends. BE AWARE: May be used in milkshakes, ice cream, and other desserts/baked goods. Associated with latex-fruit allergy syndrome and may cause cross-reaction



BASIL

Basil is a bright green leaf and is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. COMMON USES: Pesto, added to pasta dishes, soups, dips, salads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Herbs, Italian herb blend, tomato sauce, caprese. BE AWARE: Alcoholic beverages (bitters, liquors, and spirits) may contain basil, packaged Italian herb blends may contain basil



CELERY

Long fibrous stalks that are green in color and crunchy with flavorful leaves that can be eaten. COMMON USES: Soups, soup mixes, stews, salads, poultry seasoning, V-8 juice, mixed juices, broths, bouillon cubes. Celery seed is used as a flavoring or spice and mixed with salt as celery salt commonly found in coleslaw. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Celery root, celery seed, celery salt, broth, soup. BE AWARE: Like many produce items, pesticides are a concern; the leaves may be found in salads



CLAM

Clam is a term for any bivalve mollusk; varies in color, size and shape. COMMON USES: Seafood dishes, pastas, soups, and stews. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mollusk, shellfish, bouillabaisse. BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements



EGGPLANT

An oval shaped vegetable that comes in different sizes with dark purple skin and creamy flesh that oxidizes quickly once exposed to oxygen. COMMON USES: Ratatouille, melanzane alla parmigiana, moussaka, baba ghanoush . BE AWARE: Comes in many different varieties, colors, and sizes; also avoid japanese eggplant



GREEN PEA

Green peas are small, round, starchy vegetables; fresh peas come in a pod and must be removed to consume. COMMON USES: Vegetarian dishes; used in pot pies, soups, salads and casseroles; also used to make pea protein powder. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Split peas, snow peas, field peas. BE AWARE: Can be found in gluten-free products as a protein



KALE

A form of cabbage that is green in color and slightly bitter in flavor. Comes in a few different varieties. COMMON USES: Salads, stews, soups, stuffings. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Borecole. BE AWARE: Can be found in mixed green salads in the form of baby kale



MUSSEL

A bivalve mollusk that is commonly found with a black to dark green shell. COMMON USES: Seafood stews, soups, pastas. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bouillabaisse, paella . BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements.

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OLIVE



Olives are small fruits that grow on trees that come in a variety of colors such as black, green, and brown. COMMON USES: Salads, pasta's, pizzas, brines, marinades, packaged products, breads, baked items. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Puttanesca, tapenade. BE AWARE: Found in many varieties

PEACH



Peaches are round stone fruits with reddish orange fuzzy skin and light orange flesh. Very sweet and soft to the bite when in season. COMMON USES: Baked goods, pies, fruit juices, preserves, salads and sauces. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Cobbler, fruit salad

PERSIMMON



A small round fruit that somewhat resembles a tomato that is orange to red brown in color. COMMON USES: Cookies, cakes, muffins, puddings, salads, fresh, dried, and topping for cereal. OTHER WORDS THAT MIGHT INDICATE PRESENCE: sujeonggwa, gamsikcho

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. COMMON USES: Burritos, savory dishes, refried beans, chili con carne. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Red Mexican Bean

RADISH



A bulb type vegetable that is reddish in color with white crisp meat. They have a high water content, and are firm to the bite. COMMON USES: Salads, soups, dips, spreads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Crudite. BE AWARE: Can also be consumed in sprout form

SAFFRON



Saffron is the dried yellow stigma of a purple crocus plant. Each flower contains three stigmas and they all must be harvested by hand. COMMON USES: Soups, stews, sauces, rice dishes, and baked goods. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bouillabaisse, risotto milanese, paella

SNAPPER



Snapper is a very popular fish that comes in many varieties. It's flesh is flaky and white. COMMON USES: Entrees, soups, stews, dips, pasta's. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Over 250 species of snapper exist. BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label

SORGHUM



A gluten free grain that is off white in color, round in shape, and larger than rice or millet. Sorghum has a mild flavor similar to rice and millet. COMMON USES: Gluten free cereals, breads, and baked goods. More commonly seen as a flour, but does exist as a whole grain. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sorghum syrup, sorghum molasses, whole grain, ancient grain, gluten free. BE AWARE: Widely used in gluten free beers and as a "cane sugar free" sweetener, and comes in a variety of colors

STAR FRUIT



Star fruit is a tropical fruit who's skin is waxy and yellow to green in color with five deep ridges down the sides. When sliced, the fruit is shaped like a star and is mostly eaten raw. COMMON USES: Salads, sorbets, drinks, to impart tart flavor in the dish, stews, curries, stir-fries, sauce, pickled, chutney, tarts, jam. Consumed fresh, canned, and dried. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Carambola, belimbing manis, mafueng, kamkrah, Chinese starfruit, star apple, five angled fruit, five lobed yellow fruit. BE AWARE: People with known kidney disease should avoid eating star fruit due to high concentrations of oxalic acid. Star fruit has been found to interact adversely with many drugs. Some of the compounds in carambola irreversibly inhibit cytochrome P450 3A4 isoenzymes (3A4) in the intestines and liver. This resulting increase in drug levels leads to adverse effects and/or toxicity. It is therefore, strongly advised to consult your healthcare practitioner before eating star fruit or its products if taking any kind of pharmaceutical drugs

TEFF



Teff is a very small gluten free grain that is light brown in color and when cooked is a creamy consistency. COMMON USES: Ethiopian dishes, gluten free baking/cooking, tortillas, crackers. BE AWARE: Type of millet

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WALNUT

Walnuts are large misshapen light brown nuts that come from a walnut tree. COMMON USES: Salads, baked goods, baklava, desserts, cereals, granola; also used to make walnut oil, walnut milk, black walnut, English walnut. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Nut mixes, blended oil, nut milk, waldorf salad. BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label

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 food you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutrition counselor for further assistance with your rotation diet plan.



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SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
RED#3 ERYTHROSINE B	ANNATTO GREEN#3 FAST GREEN RED#40 ALLURA RED SODIUM BENZOATE	ACID BLUE #3* BLUE#1 BRILLIANT BLUE* SODIUM SULFITE*	FOOD ADDITIVES/COLORINGS ACACIA GUM ASCORBIC ACID ASPARTAME BENZOIC ACID BETA-CAROTENE BHA BHT BLUE#2 INDIGO CAR BRILLIANT BLACK CITRIC ACID D-LACTITOL EDTA ERYTHRITOL GLYCEROL INVERTASE ISOMALT LACTIC ACID LECITHIN MALTODEXTRIN MANNITOL MSG PHOSPHORIC ACID POLYDEXTROSE POLYSORBATE 80 POTASSIUM POTASSIUM SORBATE RED#2 AMARANTH RED#4 CARMINE PHOSPHA SORBIC ACID SUCRALOSE (SPLEND XYLITOL SACCHARINE YELLOW#6 SUNSET Y YELLOW#5 TARTRAZI
	HEXYLRESORCINOL STREPTOMYCIN	INDOCIN* MAGNESIUM PHOSPHATE* NAPROXEN (ALEVE)* TETRACYCLINE*	ANTIBIOTICS/ANTI INFLAMMATORY AGENTS ACETAMINOPHEN ADIPIC ACID AMOXICILLIN AMPICILLIN ASPIRIN CALCIUM PHOSPHATE CLINORIL CYCLODEXTRIN DIFLUNISAL FUMARIC ACID GENTAMICIN IBUPROFEN (DOLOB LYSOZYME MALIC ACID METHENAMINE KETOPROFEN NYSTATIN PENICILLAMINE PENICILLIN NEOMYCIN POTASH POTASSIUM TARTRAT SODIUM ACETATE PIROXICAM SODIUM LACTATE SODIUM PROPIONATE SODIUM (FELDEN STREPTOMYCIN SUCCINIC ACID PYROPHOSPH SODIUM BISULFATE SODIUM SULFAMETHOXAZOLE TRIPOLYPHO VOLTAREN
MONILIA SITOPHILA	FUSARIUM OXYSPORIUM PULLULARIA	ALTERNARIA* BOTRYTIS* GEOTRICHUM CANDIDUM* HELMINTHOSPORIUM*	MOLDS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM HORMODENDRUM MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA RHIZOPUS RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA STOLONIF
			ENVIRONMENTAL CHEMICALS CHLORINE DELTAMETHRIN FLUORIDE METHYL ANTHRANILA SODIUM LAURYL SUL
		ALUM* AMM CL* NICKEL SULFATE* ORRIS ROOT*	OTHERS ACID RED #14



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SEVERE**MODERATE****MILD*****ACCEPTABLE / NO REACTION**

LO HAN

ASHWAGANDHA
BLACK WALNUT
CASCARA
CHLORELLA
GOJI BERRY
GUARANA SEED
KAVA KAVA
LUTEIN

AGAVE*
ALOE VERA*
GINKGO BILOBA*
HUPERZINE*
MAITAKE*
PAU DARCO BARK*
ROOIBOS TEA*
WHEATGRASS*

Functional Foods and Medicinal Herbs

ACAI BERRY	ASTRAGALUS	BARLEY GRASS	BEE POLLEN
BILBERRY	CHONDROITIN	DANDELION ROOT	ECHINACEA
ELDERBERRY	ESSIAC	FEVERFEW	GLUCOSAMINE
GOLDENSEAL	GRAPE SEED EXTRAC	GYMNEMA	HAWTHORN BERRY
MILK THISTLE	MULLEIN LEAF	SYLVESTRE	PINE BARK
RED YEAST RICE	REISHI	NONI BERRY	RHODIOLA
SCHISANDRA BERRY	SENNA	RESVERATROL	ST JOHNS WORT
STEVIA LEAF	VALERIAN	SPIRULINA	WORMWOOD
YELLOW DOCK		VINPOCETINE	

Herbs: Male/Female