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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.
GREEN indicates acceptable foods / no reaction.
## Food Sensitivity Test

**Chemical Report**

**Patient:** PRETEND PATIENT II  
**Test Date:** 2/11/2010  
**Doctor/Clinic:** Sample Physician  
**File:** 68220

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### Foods To Avoid

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<thead>
<tr>
<th>Item</th>
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<td>OREGANO</td>
<td>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</td>
</tr>
<tr>
<td>PARSNIP</td>
<td>The parsnip is a root vegetable related to the carrot. Parsnips can be boiled, roasted or used in stews, soups and casseroles. For reintroduction into diet, place into day: 4</td>
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<tr>
<td>PORK</td>
<td>Avoid also bacon, ground pork, pork liver, stuffing, pâté, ham, hot dogs, Italian sausage, pastrami, rillettes, bologna, liverwurst, brawn, Dutch loaf, honeyloaf, scrapple, souse, salami, pepperoni, kabanos, chorizo, bienwurst, black pudding, lard, pork chops, pork sausage &amp; pork skins. For reintroduction into diet, place into Day 3.</td>
</tr>
<tr>
<td>THYME</td>
<td>Thyme is used most widely in cooking. Thyme is a basic ingredient in French, Greek, Italian, Persian, Spanish and Turkish cuisines, and in those derived from them. It is also widely used in Lebanese and Caribbean cuisines. Thyme is often used to flavor meats, soups and stews. It has a particular affinity to and is often used as a primary flavor with lamb, tomatoes and eggs. For reintroduction into diet, place into day: 3</td>
</tr>
<tr>
<td>TOMATO</td>
<td>Avoid also ketchup, picante sauce, chutney, tomato juice. Used on pizzas, sauces, lasagnas, salads and curries. For reintroduction into diet, place into Day 1.</td>
</tr>
<tr>
<td>WHEAT</td>
<td>Avoid also enriched flour, msg, pasta, puffed wheat, shredded wheat, soy sauce, iricale, wheat berries, wheat bran, wheat germ, whole wheat flour, all-purpose flour, bread, products, bulgur, crackers &amp; cream of wheat. For reintroduction into diet, place into Day 2.</td>
</tr>
</tbody>
</table>

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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.
AVOCADO

The avocado is very popular in vegetarian cuisine, making an excellent substitute for meats in
sandwiches and salads because of its high fat content. The fruit is not sweet, but fatty, strongly flavored,
and of smooth, almost creamy texture. It is used as the base for the Mexican dip, guacamole, as well as
a filling for several kinds of sushi, including California rolls. Avocado is popular in chicken dishes and as
a spread on toast, served with salt and pepper. In Brazil and Vietnam, avocados are considered sweet
fruits, so are frequently used for milk-shakes and occasionally added to ice cream and other desserts.
For reintroduction into diet, place into day: 2

BRAZIL NUT

Brazil nut is a large nut with brown skin, and can be used in recipes that call for coconut or macadamia
nuts, as they are high in fat content resulting in a rich flavor. Brazil nuts are high in Selenium. For
reintroduction, place on day 3.

CABBAGE

Avoid also savoy cabbage, roundhead cabbage, spring cabbage, chinese cabbage, collard greens, kale,
kohlrabi, purple cabbage, red cabbage, white cabbage, pak choi, pe-tsai & sauerkraut, Indonesian relish
and pickled red cabbage. For reintroduction into diet, place into Day 2.

CARROT

Carrots are often chopped and boiled, fried or steamed, and cooked in soups and stews, as well as baby
and pet foods. Together with onion and celery, carrots are one of the primary vegetables used to make
various broths. Carrot juice is also widely marketed, especially as a health drink, either stand-alone or
blended with fruits and other vegetables. For reintroduction into diet, place into day: 1

CHERRY

Avoid also cherry juice. May be used in pies, jams, liqueurs and brandies. For reintroduction into diet,
place into Day 3.

CHILI PEPPER

The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. Although
unknown in Asia until Europeans introduced it there, chili has also become a part of the Korean, Indian,
Indonesian, Szechuan, Thai and other cooking traditions. Its popularity has seen it adopted into many
cuisines of the World. Chili peppers are also often used around the world to make a wide variety of
sauces, known as hot sauce, chili sauce, or pepper sauce. Also avoid curry, paprika, pimento, red
pepper, jalapeno pepper and Tabasco sauce. 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

LIME

Limes are used in beverages, such as limeade (akin to lemonade). Alcoholic beverages prepared with
limes include cocktails such as gin and tonic, margarita, mojito, as well as many drinks that may be
garnished with a thin slice of the fruit. Tequila is commonly accompanied by lime wedges and salt. Beer
is often served with limes in Mexico. Lime juice is also used in some commercial soft drinks. In cooking,
lime is valued both for the acidity of its juice and the floral aroma of its zest. It is used in Key lime pie and
is a very common ingredient in authentic Mexican, Southwestern American and Thai dishes. For
reintroduction into diet, place into day: 3

MANGO

The fruit flesh of a ripe mango is very sweet, with a unique taste. Mangoes are used in chutneys,
preserves and mango juice. The fruit is also widely used as a key ingredient in a variety of cereal
products, in particular muesli and granola. For reintroduction into diet, place into day: 1

MUSSEL

Marine mussels are a popular seafood, especially in Belgium and the Netherlands, where they are
consumed with French fries. In Italy they are popular, often mixed with other sea food, or eaten with
pasta. Mussels can be smoked, boiled, steamed or fried in batter. 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.
# Food Sensitivity Test
## 4 Day Rotation Diet

**Patient Name:** PRETEND PATIENT II  
**Healthcare Provider:** Sample Physician  
**Test Date:** 2/11/2010  
**File #:** 68220

### DAY 1

**STARCH**  
- TAPIoca  
- WHITE POTATO

**VEGETABLES/LEGUMES**  
- ARTICHOKE*  
- BLACK-EYED PEAS*  
- BUTTERNUT SQUASH  
- CELERY  
- EGGPLANT  
- KALE  
- PARSLEY  
- RED CHINESE LETTUCE  
- ROMAINE LETTUCE*  

**FRUIT**  
- BANANA*  
- BLACK CURRANT  
- Fig  
- GRAPE  
- KIWI  
- Papaya  
- STRAWBERRY

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

**MISCELLANEOUS**  
- BAY LEAF  
- CARAWAY*  
- CASHEW  
- CHAMOMILE  
- COCONUT  
- CORIANDER  
- CUMIN  
- FLAXSEED  
- HONEY  
- LICORICE*  
- PISTACHIO  
- ROSEMARY  
- SAFFLOWER*  
- TURMERIC*

### DAY 2

**STARCH**  
- MIELLET  
- WILD RICE

**VEGETABLES**  
- BELL PEPPERS  
- BOX CHOI  
- BROCCOLI  
- BRUSSEL SPROUTS  
- BUTTON MUSHROOM  
- CAULIFLOWER  
- ENOKI  
- KELP*  
- MUSTARD  
- ZUCCHINI SQUASH

**FRUIT**  
- APPLE  
- BLUEBERRY  
- CRANBERRY  
- PEAR  
- PINEAPPLE  
- POMEGRANATE

**PROTEIN**  
- CATFISH  
- CHICKEN*  
- EGG WHITE  
- EGG YOLK  
- LENTIL BEAN  
- MACEREL  
- MAHI MAHI*  
- SOLID  
- TILAPIA  
- TUNA

**MISCELLANEOUS**  
- BAKERS YEAST  
- BASIL  
- BREWERS YEAST  
- CANE SUGAR  
- CAYENNE PEPPER  
- CINNAMON  
- CLOVE  
- 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  
- NECTARINE  
- PEACH*  
- PLUM  
- RASPBERRY

**PROTEIN**  
- ANCHOVY*  
- DUCK  
- HALIBUT  
- KINNEY BEAN  
- MUNG BEAN*  
- NAVY BEAN  
- SOLE  
- SOYBEAN

**MISCELLANEOUS**  
- ALMONDO  
- CANOLA OIL*  
- CARDAMOM*  
- COCOA  
- COFFEE  
- COTTONSEED  
- DILL  
- MACADAMIA*  
- PEANUT  
- PSYLLIUM*

### DAY 4

**STARCH**  
- AMARANTH  
- BUCKWHEAT  
- RICE*

**VEGETABLES**  
- BEET  
- CUCUMBER  
- JALAPENO PEPPER*  
- OKRA  
- PORTOBELLO MUSHROOM  
- SCALLIONS*  
- SPINACH*  
- SQUASH (Yellow)  
- SWISS CHARD  
- TURNIP

**FRUIT**  
- CANTALOUPE  
- GRAPEFRUIT  
- HONEYDEW (MELON)  
- LEMON  
- OLIVE  
- ORANGE  
- PUMPKIN  
- WATERMELON

**PROTEIN**  
- CHICKEN LIVER  
- CLAM*  
- HADDUCK*  
- LOBSTER*  
- SALMON*  
- SCALLOP  
- SHRIMP  
- TROUT  
- TURKEY  
- VENISON

**MISCELLANEOUS**  
- BLACK PEPPER  
- BUDDHIST TEA  
- CAROB  
- FRUCTOSE (HFCS)*  
- NUTMEG  
- PECAN  
- PINE NUT  
- SAGA*  
- SESAME  
- SUNFLOWER*  
- VANILLA  
- WALNUT
### Food Sensitivity Test

**Patient Name:** PRETEND PATIENT II  
**Healthcare Provider:** Sample Physician  
**File #:** 68220  
**Test Date:** 11 Feb 2010

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</table>

You have no reaction to Candida Albicans.

You have a severe reaction to Gluten/Gluten, eliminate these foods:
- BARLEY*
- RYE

You have no reaction to Whey and moderate reaction to Casein, avoid these foods:
- COW'S MILK
- GOAT'S MILK

**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