

**Severe  
Intolerance**

CHLORELLA  
RED YEAST RICE

**Moderate  
Intolerance**

AGAVE  
DANDELION

**Mild  
Intolerance**

ACAI BERRY  
ESSIAC  
FEVERFEW  
GURANA SEED  
MANGOSTEEN  
MULLEIN LEAF  
PAU DARCO BARK  
PINE BARK  
ROOIBOS TEA  
SCHISANDRA BERRY  
STEVIA LEAF  
WORMWOOD

**Functional Foods and Medicinal Herbs**

ALOE VERA	ASHWAGANDHA	ASTRAGALUS	BARLEY GRASS
BEE POLLEN	BILLBERRY	BLACK WALNUT	CASCARA
ECHINACEA	ELDERBERRY	GINKO BILOBA	GOJI BERRY
GOLDENSEAL	GRAPE SEED EXTRACT	GYMNEMA SYLVESTRE	HAWTHORN BERRY
HUPERZINE	KAVA KAVA	LO HAN	LUTEIN
MAITAKE MUSHROOM	MILK THISTLE	NONI BERRY	RED CLOVER SEED
REISHI MUSHROOM	RESVERATROL	RHODIOLA	SENNA
SPIRULINA	ST JOHNS WORT	VALERIAN	VINPOCETINE
WHEAT GRASS	YELLOW DOCK		

**Herbs: Male/Female**

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 Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>
<b>Moderate Intolerance</b> BHT	<b>Moderate Intolerance</b> RHIZOPUS STOLONIFER	<b>Moderate Intolerance</b>	<b>Moderate Intolerance</b>	<b>Moderate Intolerance</b> PIROXICAM (FELDENE)
<b>Mild Intolerance</b> RED#1 CRYSTAL PONCEAU SUCRALOSE (SPLENDA)	<b>Mild Intolerance</b> ALTERNARIA ASPERGILLUS CURVULARIA	<b>Mild Intolerance</b> BENZENE DELTAMETHRIN PHENOL	<b>Mild Intolerance</b>	<b>Mild Intolerance</b> VOLTAREN
<b>No Intolerance</b> ASPARTAME BENZOIC ACID BHA BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE ERYTHRITOL GREEN#3 FAST GREEN MSG POLYSORBATE 80 POTASSIUM NITRITE RED#40 ALLURA RED SACCHARINE SODIUM SULFITE SORBIC ACID XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	<b>No Intolerance</b> BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM EPICOCOCCUM NIGRUM FUSARIUM OXYSPORIUM GEOTRICHUM CANDIDUM HELMINTHOSPORIUM HORMODENDRUM MONILIA SITOPHILA MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA PULLULARIA RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	<b>No Intolerance</b> AMMONIUM CHLORIDE CHLORINE FLUORIDE FORMALDEHYDE GLYPHOSATE ORRIS ROOT TOLUENE	<b>No Intolerance</b>	<b>No Intolerance</b> ACETAMINOPHEN AMOXICILLIN AMPICILLIN ASPIRIN CEPHALOSPORIN C CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NAPROXEN (ALEVE) NEOMYCIN NYSTATIN PENICILLAMINE PENICILLIN STREPTOMYCIN SULFAMETHOXAZOLE TETRACYCLINE

# Foods To Avoid

File: 68220

Date: 2/11/2010

Patient: PRETEND PATIENT II Clinic/Doctor: Sample Physician

## 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

## PARSNIP



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

## PORK



Avoid also bacon, ground pork, pork liver, stuffing, pâté, ham, hot dogs, italian sausage, pastrama, rillettes, bologna, liverwurst, brawn, Dutch loaf, honeyloaf, scrapple, souse, salami, peperoni, kabanos, chorizo, bierwurst, black pudding, lard, pork chops, pork sausage & pork skins. For reintroduction into diet, place into Day 3.

## THYME



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

## TOMATO



Avoid also ketchup, picante sauce, chutney, tomato juice. Used on pizzas, sauces, lasagnas, salads and curries. For reintroduction into diet, place into Day 1.

## WHEAT



Avoid also enriched flour, msg, pasta, puffed wheat, shredded wheat, soy sauce, triticale, wheat berries, wheat bran, wheat germ, whole wheat flour, all-purpose flour, bread, products, bulgur, crackers & cream of wheat. For reintroduction into diet, place into Day 2.



# Foods To Avoid

File: 68220

Date: 2/11/2010

Patient: PRETEND PATIENT II Clinic/Doctor: Sample Physician

## 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/GRN LEAF LETTUCE  
ROMAINE LETTUCE\*

**FRUIT**

BANANA\*  
BLACK CURRANT  
DATE  
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**

MILLET  
WILD RICE

**VEGETABLES**

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

**FRUIT**

APPLE  
BLUEBERRY  
CRANBERRY  
PEAR  
PINEAPPLE  
POMEGRANATE

**PROTEIN**

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

**MISCELLANEOUS**

BAKER'S YEAST  
BASIL  
BREWER'S 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  
KIDNEY BEAN  
MUNG BEAN\*  
NAVY BEAN  
SOLE  
SOYBEAN

**MISCELLANEOUS**

ALMOND  
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\*  
HADDOCK\*  
LOBSTER\*  
SALMON\*  
SCALLOP  
SHRIMP  
TROUT  
TURKEY  
VENISON

**MISCELLANEOUS**

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



# Food Sensitivity Test

Patient Name: PRETEND PATIENT II

Test Date: 11 Feb 2010

Healthcare Provider: Sample Physician

File #: 68220 (200)

## Severe Intolerance

AVOCADO  
CHERRY  
TOMATO  
WHEAT

## Moderate Intolerance

BRAZIL NUT  
CABBAGE  
CARROT  
CHILI PEPPER  
GREEN PEA  
LIME  
MANGO  
MUSSEL  
OREGANO  
PARSNIP  
PORK  
THYME

## Mild Intolerance

ANCHOVY\*  
ARTICHOKE\*  
BANANA\*  
BLACK-EYED PEAS\*  
CANOLA OIL\*  
CARAWAY\*  
CARDAMOM\*  
CASHEW\*  
CHICKEN\*  
CLAM\*  
FENNEL SEED\*  
FRUCTOSE (HFCS)\*  
GARLIC\*  
HADDOCK\*  
JALAPENO PEPPER\*  
KELP\*  
LAMB\*  
LEEK\*  
LICORICE\*  
LOBSTER\*  
MACADAMIA\*  
MAHI MAHI\*  
MAPLE SUGAR\*  
MUNG BEAN\*  
PEACH\*  
PSYLLIUM\*  
RICE\*  
ROMAINE LETTUCE\*  
SAFFLOWER\*  
SAGE\*  
SALMON\*  
SCALLIONS\*  
SPINACH\*  
SUNFLOWER\*  
TURMERIC\*

## VEGETABLES / LEGUMES

ACORN SQUASH	ASPARAGUS	BEET	BELL PEPPERS
BLACK BEANS	BOK CHOY	BROCCOLI	BRUSSEL SPROUTS
BUTTERNUT SQUASH	BUTTON MUSHROOM	CAULIFLOWER	CELERY
CHICK PEA	CUCUMBER	EGGPLANT	ENDIVE
FAVA BEAN	ICEBERG LETTUCE	KALE	KIDNEY BEAN
LENTIL BEAN	LIMA BEAN	MUSTARD	NAVY BEAN
OKRA	ONION	PINTO BEAN	PORTOBELLO MUSHR
RADISH	RED/GRN LEAF LETTUC	SOYBEAN	SQUASH (Yellow)
STRING BEAN	SWEET POTATO	SWISS CHARD	TURNIP
WATERCRESS	WHITE POTATO	ZUCCHINI SQUASH	

## FRUITS

APPLE	APRICOT	BLACK CURRANT	BLACKBERRY
BLUEBERRY	CANTALOUPE	CRANBERRY	DATE
FIG	GRAPE	GRAPEFRUIT	HONEYDEW (MELON)
KIWI	LEMON	NECTARINE	OLIVE
ORANGE	PAPAYA	PEAR	PINEAPPLE
PLUM	POMEGRANATE	PUMPKIN	RASPBERRY
STRAWBERRY	WATERMELON		

## MEAT

BEEF	BISON	CHICKEN LIVER	DUCK
TURKEY	VEAL	VENISON	

## DAIRY

EGG WHITE	EGG YOLK
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## SEAFOOD

CATFISH	CODFISH	CRAB	FLOUNDER
HALIBUT	MACKEREL	OYSTER	SARDINE
SCALLOP	SEA BASS	SHRIMP	SNAPPER
SOLE	SQUID	SWORDFISH	TILAPIA
TROUT	TUNA		

## GRAINS

AMARANTH	BUCKWHEAT	CORN	MILLET
QUINOA	SORGHUM	TAPIOCA	WILD RICE

## HERBS / SPICES

BASIL	BAY LEAF	BLACK PEPPER	CAYENNE PEPPER
CINNAMON	CLOVE	CORIANDER	CUMIN
DILL	GINGER	NUTMEG	PAPRIKA
PARSLEY	PEPPERMINT	ROSEMARY	SAFFRON

## NUTS/ OILS AND MISC. FOODS

ALMOND	BAKER'S YEAST	BLK/GREEN TEA	BREWER'S YEAST
CANE SUGAR	CAROB	CHAMOMILE	COCOA
COCONUT	COFFEE	COTTONSEED	FLAXSEED
HAZELNUT	HONEY	HOPS	PEANUT
PECAN	PINE NUT	PISTACHIO	SESAME
VANILLA	WALNUT		

You have no reaction to Candida Albicans.

You have a severe reaction to Gluten/Gliadin, eliminate these foods:

BARLEY*	MALT	OAT
RYE	SPELT*	

You have no reaction to Whey and moderate reaction to Casein, avoid these foods:

COW'S MILK	GOAT'S MILK
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