



Food Sensitivity Test

File #: 68220

DOB: 04 Nov 1977

(237)

Date Collected:

Name: PRETEND PATIENT II

Date Received: 11 Feb 10

Clinic ID: 10804

HC Provider: Sample Physician

Date Reported: 25 Feb 16

Severe Intolerance

AVOCADO
OLIVE
PEACH
PERSIMMON
SNAPPER

Moderate Intolerance

APRICOT
ARTICHOKE
BASIL
CELERY
CLAM
EGGPLANT
GREEN PEA
KALE
MUSSEL
PINTO BEAN
RADISH
SAFFRON
SORGHUM
STAR FRUIT
TEFF
WALNUT

Mild Intolerance

ANCHO CHILI PEPPER
BEEF*
BELL PEPPERS*
BREWER'S YEAST*
CAULIFLOWER*
CHIVES*
CILANTRO*
COCOA*
CUCUMBER*
DATE*
ENDIVE*
FIG*
GINGER*
GUAVA*
LEEK*
LICORICE*
LOBSTER*
MACADAMIA*
NAVY BEAN*
NECTARINE*
PINEAPPLE*
PLUM*
POMEGRANATE*
RED BEET*
ROMAINE LETTUCE*
SAFFLOWER*
SCALLOP*
SOYBEAN*
TILAPIA*
TOMATO*

VEGETABLES / LEGUMES

ACORN SQUASH
BLACK BEANS
BROCCOLI
CABBAGE
CHICK PEA
FAVA BEAN
KELP
MUNG BEAN
PARSNIP
SCALLIONS
SPINACH
TARO ROOT
WATERCRESS
ZUCCHINI SQUASH

ADZUKI BEANS
BLACK-EYED PEAS
BRUSSEL SPROUTS
CANNELLINI BEANS
CHICORY
FENNEL SEED
KIDNEY BEAN
MUSTARD GREENS
PORTOBELLO MUSHRO
SHALLOTS
STRING BEAN
TURNIP
WHITE POTATO

ARUGULA
BOK CHOY
BUTTERNUT SQUASH
CAPERS
COLLARD GREENS
ICEBERG LETTUCE
LENTIL BEAN
OKRA
RED/GRN LEAF LETTUC
SHITAKE MUSHROOM
SWEET POTATO
WAKAME SEAWEED
YAM

ASPARAGUS
BOSTON BIBB LETTUC
BUTTON MUSHROOM
CARROT
ESCAROLE
JALAPENO PEPPER
LIMA BEAN
ONION
RHUBARB
SPAGHETTI SQUASH
SWISS CHARD
WATER CHESTNUT
YELLOW SQUASH

FRUITS

APPLE
BLUEBERRY
GRAPE
LEMON
MULBERRY
PUMPKIN
WATERMELON

BANANA
CANTALOUPE
GRAPEFRUIT
LIME
ORANGE
RASPBERRY

BLACK CURRANT
CHERRY
HONEYDEW (MELON)
LYCHEES
PAPAYA
STRAWBERRY

BLACKBERRY
CRANBERRY
KIWI
MANGO
PEAR
TANGERINE

MEAT

BISON
LAMB
VENISON

CHICKEN
PORK

CHICKEN LIVER
TURKEY

DUCK
VEAL

DAIRY / EGGS

EGG WHITE
EGG YOLK

SEAFOOD

ANCHOVY
FLOUNDER
MAHI MAHI
SEA BASS
SWORDFISH

CATFISH
HADDOCK
OYSTER
SHRIMP
TROUT

CODFISH
HALIBUT
SALMON
SOLE
TUNA

CRAB
MACKEREL
SARDINE
SQUID

GRAINS / STARCHES

AMARANTH
MILLET
TAPIOCA

ARROWROOT
OAT (GLUTEN FREE)
WILD RICE

BUCKWHEAT
QUINOA

CORN
RICE

HERBS / SPICES

BAY LEAF
CINNAMON
CURRY POWDER
OREGANO
ROSEMARY
TURMERIC

BLACK PEPPER
CLOVE
DILL
PAPRIKA
SAGE

CARDAMOM
CORIANDER
HORSERADISH
PARSLEY
TARRAGON

CAYENNE PEPPER
CUMIN
NUTMEG
PEPPERMINT
THYME

NUTS/ OILS AND MISC. FOODS

ALMOND
CARAWAY
CHIA
FLAXSEED
HOPS
PEANUT
PSYLLIUM
VANILLA

BAKER'S YEAST
CAROB
COCONUT
GARLIC
MOLASSES
PECAN
SESAME

BLK/GREEN TEA
CASHEW
COFFEE
HAZELNUT
MUSTARD SEED
PINE NUT
SPEARMINT

BRAZIL NUT
CHAMOMILE
DANDELION LEAF
HEMP
NUTRITIONAL YEAST
PISTACHIO
SUNFLOWER

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

CANE SUGAR	FRUCTOSE (HFCS)	HONEY
MAPLE SUGAR		

You have a mild reaction to Gluten and Gliadin, limit these foods:

BARLEY	MALT	RYE
SPELT	WHEAT	

You have no reaction to Whey and mild reaction to Casein, limit these foods:

COWS MILK	GOAT'S MILK	LACTOSE
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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 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 Sensitivity Test
4 Day Rotation Diet

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DAY 1

STARCH/GRAINS

ARROWROOT
OAT (GLUTEN FREE)
TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

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

FRUIT

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

PROTEIN

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

MISCELLANEOUS

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

DAY 2

STARCH

MILLET
WILD RICE

VEGETABLES

BELL PEPPERS*
BOK CHOY
BOSTON BIBB LETTUCE
BROCCOLI
BRUSSEL SPROUTS
BUTTON MUSHROOM
CABBAGE
CAULIFLOWER*
ENDIVE*
ESCAROLE
KELP
RED BEET*
SHITAKE MUSHROOM
ZUCCHINI SQUASH

FRUIT

APPLE
BLUEBERRY
CRANBERRY
PEAR
PINEAPPLE*
POMEGRANATE*
TANGERINE

PROTEIN

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

MISCELLANEOUS

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

DAY 3

STARCH

CORN
QUINOA
SWEET POTATO

VEGETABLES

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

FRUIT

BLACKBERRY
CHERRY
LIME
NECTARINE*
PLUM*
RASPBERRY

PROTEIN

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

MISCELLANEOUS

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

DAY 4

STARCH

AMARANTH
BUCKWHEAT
RICE

VEGETABLES

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

FRUIT

CANTALOUPE
GRAPEFRUIT
HONEYDEW (MELON)
LEMON
LYCHEES
MULBERRY
ORANGE
PUMPKIN
WATERMELON

PROTEIN

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

MISCELLANEOUS

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

Foods To Avoid

File: 68220

Date: 11 Feb 10

Patient: PRETEND PATIENT II Clinic/Doctor: Sample Physician

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

ARTICHOKE



The Globe Artichoke is a perennial thistle originating in southern Europe around the Mediterranean. Can be used in teas or pickled whole. The heart of the artichoke is considered to be the best part to eat. Leaves are often removed and eaten one at a time, sometimes dipped in butter, mayonnaise, aioli or other sauces. For reintroduction into diet, place into day: 1

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

BASIL



Basil 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. Basil is one of the main ingredients in pesto, a green Italian oil-and-herb sauce. Basil is also used in soups and other foods. It is sometimes used with fresh fruit and in fruit jams and sauces, in particular with strawberries, but also raspberries or dark-colored plums. For reintroduction into diet, place into day: 2

CELERY



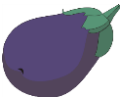
Several varieties of celery. Available all year round, either fresh (in heads or loose sticks) or canned. Celery is eaten raw or cooked. Avoid also celery seed, celeriac root and celery juice. For reintroduction into diet, place into Day 1.

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

EGGPLANT



The eggplant is used in cuisines from Japan to Spain. It is often stewed, as in the French ratatouille, the Italian melanzane alla parmigiana, the Greek moussaka, and many South Asian dishes. It may also be roasted in its skin until charred, so that the pulp can be removed and blended with other ingredients such as lemon, tahini, and garlic, as in the Middle Eastern dish baba ghanoush and the similar Greek dish melitzanosalata or the Indian dishes of Baigan Bhartha or Gojju. It can be sliced, battered, and deep-fried, then served with various sauces which may be based on yogurt, tahini, or tamarind. 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

KALE



Kale or Borecole is a form of cabbage, green in color, in which the central leaves do not form a head. Kale greens can provide an intense addition to salads. 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.

Foods To Avoid

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OLIVE



Avoid also black olives, green olives & olive oil. Used in salads and for cooking. For reintroduction into diet, place into Day 4.

PEACH



Also avoid nectarines. Peaches can be found in baked goods, pies and fruit juice blends. For reintroduction into diet, place into day: 3

PERSIMMON



Persimmons are consumed fresh, dried, or cooked. They are used widely to make the traditional Korean spicy recipe, "sujeonggwa", while the matured, fermented fruit is used to make persimmon vinegar called "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. For reintroduction into diet, place into day: 3

RADISH



The bulb of the radish is usually eaten raw, but tougher specimens can be steamed. Radish is also present in mustard, horseradish and wasabi. For reintroduction into diet, place into day: 3

SAFFRON



Saffron is widely used in Iranian, Arab, Central Asian, European, Indian, Turkish and Moroccan cuisines. Confectionaries and liquors also often include saffron. For reintroduction into diet, place into day: 2

SNAPPER



The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

SORGHUM

Sorghum is gluten free and is often cooked as a porridge to be eaten alongside other foods. The grain is fairly neutral in flavor, and sometimes slightly sweet. This makes it well adapted to a variety of dishes, because, like tofu, sorghum absorbs flavors well. It can also be eaten plain.

STAR FRUIT



The entire fruit is consumed raw including the slightly waxy skin. Ripe star fruit may be used in cooking but may also be consumed as a jam or relish. In Chinese cooking, it is often cooked with fish. The juice is also used in iced drinks, particularly the juice of the sour varieties. In Hawaii they are used to make sherbet, while in India, the juice is bottled for drinking.

TEFF



Teff is an ancient grain, simple to prepare and similar to millet or quinoa in cooking. Teff is native to Ethiopia but a growing demand for teff has made it more readily available in North America. It can usually be found in health food stores either in the grain form or ground into flour. Uncooked teff grains can be used in cooking and baking in place of other types of small grains, nuts or seeds. Teff can also be used as a thickener in soups, gravies and stews. Teff is often cooked as a porridge and when cooked, its stickiness allows it to easily be formed into cakes (polenta-like).

WALNUT



Avoid also butternut, hickory nut, pecan & walnut oil. 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 Additives Food Colorings	Molds	Environmental Chemicals	Other Items	Other Items
Severe Intolerance RED#3 ERYTHROSINE B	Severe Intolerance MONILIA SITOPHILA	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance GREEN#3 FAST GREEN RED#40 ALLURA RED	Moderate Intolerance FUSARIUM OXYSPORIUM PULLULARIA	Moderate Intolerance	Moderate Intolerance Annatto	Moderate Intolerance STREPTOMYCIN
Mild Intolerance BLUE#1 BRILLIANT BLUE SODIUM SULFITE	Mild Intolerance ALTERNARIA BOTRYTIS GEOTRICHUM CANDIDUM HELMINTHOSPORIUM	Mild Intolerance AMMONIUM CHLORIDE NICKEL SULFATE ORRIS ROOT	Mild Intolerance Acid Blue #3	Mild Intolerance INDOCIN NAPROXEN (ALEVE) TETRACYCLINE
No Intolerance ASPARTAME BENZOIC ACID BHA BHT BLUE#2 INDIGO CARMINE BRILLIANT BLACK CITRIC ACID ERYTHRITOL MSG POLYSORBATE 80 RED#4 CARMINE SACCHARINE SORBIC ACID SUCRALOSE (SPLENDA) XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	No Intolerance CEPHALOSPORIUM CLADO HERBARUM CURVULARIA EPICOCCUM NIGRUM HORMODENDRUM MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA RHIZOPUS STOLONIFER RHODOTORULA RUBRA SPONDYLOCLADIUM TRICHODERMA	No Intolerance CHLORINE DELTAMETHRIN FLUORIDE	No Intolerance Acid Red #14	No Intolerance ACETAMINOPHEN AMOXICILLIN AMPICILLIN ASPIRIN CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN KETOPROFEN NEOMYCIN NYSTATIN PENICILLAMINE PENICILLIN PIROXICAM (FELDENE) STREPTOMYCIN SULFAMETHOXAZOLE VOLTAREN

Food Additives Food Colorings	Molds	Environmental Chemicals	Other Items	Other Items
Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance	Severe Intolerance
Moderate Intolerance SODIUM BENZOATE	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance	Moderate Intolerance HEXYLRESORCINOL
Mild Intolerance	Mild Intolerance	Mild Intolerance ALUM	Mild Intolerance	Mild Intolerance MAGNESIUM PHOSPHATE
No Intolerance ACACIA GUM ASCORBIC ACID BETA-CAROTENE D-LACTITOL EDTA GLYCEROL INVERTASE ISOMALT LACTIC ACID LECITHIN MALTODEXTRIN MANNITOL PHOSPHORIC ACID POLYDEXTROSE POTASSIUM PHOSPHATE POTASSIUM SORBATE RED#2 AMARANTH	No Intolerance	No Intolerance METHYL ANTHRANILATE SODIUM LAURYL SULFATE	No Intolerance	No Intolerance Adiric Acid CALCIUM PHOSPHATE CYCLODEXTRIN FUMARIC ACID LYSOZYME MALIC ACID METHENAMINE Potash POTASSIUM TARTRATE SODIUM ACETATE SODIUM BISULFATE SODIUM LACTATE SODIUM PROPIONATE SODIUM PYROPHOSPHATE SODIUM TRIPOLYPHOSPHATE SUCCINIC ACID



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Severe Intolerance

LO HAN

Moderate Intolerance

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

Mild Intolerance

AGAVE
ALOE VERA
GINKGO BILOBA
HUPERZINE
MAITAKE MUSHROOM
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 EXTRACT	GYMNEMA SYLVESTRE	HAWTHORN BERRY
MILK THISTLE	MULLEIN LEAF	NONI BERRY	PINE BARK
RED YEAST RICE	REISHI MUSHROOM	RESVERATROL	RHODIOLA
SCHISANDRA BERRY	SENNA	SPIRULINA	ST JOHNS WORT
STEVIA LEAF	VALERIAN	VINPOCETINE	WORMWOOD
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