

Severe Intolerance

COTTONSEED
GRAPE
STRAWBERRY
STRING BEAN

Moderate Intolerance

BAKER'S YEAST
BEET
CHICKEN
LAMB
LEEK
PEANUT
PORK
PSYLLIUM
SHRIMP
TOMATO
VEAL
WATERCRESS
WHEAT

Mild Intolerance

ARTICHOKE*
BEEF*
BLK/GREEN TEA*
CANE SUGAR*
CANTALOUPE*
CAROB*
CAULIFLOWER*
CAYENNE PEPPER*
CRANBERRY*
EGG YOLK*
ENDIVE*
FENNEL SEED*
GARLIC*
GRAPEFRUIT*
HONEY*
KIWI*
LEMON*
MACKEREL*
OLIVE*
ORANGE*
PEAR*
RADISH*
RED LEAF LETTUCE
RICE*
SCALLOP*
SOYBEAN*
SQUASH (Yellow)*
SWEET POTATO*
TUNA*
TURKEY*

Acceptable Foods

VEGETABLES / LEGUMES

ACORN SQUASH	ASPARAGUS	BELL PEPPERS	BLACK BEANS
BLACK-EYED PEAS	BOK CHOY	BROCCOLI	BRUSSEL SPROUT
BUTTERNUT SQUASH	CABBAGE	CARROT	CELERY
CHICK PEA	CUCUMBER	EGGPLANT	FAVA BEAN
GREEN PEA	ICEBERG LETTUCE	JALAPENO PEPPER	KALE
KELP	KIDNEY BEAN	LENTIL BEAN	LIMA BEAN
MUNG BEAN	MUSHROOM	MUSTARD	NAVY BEAN
OKRA	ONION	PARSNIP	PINTO BEAN
PORTOBELLO MUSHRO	ROMAINE LETTUCE	SCALLIONS	SPINACH
SWISS CHARD	TURNIP	WHITE POTATO	ZUCCHINI SQUASH

FRUITS

APPLE	APRICOT	AVOCADO	BANANA
BLACK CURRANT	BLACKBERRY	BLUEBERRY	CHERRY
DATE	FIG	HONEYDEW (MELON)	LIME
MANGO	NECTARINE	PAPAYA	PEACH
PINEAPPLE	PLUM	POMEGRANATE	PUMPKIN
RASPBERRY	WATERMELON		

MEAT

BUFFALO	CHICKEN LIVER	DUCK	VENISON
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DAIRY

EGG WHITE

SEAFOOD

ANCHOVY	CATFISH	CLAM	CODFISH
CRAB	FLOUNDER	HADDOCK	HALIBUT
LOBSTER	MAHI MAHI	MUSSEL	OYSTER
SALMON	SARDINE	SEA BASS	SNAPPER
SOLE	SQUID	SWORDFISH	TILAPIA
TROUT			

GRAINS

AMARANTH	BUCKWHEAT	CORN	MILLET
QUINOA	TAPIOCA	WILD RICE	

HERBS / SPICES

BASIL	BAY LEAF	BLACK PEPPER	CARDAMOM
CHILI PEPPER	CINNAMON	CLOVE	CORIANDER
CUMIN	DILL	GINGER	LICORICE
NUTMEG	OREGANO	PAPRIKA	PARSLEY
PEPPERMINT	ROSEMARY	SAFFRON	SAGE
THYME	TURMERIC		

NUTS/ OILS AND MISC. FOODS

ALMOND	BRAZIL NUT	BREWER'S YEAST	CANOLA OIL
CARAWAY	CASHEW	CHAMOMILE	COCOA
COCONUT	COFFEE	FLAXSEED	FRUCTOSE (HFCS)
HAZELNUT	HOPS	MACADAMIA	MAPLE SUGAR
PECAN	PINE NUT	PISTACHIO	SAFFLOWER
SESAME	SUNFLOWER	VANILLA	WALNUT

Candida

You have no reaction to Candida Albicans.

Gluten / Gliadin

You have a mild reaction to Gluten/Gliadin, elimin these foods:

BARLEY MALT OAT*
RYE SPELT

Casein / Whey

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

COW'S MILK GOAT'S MILK* SHEEP'S MILK

Red indicates a severe intolerance and these items should be avoided for a minimum of 6 months
Orange indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months
Yellow indicates a mild intolerance and these foods should be avoided if possible
Green indicates acceptable foods / no reaction

Day 1

STARCH

TAPIOCA
WHITE POTATO

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS
BUTTERNUT SQUASH
CARROT
CELERY
EGGPLANT
KALE
PARSLEY
RED LEAF LETTUCE*
ROMAINE LETTUCE

FRUIT

BANANA
BLACK CURRANT
DATE
FIG
KIWI*
MANGO
PAPAYA

PROTEIN

BEEF*
BUFFALO
CHICK PEA
CODFISH
CRAB
FAVA BEAN
FLOUNDER
OYSTER
SARDINE
SEA BASS
SNAPPER
SWORDFISH

MISCELLANEOUS

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

Day 2

STARCH

MILLET
WILD RICE

VEGETABLES/LEGUMES

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

FRUIT

APPLE
AVOCADO
BLUEBERRY
CRANBERRY*
PEAR*
PINEAPPLE
POMEGRANATE

PROTEIN

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

MISCELLANEOUS

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

Day 3

STARCH

CORN
QUINOA
SWEET POTATO*

VEGETABLES/LEGUMES

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

FRUIT

APRICOT
BLACKBERRY
CHERRY
LIME
NECTARINE
PEACH
PLUM
RASPBERRY

PROTEIN

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

MISCELLANEOUS

ALMOND
BRAZIL NUT
CANOLA OIL
CARDAMOM
COCOA
COFFEE
DILL
MACADAMIA
OREGANO
THYME

Day 4

STARCH

AMARANTH
BUCKWHEAT
RICE*

VEGETABLES/LEGUMES

CUCUMBER
JALAPENO PEPPER
OKRA
PARSNIP
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
MUSSEL
SALMON
SCALLOP*
TROUT
TURKEY*
VENISON

MISCELLANEOUS

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

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

Severe Reaction

WHEAT GRASS

Moderate Reaction

CHAPARRAL root
GOLDENSEAL
RHODIOLA

Mild Reaction

ASHWAGANDHA
BLUE COHOSH
DANDELION
EVENING PRIMROSI
FO-TI ROOT
GRAPE SEED EXTRA
GYMNEMA SYLVESTI
LO HAN
MARSHMALLOW ROC
MILK THISTLE
NONI BERRY
PAU DARCO BARK
RED CLOVER FLOWE
RED RASPBERRY LE.
RED YEAST RICE
ROOIBOS TEA
VINPOCETINE
YARROW
YELLOW DOCK

Functional Foods and Medicinal Herbs

ACAI BERRY	AGAVE	ALOE VERA	ASTRAGALUS
BARLEY GRASS	BEE POLLEN	BILBERRY	BLACK WALNUT
CASCARA	CHLORELLA	ECHINACEA	ELDERBERRY
ESSIAC	FEVERFEW	GINKO BILOBA	GOJI BERRY
GURANA SEED	HAWTHORN BERRY	HUPERZINE	KAVA KAVA
LUTEIN	MAITAKE MUSHROOM	MANGOSTEEN	MULLEIN LEAF
PINE BARK	RED CLOVER SEED	REISHI MUSHROOM	RESVERATROL
SCHISANDRA BERRY	SENNA	SPIRULINA	ST JOHNS WORT
STEVIA LEAF	VALERIAN	WORMWOOD	

Herbs: Male/Female

ALFALFA LEAF	ARNICA	BLACK COHOSH	BLESSED THISTLE
BOSWELLIA	BUCHU LEAF	BUPLEURUM	BURDOCK
BUTCHERS BROOM ROO	CALENDULA	CATS CLAW	CHASTEBERRY
CRAMP BARK	DAMIANA	DONG QUA	FALSE UNICORN
GOTU KOLA	HORSE CHESTNUT	HORSETAIL	IRISH MOSS
JUNIPER BERRY	KOREAN GINSENG	LAVENDER	LEMON BALM
LOBELIA	MACA ROOT	MISTLETOE	MOTHERWORT
MYRRH	NETTLE LEAF	PENNYROYAL	PEONY ROOT
REHMANNIA	SARSAPARILLA	SIBERIAN GINSENG	SKULL CAP
SLIPPERY ELM	SQUAW VINE	UVA URSI	WHITE WILLOW BARI
WILD YAM ROOT	YERBE MATE		

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