

Severe Intolerance

BASS
CAULIFLOWER
CORN
NUTMEG
ORANGE
PLUM

Mild Intolerance

ANCHOVY*
AVOCADO*
BEET*
CASHEW*
CAYENNE PEPPER*
COCOA*
CRAB*
CRANBERRY*
DUCK*
EGG YOLK*
GOAT'S MILK*
LAMB*
LEEK*
LIME*
SESAME*
WALNUT*

Vegetables

ACORN SQUASH
ARTICHOKE
ASPARAGUS
BLACK-EYED PEAS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROT
CELERY
CUCUMBER
EGGPLANT
GREEN PEA
GREEN PEPPER
JALAPENO PEPPER
KALE
KIDNEY BEAN
LENTIL BEAN
LETTUCE
LIMA BEAN
MUNG BEAN
MUSTARD
NAVY BEAN
OKRA
ONION
PINTO BEAN
RHUBARB
ROMAINE LETTUCE
SOYBEAN
SPINACH
SQUASH
STRING BEAN
SWEET POTATO
SWISS CHARD
TOMATO
TURNIP
WHITE POTATO
ZUCCHINI

Seafood

CLAM
CODFISH
CRAYFISH
HADDOCK
HALIBUT
HERRING
OYSTER
SALMON
SARDINE
SCALLOP
SHRIMP
SNAPPER
SOLE
SWORDFISH
TUNA
WHITEFISH

Meat

BEEF
LIVER (BEEF)
PHEASANT
PORK
TURKEY
VEAL
VENISON

Moderate Intolerance

BUCKWHEAT
CHERRY
CHICK PEA
CHICKEN
FLAXSEED
GINGER
MUSHROOM
TROUT

Herbs / Spices

BASIL
BAY LEAF
BLACK PEPPER
CHILI PEPPER
CINNAMON
CLOVE
CUMIN
DILL MIX
MINT
OREGANO
PAPRIKA
PARSLEY
RADISH
SAGE
TARRAGON
THYME
TURMERIC

Dairy

COW'S MILK
EGG WHITE
SHEEP'S MILK

Grains

MILLET
RICE
TAPIOCA

Fruits

APPLE
APRICOT
BANANA
BLACKBERRY
BLUEBERRY
CANTALOUPE
DATE
FIG
GRAPE
GRAPEFRUIT
HONEYDEW (MELON)
KIWI
LEMON
MANGO
NECTARINE
OLIVE
PAPAYA
PEACH
PEAR
PINEAPPLE
POMEGRANATE
PUMPKIN
RASPBERRY
STRAWBERRY
WATERMELON

Nuts / Oils

ALMOND
BRAZIL NUT
COCONUT
COTTONSEED
HAZELNUT
MACADAMIA
OLIVE
PEANUT
PECAN
PISTACHIO
SAFFLOWER
SUNFLOWER

Misc Foods

BAKER'S YEAST
BEET SUGAR
BREWER'S YEAST
CANE SUGAR
CARAWAY
CAROB
COFFEE
FRUCTOSE
GARLIC
HONEY
HOPS
MAPLE SUGAR
PSYLLIUM
TEA
VANILLA

Candida You have no reaction to Candida Albicans.

Gluten / Gliadin You have no reaction to Gliadin and moderate reaction to Gluten, avoid these foods:

BARLEY _____ GLIADIN _____ MALT _____
OAT _____ RYE _____ WHEAT _____

Casein / Whey You have no reaction to Casein or Whey.

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