

Severe Intolerance	Moderate Intolerance	Mild Intolerance	No Intolerance
APPLE APRICOT ASPARAGUS AVOCADO BASIL BAY LEAF BLACK BEANS BLACK CURRANT BREWER'S YEAST BRUSSELS SPROUTS BUCKWHEAT CABBAGE CANE SUGAR CARAWAY CAROB CHILLI PEPPER CLOVE CUMIN DATE DILL FIG HADDOCK KIDNEY BEAN LIMA BEAN MINT PINTO BEAN SAGE THYME TURMERIC TURNIP	ARTICHOKE BOK CHOY CARDAMOM CAULIFLOWER CAYENNE PEPPER CELERY CHICKEN COCOA COW'S MILK ENDIVE GARLIC HAZELNUT KIWI LOBSTER MAHI MAHI MANGO NUTMEG PARSNIP PEACH PECAN PINEAPPLE PORK PSYLLIUM RADISH RASPBERRY RICE ROMAINE LETTUCE ROSEMARY SAFFLOWER SALMON SCALLOP SHRIMP SNAPPER SOLE SORGHUM SPELT SWORDFISH TILAPIA VANILLA VEAL VENISON WATERMELON	ACORN SQUASH ANCHOVY BANANA BLACK PEPPER BUFFALO CANOLA OIL CATFISH CHAMOMILE CHICKEN LIVER CHICKPEA COCONUT COD COFFEE CORIANDER DUCK FLAXSEED GINGER GRAPEFRUIT HALIBUT JALAPENO PEPPER KALE LAMB LEEK LENTIL BEAN LIME MACADAMIA MACKEREL MUNG BEAN NAVY BEAN OLIVE PAPRIKA PEAR PISTACHIO PLUM POMEGRANATE PUMPKIN SCALLIONS SEA BASS SESAME SPINACH SQUASH SQUID SUNFLOWER SWEET POTATO SWISS CHARD TEA TOMATO TROUT WALNUT WHITE POTATO	<p style="text-align: center;"><u>Vegetables</u></p> BEETROOT BELL PEPPERS BLACK-EYED PEAS BROCCOLI BUTTERNUT SQUASH CARROT CUCUMBER EGGPLANT / AUBERGIN FAVA BEAN FENNEL GREEN PEA LEAF LETTUCE OKRA ONION PORTOBELLO MUSHRC SOYBEAN STRING BEAN ZUCCHINI / COURGETTI
			<p style="text-align: center;"><u>Fruit</u></p> BLACKBERRY BLUEBERRY CANTALOUPE CHERRY CRANBERRY GRAPE HONEYDEW (MELON) LEMON NECTARINE ORANGE PAPAYA STRAWBERRY
			<p style="text-align: center;"><u>Meat</u></p> BEEF TURKEY
			<p style="text-align: center;"><u>Dairy products</u></p> EGG WHITE EGG YOLK GOAT'S MILK
			<p style="text-align: center;"><u>Seafood</u></p> CLAM CRAB FLOUNDER MUSSELS OYSTER SARDINE TUNA
			<p style="text-align: center;"><u>Grains</u></p> AMARANTH CORN MILLET QUINOA TAPIOCA WILD RICE
			<p style="text-align: center;"><u>Herbs and Spices</u></p> CINNAMON KELP MUSTARD OREGANO PARSLEY SAFFRON
			<p style="text-align: center;"><u>Nuts / Oils and Misc. Foods</u></p> ALMOND BRAZIL NUT CASHEW COTTONSEED HOPS LIQUORICE PEANUT PINE NUT WATERCRESS

You have a strong reaction to Candida Albicans. We recommend also eliminating these foods (if listed)

BAKER'S YEAST	FRUCTOSE	HONEY
MALT	MAPLE SUGAR	MUSHROOM

You have a medium reaction to Gluten/Gliadin. We recommend that you also avoid the following foods

BARLEY	MALT	OAT
RYE	WHEAT	

You have no reaction to Casein or Whey.