

Food Sensitivities Test Report

Platinum Plus

Item Count: 237

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION
AVOCADO GARLIC ICEBERG LETTUCE LAMB SWEET POTATO SWORDFISH	ANCHOVY ARTICHOKE BASIL BEEF CATFISH CLAM CORN EGG YOLK MUSSEL PINTO BEAN RADISH SORGHUM TUNA WALNUT	ACORN SQUASH* ALMOND* BISON* BLACKBERRY* BRAZIL NUT* BROCCOLI* CHICKEN LIVER* CHIVES* CLOVE* CODFISH* DILL* EGG WHITE* FLOUNDER* GREEN PEA* HONEYDEW MLN* LIMA BEAN* LIME* MACADAMIA* ONION* PEPPERMINT* RHUBARB* SAGE* TURNIP* VANILLA* WAKAME SEAWEED* WHITE POTATO*	<p style="text-align: center;">VEGETABLES / LEGUMES</p> ADZUKI BEANS BLACK BEANS BRSSLS SPROUT CANNELLINI BEANS CELERY CUCUMBER FAVA BEAN KELP LENTIL BEAN OKRA ROMAINE LETT SOYBEAN SWISS CHARD WATERCRESS ARUGULA BLACK-EYED PEA BUTTERNUT SQUASH CAPERS CHICKPEA EGGPLANT FENNEL SEED KIDNEY BEAN MUNG BEAN PARSNIP SCALLION SPAGHETTI SQUASH TARO ROOT YAM ASPARAGUS BOK CHOY BUTTON MUSHROOM CARROT CHICORY ENDIVE JALAPEÑO PEPP LEAF LETT (RED/GR MUSTARD GREENS PORTOBELLO MUSHRM SHALLOTS SPINACH TOMATO YELLOW SQUASH BELL PEPPER MIX BOSTON BIBB LETTU CABBAGE CAULIFLOWER COLLARD GREENS ESCAROLE KALE LEEK NAVY BEAN RED BEET / SUGAR SHIITAKE MUSHRM STRING BEAN WATER CHESTNUT ZUCCHINI SQUASH
			<p style="text-align: center;">FRUITS</p> APPLE BLUEBERRY DATE GUAVA MANGO ORANGE PERSIMMON PUMPKIN TANGERINE APRICOT CANTALOUPE FIG KIWI MULBERRY PAPAYA PINEAPPLE RASPBERRY WATERMELON BANANA CHERRY GRAPE LEMON NECTARINE PEACH PLUM STAR FRUIT BLACK CURRANT CRANBERRY GRAPEFRUIT LYCHEE OLIVE PEAR POMEGRANATE STRAWBERRY
			<p style="text-align: center;">MEAT</p> CHICKEN VEAL DUCK VENISON PORK TURKEY
			<p style="text-align: center;">DAIRY / EGGS</p>
			<p style="text-align: center;">SEAFOOD</p> CRAB LOBSTER SALMON SHRIMP TROUT GROUPE MACKEREL SARDINE SNAPPER (RED) HADDOCK MAHI MAHI SCALLOP SOLE HALIBUT OYSTER SEA BASS TILAPIA
			<p style="text-align: center;">GRAINS / STARCHES</p> AMARANTH OAT (GLUTEN FREE) TEFF ARROWROOT QUINOA WILD RICE BUCKWHEAT RICE (BRWN/WHT) MILLET TAPIOCA
			<p style="text-align: center;">HERBS / SPICES</p> ANCHO CHILI PEPP CAYENNE PEPPER CURRY NUTMEG ROSEMARY TURMERIC BAY LEAF CINNAMON GINGER OREGANO SAFFRON BLACK PEPPER CORIANDER SEED HORSERADISH PAPRIKA TARRAGON CARDAMOM CUMIN LICORICE PARSLEY THYME
			<p style="text-align: center;">NUTS / OILS AND MISC. FOODS</p> BAKER'S YEAST CAROB COCOA FLAXSEED HOPS PECAN SESAME BLACK TEA CASHEW COCONUT GREEN TEA MUSTARD SEED PINE NUT SPEARMINT BREWER'S YEAST CHAMOMILE COFFEE HAZELNUT NUTRITIONAL YEAST PISTACHIO SUNFLOWER CARAWAY CHIA DANDELION LEAF HEMP PEANUT SAFFLOWER

CANDIDA ALBICANS

You have a moderate reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

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

BARLEY, MALT, RYE, SPELT, WHEAT

GLIADIN

CASEIN

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

COWS MILK, GOATS MILK, LACTOSE, SHEEP'S MILK

WHEY

Your Test Results Explained.

Food Sensitivity/Intolerance is not always a straight-forward yes or no. There can be different degrees of reactivity, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body's immune system.

Your test results are divided into four distinct categories (denoted by the colored columns).

RED	These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months.
ORANGE	These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months.
YELLOW	These items indicate a mild sensitivity and are also indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program as they should be eaten on 4 day rotational basis. If the items listed in the yellow section appear on the rotation plan and are consumed frequently, they should be considered for a 3 month avoidance period, especially if there are few red and orange reactive foods.
GREEN	These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day.
BLUE	<p>On your food results you will have 3 distinct blue boxes :</p> <p>Candida Albicans: it will include items that are known to exacerbate the Candida condition. Although you may not be sensitive/intolerant to these, it is recommended to avoid them, suggested by the Candida sensitivity.</p> <p>Gluten/Gliadin: it will include grain products that contain the protein gluten/gliadin, such as wheat, rye, barley, spelt, etc. Although you may not be sensitive/intolerant to these other grains, it is advisable to avoid them due to their gluten/gliadin content. A positive gluten/gliadin reaction result with negative wheat, rye, etc responses can occur when the isolated protein is tested in its more concentrated form.</p> <p>Casein/Whey: it will include products that contain casein/whey such as cow's milk, sheep's milk and goat's milk. Although you may not be sensitive/intolerant to these products listed, it is advisable to avoid or limit them because they contain the protein casein or whey.</p>

Cautions & Notes:

- a. Any item known to trigger an immediate reaction (Type 1, IgE mediated, allergic reaction) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.
- b. Healthcare providers should be alerted to the possibility that any non-reactive (green) item, to which there as has been no consumption or exposure for six months, should be introduced with caution.
- c. Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

1. Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact "safe". Nonetheless, it is reasonable to assume at this time that a moderate or strong cellular reaction on the test is indicative of a clinical sensitivity and avoidance, if possible, is recommended.
2. If tested for 50 foods or less, no rotational plan is provided.

	DAY 1	DAY 2	DAY 3	DAY 4
GRAINS / STARCHES	ARROWROOT OAT (GLUTEN FREE) TAPIOCA WHITE POTATO*	MILLET WILD RICE	QUINOA TEFF	AMARANTH BUCKWHEAT RICE (BRWN/WHT)
VEGETABLES / LEGUMES	BLACK-EYED PEA BUTTERNUT SQUASH CAPERS CARROT CELERY CHICKPEA CHICORY EGGPLANT KALE LEAF LETT (RED/GRN) MUSTARD GREENS PARSLEY ROMAINE LETT TOMATO WAKAME SEAWEED* YAM YELLOW SQUASH	BELL PEPPER MIX BOK CHOY BOSTON BIBB LETTUCE BROCCOLI* BRSSLS SPROUT BUTTON MUSHROOM CABBAGE CAULIFLOWER CHIVES* ENDIVE ESCAROLE KELP LENTIL BEAN SHALLOTS SHIITAKE MUSHRM ZUCCHINI SQUASH	ACORN SQUASH* ARUGULA ASPARAGUS BLACK BEANS COLLARD GREENS FENNEL SEED GREEN PEA* HORSERADISH KIDNEY BEAN LEEK LIMA BEAN* MUNG BEAN NAVY BEAN ONION* STRING BEAN TARO ROOT WATERCRESS	ADZUKI BEANS CANNELLINI BEANS CUCUMBER DANDELION LEAF JALAPEÑO PEPP OKRA PARSNIP PORTOBELLO MUSHRM RED BEET / SUGAR RHUBARB* SCALLION SPAGHETTI SQUASH SPINACH SWISS CHARD TURNIP* WATER CHESTNUT
Fruit	BANANA BLACK CURRANT DATE FIG GUAVA KIWI LEMON MANGO PAPAYA STRAWBERRY	APPLE BLUEBERRY CRANBERRY PEAR PINEAPPLE POMEGRANATE TANGERINE	APRICOT BLACKBERRY* CHERRY GRAPE LIME* NECTARINE PEACH PLUM RASPBERRY STAR FRUIT	CANTALOUPE GRAPEFRUIT HONEYDEW MLN* LYCHEE MULBERRY OLIVE ORANGE PERSIMMON PUMPKIN WATERMELON
Protein	BISON* CODFISH* CRAB FAVA BEAN FLOUNDER* OYSTER SARDINE SEA BASS SNAPPER (RED) VEAL	CHICKEN EGG WHITE* MACKEREL MAHI MAHI TILAPIA	DUCK HALIBUT PORK SOLE SOYBEAN	CHICKEN LIVER* HADDOCK LOBSTER SALMON SCALLOP SHRIMP TROUT TURKEY VENISON
MISCELLANEOUS	ANCHO CHILI PEPP BAY LEAF CARAWAY CASHEW CHAMOMILE CHIA COCONUT CORIANDER SEED CUMIN FLAXSEED LICORICE PISTACHIO ROSEMARY SAFFLOWER TURMERIC	BAKER'S YEAST BREWER'S YEAST CAYENNE PEPPER CINNAMON CLOVE* GINGER HAZELNUT HEMP HOPS MUSTARD SEED PAPRIKA PEPPERMINT* SAFFRON	ALMOND* BRAZIL NUT* CARDAMOM COCOA COFFEE DILL* MACADAMIA* OREGANO PEANUT TARRAGON THYME	BLACK PEPPER BLACK TEA CAROB CURRY GREEN TEA NUTMEG NUTRITIONAL YEAST PECAN PINE NUT SAGE* SESAME SPEARMINT SUNFLOWER VANILLA*

**ANCHOVY**

Small common, saltwater forage fish that are very popular for their price. Often found packed in cans and used for their mild briny flavors in dishes. **COMMON USES:** Pizza, in salads, sauces, pastas. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Fish sauce, Caesar, Worcestershire, steak sauce, fish oil, nicoise. **BE AWARE:** Some brands use anchovy to make fish oil supplements. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label

**ARTICHOKE**

The globe artichoke is a perennial thistle that is green in color. The heart is most often consumed, although the leaves can be as well if prepared in the right way. The leaves can be very sharp. **COMMON USES:** Stews, soups, salads and dips. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Artichoke crowns, artichoke bottoms, vegetable pizza, poivrade. **BE AWARE:** Can be found in some herbal teas and the Italian liqueur Cynar

**AVOCADO**

Haas avocados have a dark, leathery skin and a creamy green flesh. Florida avocados are larger with a bright green shiny skin and a green flesh that is a bit more firm than a Haas avocado. **COMMON USES:** Sandwiches, salads, in sushi, baby food, and dips, sauces, and smoothies; also an oil. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Guacamole, avocaditos (cocktail avocado), alligator pear, oil blends. **BE AWARE:** May be used in milkshakes, ice cream, and other desserts/baked goods. Associated with latex-fruit allergy syndrome and may cause cross-reaction

**BASIL**

Basil is a bright green leaf and 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. **COMMON USES:** Pesto, added to pasta dishes, soups, dips, salads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Herbs, Italian herb blend, tomato sauce, caprese. **BE AWARE:** Alcoholic beverages (bitters, liquors, and spirits) may contain basil, packaged Italian herb blends may contain basil

**BEEF**

Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia. **COMMON USES:** Meatloaf, pot roast, short ribs, ground, hamburger, steaks, used in broth, stock, bouillon, beef franks, pastrami, brisket, corned beef, soups, stew, short ribs. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Gelatin, Bovine, sausage, hot dog, jerky. **BE AWARE:** Some dietary supplements use a gelatin casing; ("Gelatin" could be a beef or pork source, unless specified "vegetarian")

**CATFISH**

Catfish is a fish with "whiskers", called barbels, that varies in size. The most commonly eaten species in the United States are the channel catfish and blue catfish, both of which are common in the wild and increasingly widely farmed. **COMMON USES:** Soups and stews or cooked alone. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Fried fish, hog fish. **BE AWARE:** The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label

**CLAM**

Clam is a term for any bivalve mollusk; varies in color, size and shape. **COMMON USES:** Seafood dishes, pastas, soups, and stews. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mollusk, shellfish, boulliabaisse. **BE AWARE:** Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements

**CORN**

A gluten free grain with yellow kernels that come on a cob inside of a husk. **COMMON USES:** Corn flour, corn grits, corn oil, corn meal, corn starch, popcorn; some alcohol is derived from corn; found in mixed vegetables, soups, stews, sauces, purees. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Maize, hominy, gluten-free (check labels). **BE AWARE:** Most corn produced in US is genetically modified, registered as a pesticide

**EGG YOLK**

An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking. **COMMON USES:** Mayonnaise, custards, mousse, hollandaise sauce, béarnaise, sauces, crème brulee, baked goods, margarine, glazes, ovalbumin, lecithin. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Powdered eggs

**FRUCTOSE (HFCS)**

Derived from corn and highly processed; very different chemically from natural fructose, which is found in all fruits. **COMMON USES:** Sweets, candies, yogurts, juices, condiments, cereals, protein bars, prepackaged foods, etc. **BE AWARE:** Spikes insulin levels; a known inflammatory and non-healthy weight gaining food



GARLIC

A head of garlic has white papery skin and the cloves within are off white and must be peeled to consume. Garlic can come in many different forms and is one of the most popular flavorings in the US. **COMMON USES:** A wide variety of dishes and prepackaged foods as a flavoring and seasoning. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Aioli, spice blend, prepackaged foods, garlic powder, granulated garlic, roasted garlic



ICEBERG LETTUCE

Avoid also bib lettuce & boston lettuce. Mainly used in salads. For reintroduction into diet, place into Day 1.



LAMB

A young sheep, tender red meat with a very distinct flavor. **COMMON USES:** Kebabs, gyros, burgers, stews. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Mutton, spring lamb



MUSSEL

A bivalve mollusk that is commonly found with a black to dark green shell. **COMMON USES:** Seafood stews, soups, pastas. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Bouillabaisse, paella. **BE AWARE:** Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements.



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. **COMMON USES:** Burritos, savory dishes, refried beans, chili con carne. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Red Mexican Bean



RADISH

A bulb type vegetable that is reddish in color with white crisp meat. They have a high water content, and are firm to the bite. **COMMON USES:** Salads, soups, dips, spreads. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Crudite. **BE AWARE:** Can also be consumed in sprout form



SORGHUM

A gluten free grain that is off white in color, round in shape, and larger than rice or millet. Sorghum has a mild flavor similar to rice and millet. **COMMON USES:** Gluten free cereals, breads, and baked goods. More commonly seen as a flour, but does exist as a whole grain. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Sorghum syrup, sorghum molasses, whole grain, ancient grain, gluten free. **BE AWARE:** Widely used in gluten free beers and as a "cane sugar free" sweetener, and comes in a variety of colors



SWEET POTATO

A root vegetable with skin that is brown/orange in color with bright orange flesh; although it can be found in the white flesh variety. Sweet potatoes are most commonly boiled, baked, roasted or fried. **COMMON USES:** Baked goods, pies, casseroles, mashes, purees, soups, stews; not related to the white potato. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Root vegetables, yams (used interchangeably but yam is a different species), boniato. **BE AWARE:** Can also be found in white or purple color



SWORDFISH

Swordfish comes in "steaks" because their white flesh is very thick and meaty; does not flake like a mild white fish does. **COMMON USES:** Seafood dishes or cooked alone as a "steak". **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Broadbills. **BE AWARE:** Mercury levels are a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label



TUNA

Tuna comes in many species. When cooked, tuna is very dense and called a "steak". A delicacy eaten raw and considered a fatty fish. **COMMON USES:** Salads or snacks; used in sushi and often sold as tuna steaks; can be fresh or canned. **OTHER WORDS THAT MIGHT INDICATE PRESENCE:** Albacore, bluefin, bigeye, pacific, Atlantic, blackfin, longtail or yellowfin. **BE AWARE:** Mercury is a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label



WALNUT

Walnuts are large misshapen light brown nuts that come from a walnut tree. COMMON USES: Salads, baked goods, baklava, desserts, cereals, granola; also used to make walnut oil, walnut milk, black walnut, English walnut. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Nut mixes, blended oil, nut milk, waldorf salad. BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label



WHEAT

Wheat is a gluten containing grain that is light brown and when cooked oval shaped and translucent. COMMON USES: Breads, pastas, crackers, cookies, cereals, chips, baked goods, all purpose flour and much more. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bread, cake, cookies, pie, sauces, stews, soups, farina, semolina, farro, couscous, roux, durum, kamut . BE AWARE: Wheat is also found in beer and certain alcohols; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain wheat as an ingredient must list the word "wheat" in plain English, on the label

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 you rotation diet plan.

ALCATTEST

The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have a moderate reaction to Candida Albicans, also eliminate these foods:

CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

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

COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

AVOCADO
GARLIC
ICEBERG LETTUCE
LAMB
SWEET POTATO
SWORDFISH

ANCHOVY
BASIL
CATFISH
CORN
MUSSEL
RADISH
TUNA

ARTICHOKE
BEEF
CLAM
EGG YOLK
PINTO BEAN
SORGHUM
WALNUT

ACORN SQUASH*
BRAZIL NUT*
CLOVE*
FLOUNDER*
LIME*
RHUBARB*
WAKAME
SEAWEED*

ALMOND*
BROCCOLI*
CODFISH*
GREEN PEA*
MACADAMIA*
SAGE*
WHITE POTATO*

BISON*
CHICKEN LIVER*
DILL*
HONEYDEW MLN*
ONION*
TURNIP*

BLACKBERRY*
CHIVES*
EGG WHITE*
LIMA BEAN*
PEPPERMINT*
VANILLA*

VEGETABLES / LEGUMES

ADZUKI BEANS	ARUGULA	ASPARAGUS	BELL PEPPER MIX
BLACK BEANS	BLACK-EYED PEA	BOK CHOY	BOSTON BIBB
BRSSLS SPROUT	BUTTERNUT SQUASH	BUTTON MUSHROOM	LETTU
CANNELINI BEANS	CAPERS	CARROT	CABBAGE
CELERY	CHICKPEA	CHICORY	CAULIFLOWER
CUCUMBER	EGGPLANT	ENDIVE	COLLARD GREENS
FAVA BEAN	FENNEL SEED	JALAPEÑO PEPP	ESCAROLE
KELP	KIDNEY BEAN	LEAF LETT (RED/GR	KALE
LENTIL BEAN	MUNG BEAN	MUSTARD GREENS	LEEK
OKRA	PARSNIP	PORTOBELLO	NAVY BEAN
ROMAINE LETT	SCALLION	MUSHRM	RED BEET / SUGAR
SOYBEAN	SPAGHETTI SQUASH	SHALLOTS	SHIITAKE MUSHRM
SWISS CHARD	TARO ROOT	SPINACH	STRING BEAN
WATERCRESS	YAM	TOMATO	WATER CHESTNUT
		YELLOW SQUASH	ZUCCHINI SQUASH

FRUITS

APPLE	APRICOT	BANANA	BLACK CURRANT
BLUEBERRY	CANTALOUPE	CHERRY	CRANBERRY
DATE	FIG	GRAPE	GRAPEFRUIT
GUAVA	KIWI	LEMON	LYCHEE
MANGO	MULBERRY	NECTARINE	OLIVE
ORANGE	PAPAYA	PEACH	PEAR
PERSIMMON	PINEAPPLE	PLUM	POMEGRANATE
PUMPKIN	RASPBERRY	STAR FRUIT	STRAWBERRY
TANGFRINF	WATERMELON		

MEAT

CHICKEN	DUCK	PORK	TURKEY
VEAL	VENISON		

DAIRY / EGGS

SEAFOOD

CRAB	GROUPE	HADDOCK	HALIBUT
LOBSTER	MACKEREL	MAHI MAHI	OYSTER
SALMON	SARDINE	SCALLOP	SEA BASS
SHRIMP	SNAPPER (RED)	SOLE	TILAPIA
TROUT			

GRAINS / STARCHES

AMARANTH	ARROWROOT	BUCKWHEAT	MILLET
OAT (GLUTEN FREE)	QUINOA	RICE (BRWN/WHT)	TAPIOCA
TEFF	WILD RICE		

NUTS / OILS AND MISC. FOODS

BAKER'S YEAST	BLACK TEA	BREWER'S YEAST	CARAWAY
CAROB	CASHEW	CHAMOMILE	CHIA
COCOA	COCONUT	COFFEE	DANDELION LEAF
FLAXSEED	GREEN TEA	HAZELNUT	HEMP
HOPS	MUSTARD SEED	NUTRITIONAL YEAST	PEANUT
PECAN	PINE NUT	PISTACHIO	SAFFLOWER
SESAME	SPEARMINT	SUNFLOWER	

HERBS / SPICES

ANCHO CHILI PEPP	BAY LEAF	BLACK PEPPER	CARDAMOM
CAYENNE PEPPER	CINNAMON	CORIANDER SEED	CUMIN
CURRY	GINGER	HORSERADISH	LICORICE
NUTMEG	OREGANO	PAPRIKA	PARSLEY
ROSEMARY	SAFFRON	TARRAGON	THYME
TURMERIC			