



Lab ID: 476365

Patient Information	TAYLOR, AUBREY	Date of Birth:	12/19/1979	Gender:	F	
Lab Information	Date Received: 11/08/2022	Date Collected:	11/07/2022	Date Reported:	11/15/2022	Lab Director Harold Alvarez, M.D.
HCP:	RCA Nutrition	Clinic ID:	40573	Lab ID:	476365	

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:

- 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.
- 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.
- Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

- 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.
- If tested for 50 foods or less, no rotational plan is provided.

Patient Information TAYLOR, AUBREY

Date of Birth: 12/19/1979 Gender: F

Lab Information Date Received: 11/08/2022

Date Collected: 11/07/2022 Date Reported: 11/15/2022









Lab Director
Harold Alvarez, M.D.












HCP: RCA Nutrition










Clinic ID: 40573

Lab ID: 476365

	DAY 1	DAY 2	DAY 3	DAY 4
GRAINS / STARCHES	ARROWROOT* OAT (GLUTEN FREE) TAPIOCA WHITE POTATO	MILLET WILD RICE*	CORN QUINOA SORGHUM* SWEET POTATO TEFF	AMARANTH* BUCKWHEAT* RICE (BRWN/WHT)
VEGETABLES / LEGUMES	ARTICHOKE BLACK-EYED PEA BUTTERNUT SQUASH CARROT* CELERY* CHICKPEA EGGPLANT FAVA BEAN KALE LEAF LETT (RED/GRN) MUSTARD GREENS ROMAINE LETT RUTABAGA TOMATO WAKAME SEAWEED YELLOW PEA* YELLOW SQUASH*	BELL PEPPER MIX* BOK CHOY BOSTON BIBB LETTUCE* BROCCOLI* BRSSLS SPROUT* CABBAGE CAULIFLOWER CHIVES ENDIVE* ESCAROLE JICAMA KELP* LENTIL BEAN SHALLOTS SHIITAKE MUSHRM*	ACORN SQUASH ASPARAGUS* BLACK BEANS COLLARD GREENS* FENNEL SEED GREEN PEA* HABANERO PEPPER* HORSERADISH ICEBERG LETTUCE* KIDNEY BEAN LEEK LIMA BEAN MUNG BEAN* NAVY BEAN* ONION STRING BEAN* TARO ROOT WATERCRESS*	CANNELLINI BEANS CUCUMBER DANDELION LEAF* JALAPEÑO PEPP NORI OKRA PARSNIP PORTOBELLO MUSHRM RED BEET RHUBARB SPAGHETTI SQUASH* SPINACH SWISS CHARD* TURNIP WATER CHESTNUT*
Fruit	BANANA* CAPERS FIG GUAVA KIWI LEMON MANGO PAPAYA* STRAWBERRY	APPLE* AVOCADO BLUEBERRY DRAGON FRUIT* JACKFRUIT PEAR PINEAPPLE* POMEGRANATE* TANGERINE	APRICOT* BLACKBERRY CHERRY GRAPE PEACH PLANTAIN PLUM* STAR FRUIT	GRAPEFRUIT HONEYDEW MLN LYCHEE MULBERRY OLIVE* ORANGE PERSIMMON RED PALM FRUIT WATERMELON*
Protein	BEEF BISON CODFISH FLOUNDER LAMB* OYSTER* SARDINE* SNAPPER (RED) SWORDFISH VEAL	CATFISH CHICKEN EGG WHITE EGG YOLK MAHI MAHI* TILAPIA TUNA	ANCHOVY* DUCK* GROUPER* HALIBUT POLLOCK* PORK* SOLE* SOYBEAN*	CLAM HADDOCK* LOBSTER SALMON SCALLOP TROUT TURKEY VENISON
MISCELLANEOUS	ANCHO CHILI PEPP BAY LEAF CASHEW CHAMOMILE COCONUT CORIANDER SEED* FLAXSEED LICORICE PARSLEY PISTACHIO ROSEMARY SAFFLOWER* TURMERIC*	ALMOND BASIL BREWER'S YEAST CAYENNE PEPPER* CINNAMON CLOVE* GARLIC GINGER HAZELNUT HEMP HOPS* MUSTARD SEED PAPRIKA PEPPERMINT SAFFRON*	BRAZIL NUT CANOLA (RAPESEED) CARDAMOM CILANTRO* COCOA COFFEE* DILL* MACADAMIA OREGANO PEANUT STEVIA LEAF TARRAGON* THYME	BLACK PEPPER BLACK TEA* CAROB* GREEN TEA NUTMEG* PECAN PINE NUT POPPY SEED SAGE* SESAME SPEARMINT SUNFLOWER* VANILLA WALNUT*

Avoiding YOUR Reactive Foods				WHAT YOU NEED TO KNOW				ALCAT	
	Patient Information		TAYLOR, AUBREY		Date of Birth:	12/19/1979	Gender:	F	<div>Lab Director Harold Alvarez, M.D.</div> <div>Lab ID: 476365</div>
	Lab Information		Date Received:	11/08/2022	Date Collected:	11/07/2022	Date Reported:	11/15/2022	
	HCP:		RCA Nutrition				Clinic ID:	40573	
	ADZUKI BEANS Used in East Asian cuisine, it is commonly eaten sweetened. In particular, it is often boiled with sugar, resulting in red bean paste, a very common ingredient used in many Chinese dishes, such as tangyuan, zongzi, mooncakes, baozi and red bean ice. It also serves as a filling in Japanese sweets like anpan, dorayaki, imagawayaki, manjū, monaka, anmitsu, taiyaki and daifuku. Azuki beans are also commonly eaten sprouted, or boiled in a hot, tea-like drink.								
	AGAVE Agave is a flowering succulent used to make many things, including tequila. Agave syrup can be used as a sugar substitute. The leaves of the agave plant are used to make fibers for ropes and mats. There are spikes on the leaves which are used to make needles, pens, and nails.. COMMON USES: Tequila, baked goods, breads, cereals, granolas, pulque, and textiles such as ropes and mats. OTHER WORDS THAT MIGHT INDICATE PRESENCE: American Agave, American Aloe, Amerikanische Agave, Century Plant, Garingboom, Hundertjährige Agave, Maguey, Pita Común, Pite, Spreading Century Plant, Tequil Wild Century. BE AWARE: Topically, fresh agave exposure may cause redness and localized swelling, inflammation of small blood vessels, and/or black, red, or purple skin lesions. Pregnant women should use agave with caution as it may induce labor.								
	ALLSPICE The allspice berry is the dried unripe berry of the Pimenta dioica which is an evergreen tree native to the West Indies and South America. The flavor is much like a blend of nutmeg, cinnamon, juniper, and clove, which is why it is known by the name "allspice". It can be found as a whole dried berry or it can be ground up into a spice.. COMMON USES: Caribbean cuisine, soups, stews, jerk seasoning, moles, pickling liquids, sausages, curries, liqueurs, desserts/cakes, Cincinnati style chili, deli meats, marinades, ketchup, beverages, essential oils, tea, deodorants, toothpastes. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Allspice Essential Oil, Aqua Pimentae, Clove Pepper, Eugenia Piment, Eugenia pimenta, Jamaica Pepper, Jamaica pimenta, Kiln-Dried Allspice, Myrtle pepper, Piment de la Jamaïque Pimenta, Pimenta dioica, Pimenta officinalis, Pimento, Pimento dram, Pimienta de Jamaica, Poivre Anglais, Poivre Aromatique, Poivre de Jamaïque, Poivre de la Jamaïque, Quatre-Épices, Spanish Pimienta, Toute-Épice, Water of Pimento, West Pimenta Officinalis. BE AWARE: Allspice can exacerbate symptoms of gastric ulcers or ulcerative colitis so it is best to avoid consuming if you live with one of these conditions.								
	ALLULOSE								
	ARUGULA Arugula is an early summer vegetable. It is a green leaf with a long stem that is known for it's somewhat peppery flavor. COMMON USES: Salads, sandwiches, burgers, soups, stews, pastas, sauces, juices, cooked. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Salad rocket, rucola, rucoli, rugula, colewort, roquette. BE AWARE: Can be in pre-mixed salad blends								
	BAKER'S YEAST A leavening agent that must be activated. Found as a active dry yeast (looks like pellets), live yeast (moist and doughy looking), and instant yeast (which is a powder). COMMON USES: Baked goods such as breads, pastries, rolls, biscuits, doughs and crackers. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Bread, rolls, crust, active dry yeast, fresh yeast, leavening. BE AWARE: Gluten-free bread products may contain bakers yeast								
	BLACK CURRANT A small dark blue berry that grows in clusters and somewhat resembled a blueberry. Rarely found fresh in the US. COMMON USES: Preserves, liqueurs, and syrups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Black currant leaf, black currant seed oil. BE AWARE: Commonly used as a natural flavoring								
	BUTTON MUSHROOM Edible mushrooms are used extensively in cooking, in many cuisines. Avoid mushroom salad, pate, truffles and pickled mushrooms. Also avoid mushroom soups and sauces. For reintroduction into diet, place into day: 2								
	CANE SUGAR Cane sugar comes in many forms such as granulated, powdered, and liquid. COMMON USES: Sweets, candy, ice cream, chocolate, juices, soft drinks and most pre-packaged products, breads, and crackers. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Sugar, granulated sugar, cane sugar, brown sugar, raw sugar, invert sugar, cane syrup, or evaporated cane juice. BE AWARE: Cane sugar is a very common ingredient, even in foods that are not sweet. Juice that is not 100% juice often contains added sugar								
	CANTALOUPE Cantaloupe is a melon that has thick, rough, veiny looking skin and a bright orange flesh. COMMON USES: Fruit salads, soups, sauces, smoothies. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Melon, fruit salad, muskmelon. BE AWARE: Often found in prepared fruit salads								

	<p>CARAWAY</p> <p>Caraway is a small thin green/brown seed with a very distinct scent and flavor. COMMON USES: Breads, especially rye bread; also used in desserts, liquors, casseroles, curry, stews, meats, vegetables, cheeses and sauerkraut . OTHER WORDS THAT MIGHT INDICATE PRESENCE: Rye bread, meridian fennel, Persian cumin. BE AWARE: The caraway fruit oil is often used in soaps, lotions and perfumes as a fragrance</p>
	<p>CHIA</p> <p>A small seed that varies in color, is high in fiber, and can absorb 12 times their weight in liquid. COMMON USES: Pudding, kombucha, other beverages, pretzels, granola bars, fruit bars, jam, smoothies, baked goods. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Golden chia, chia seeds. BE AWARE: May be used in place of eggs for vegan products</p>
	<p>CHICORY</p> <p>A woody herbaceous plant who's roots are roasted and ground. Often used as a coffee substitute and an additive. COMMON USES: Yogurt, tea, coffee, gum, high fiber processed foods, ice cream, cereals, granola bars, gluten free breas, prebiotic and probiotic supplements, protein shakes. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Achicoria, Barbe de Capucin, Blue Sailors, Cheveux de Paysans, Chicorée, Chicorée Amère, Chicorée Sauvage, Cichorii Herba, Cichorii Radix, Common Chicory Root, Écoubette, Hendibeh, Herbe à Café,Hinduba, Kasani, Kasni, Racine de Chicorée Commune, Succory, . BE AWARE: May have slight laxative effect if consumed in high amounts</p>
	<p>CRAB</p> <p>A crustacean that comes in many varieties that has prized white, mildly sweet flesh. COMMON USES: Salads, stews, soups, sushi, crab cakes, gumbo. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Shellfish, crustacean, some glucosamine and chitosan supplements are produced from crustacean shells. 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 crustacean shellfish as an ingredient must list the specific species (e.g. crab, lobster, shrimp) in plain English, on the label</p>
	<p>CRANBERRY</p> <p>Cranberries are bright red berries that are very firm and are typically only eaten when they are cooked. COMMON USES: Beverages, sauces, trail mixes, chutneys, pies, cobblers, desserts, preserves. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mixed berries, dried fruit, bounceberries, craneberries (early name). BE AWARE: Used in some beauty products and fragrances-read labels</p>
	<p>CUMIN</p> <p>A small brown thin seed that has a very distinct flavor and is extremely popular in many cuisines around the world. COMMON USES: Curry powders, soups, stews, sauces, spice rubs, and chili. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Spice blend. BE AWARE: Often used in soups, especially bean soups</p>
	<p>DATE</p> <p>Dates are typically dried, brown in color and very sweet. COMMON USES: Sweet and savory dishes and desserts; common vegan sweetener. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Stoned dates, degle noor, medjoole, vegan. BE AWARE: High in sugar</p>
	<p>LIME</p> <p>A green citrus fruit with thick skin and tart green flesh. COMMON USES: Dressings, drinks, marinades, desserts, ceviche. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Citrus flavoring. BE AWARE: Used for many non culinary purposes such as fragrance, beauty products; used to prevent enzymatic browning. Read labels.</p>
	<p>MACKEREL</p> <p>Mackeral is a firm fleshed oil rich fish. COMMON USES: Smoked fish dip, stews, soups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fish oil supplements. BE AWARE: Mercury can be 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</p>
	<p>MONK FRUIT</p>
	<p>MUSSEL</p> <p>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.</p>
	<p>NECTARINE</p> <p>Nectarines resemble a peach but are smaller with a smooth red skin and more golden flesh. COMMON USES: Jams, jellies, salads, desserts and pies. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fruit salad</p>

	<p>NUTRITIONAL YEAST</p> <p>Small yellow flakes that impart a "cheesy" flavor to dishes. COMMON USES: Vegan cheese alternatives, supplements, add to popcorn, mashed potatoes, pasta dishes, or bean dishes. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Saccharomyces Cerevisiae, nooch, hippie dust, yeshi. BE AWARE: Made from sugarcane and beet molasses</p>
	<p>PINTO BEAN</p> <p>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</p>
	<p>PUMPKIN</p> <p>Pumpkin is a winter squash that is round with smooth, slightly ribbed deep yellow to orange skin. The inside is filled with seeds and orange flesh. COMMON USES: Pies, breads, sauces, desserts, and soups. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Fall vegetables, squash medley, winter squash. BE AWARE: Pepitas are the seeds of pumpkin and can be found in trail mixes, granola, salads, soups</p>
	<p>RADISH</p> <p>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</p>
	<p>RASPBERRY</p> <p>Raspberries are small, soft red berries that are very perishable while mildly sweet and tart. COMMON USES: Purees, juices, teas, preserves, smoothies, sauces, salads, pie fillings, desserts and yogurts. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Mixed berries, coulis. BE AWARE: Also comes in golden and black varieties</p>
	<p>SCALLION</p> <p>Some dishes that include scallions; salads, soups, fish, omelet and it may also be used as a garnish. Also called green onions, they are milder than onions, low in sodium, good source of dietary fiber.</p>
	<p>SEA BASS</p> <p>Many species of fish are called sea bass; all having mildly sweet, buttery flavored white flaky flesh. COMMON USES: Entrees, soups, stews, dips, and ceviche. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Black and striped are true sea bass; white and giant are not. 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</p>
	<p>SHRIMP</p> <p>A commonly eaten crustacean that comes in many sizes and colors; cooks quickly and the flesh is sweet and firm. COMMON USES: Entrees, soups, salads, sauces, stews; also comes in dried and in paste form. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Shellfish, seafood pot, boil, gumbo; sometimes used interchangeably with prawns. 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 crustacean shellfish as an ingredient must list the specific species (e.g. crab, lobster, shrimp) in plain English, on the label</p>
	<p>ZUCCHINI SQUASH</p> <p>A green summer squash that can be eaten raw or cooked. COMMON USES: Casseroles, salads, soups, stews, stuffing's, pasta dishes, sauces, dips, baked goods, breads. OTHER WORDS THAT MIGHT INDICATE PRESENCE: Italian squash, courgette, gratin, summer squash. BE AWARE: Much of the yellow summer squash and zucchini in US is genetically engineered</p>

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.

Patient Information



TAYLOR, AUBREY

Date of Birth: 12/19/1979 Date Reported: 11/15/2022
 Date Received: 11/08/2022 Lab ID: 476365
 HCP(40573): RCA Nutrition

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:

AGAVE, CANE SUGAR, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

LACTOSE

You have a mild reaction to Casein and Whey, eliminate these foods:

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

Patient Information



TAYLOR, AUBREY

Date of Birth: 12/19/1979 Date Reported: 11/15/2022
 Date Received: 11/08/2022 Lab ID: 476365
 HCP(40573): RCA Nutrition

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:

AGAVE, CANE SUGAR, HONEY, MAPLE SUGAR, MOLASSES

GLUTEN

GLIADIN

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

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

LACTOSE

You have a mild reaction to Casein and Whey, eliminate these foods:

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

ADZUKI BEANS
 ALLULOSE
 BAKER'S YEAST
 BUTTON MUSHROOM
 CARAWAY
 CHICORY
 CRANBERRY
 DATE
 MACKEREL
 MUSSEL
 NUTRITIONAL YEAST
 PUMPKIN
 RASPBERRY
 SEA BASS
 ZUCCHINI SQUASH

ALLSPICE
 ARUGULA
 BLACK CURRANT
 CANTALOUPE
 CHIA
 CRAB
 CUMIN
 LIME
 MONK FRUIT
 NECTARINE
 PINTO BEAN
 RADISH
 SCALLION
 SHRIMP

ADZUKI BEANS
 ALLULOSE
 BAKER'S YEAST
 BUTTON MUSHROOM
 CARAWAY
 CHICORY
 CRANBERRY
 DATE
 MACKEREL
 MUSSEL
 NUTRITIONAL YEAST
 PUMPKIN
 RASPBERRY
 SEA BASS
 ZUCCHINI SQUASH

ALLSPICE
 ARUGULA
 BLACK CURRANT
 CANTALOUPE
 CHIA
 CRAB
 CUMIN
 LIME
 MONK FRUIT
 NECTARINE
 PINTO BEAN
 RADISH
 SCALLION
 SHRIMP

AMARANTH*
 ARROWROOT*
 BLACK TEA*
 BUCKWHEAT*
 CELERY*
 COLLARD
 GREENS*
 DRAGON FRUIT*
 GROUPE*
 ICEBERG
 LETTUCE*
 MUNG BEAN*
 OYSTER*
 POLLOCK*
 SAFFRON*
 SOLE*
 STRING BEAN*
 TURMERIC*
 WATERMELON*

ANCHOVY*
 ASPARAGUS*
 BOSTON BIBB
 LETTU
 CAROB*
 CILANTRO*
 CORIANDER SEED*
 DUCK*
 HABANERO
 PEPPER*
 KELP*
 NAVY BEAN*
 PAPAYA*
 POMEGRANATE*
 SAGE*
 SORGHUM*
 SUNFLOWER*
 WALNUT*
 WILD RICE*

APPLE*
 BANANA*
 BOSTON BIBB
 CARROT*
 CLOVE*
 DANDELION LEAF*
 ENDIVE*
 HADDOCK*
 LAMB*
 NUTMEG*
 PINEAPPLE*
 PORK*
 SARDINE*
 SOYBEAN*
 SWISS CHARD*
 WATER
 CHESTNUT*
 YELLOW PEA*

APRICOT*
 BELL PEPPER
 MIX*
 BRSSLS
 SPROUT*
 CAYENNE
 PEPPER*
 COFFEE*
 DILL*
 GREEN PEA*
 HOPS*
 MAHI MAHI*
 OLIVE*
 PLUM*
 SAFFLOWER*
 SHIITAKE
 MUSHRM*
 SPAGHETTI
 SQUASH*
 TARRAGON*
 WATERCRESS*
 YELLOW
 SQUASH*

AMARANTH*
 ARROWROOT*
 BLACK TEA*
 BUCKWHEAT*
 CELERY*
 COLLARD
 GREENS*
 DRAGON FRUIT*
 GROUPE*
 ICEBERG
 LETTUCE*
 MUNG BEAN*
 OYSTER*
 POLLOCK*
 SAFFRON*
 SOLE*
 STRING BEAN*
 TURMERIC*
 WATERMELON*

ANCHOVY*
 ASPARAGUS*
 BOSTON BIBB
 LETTU
 CAROB*
 CILANTRO*
 CORIANDER SEED*
 DUCK*
 HABANERO
 PEPPER*
 KELP*
 NAVY BEAN*
 PAPAYA*
 POMEGRANATE*
 SAGE*
 SORGHUM*
 SUNFLOWER*
 WALNUT*
 WILD RICE*

APPLE*
 BANANA*
 BOSTON BIBB
 CARROT*
 CLOVE*
 DANDELION LEAF*
 ENDIVE*
 HADDOCK*
 LAMB*
 NUTMEG*
 PINEAPPLE*
 PORK*
 SARDINE*
 SOYBEAN*
 SWISS CHARD*
 WATER
 CHESTNUT*
 YELLOW PEA*

APRICOT*
 BELL PEPPER
 MIX*
 BRSSLS
 SPROUT*
 CAYENNE
 PEPPER*
 COFFEE*
 DILL*
 GREEN PEA*
 HOPS*
 MAHI MAHI*
 OLIVE*
 PLUM*
 SAFFLOWER*
 SHIITAKE
 MUSHRM*
 SPAGHETTI
 SQUASH*
 TARRAGON*
 WATERCRESS*
 YELLOW
 SQUASH*

VEGETABLES / LEGUMES			
ACORN SQUASH	ARTICHOKE	BLACK BEANS	BLACK-EYED PEA
BOK CHOY	BUTTERNUT SQUASH	CABBAGE	CANNELLINI BEANS
CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ESCAROLE	FAVA BEAN	FENNEL SEED	JALAPEÑO PEPP
JICAMA	KALE	KIDNEY BEAN	LEAF LETT (RED/GR
LEEK	LENTIL BEAN	LIMA BEAN	MUSTARD GREENS
NORI	OKRA	ONION	PARSNIP
PORTOBELLO	RED BEET	RHUBARB	ROMAINE LETT
MUSHRM	SHALLOTS	SPINACH	SWEET POTATO
RUTABAGA	TOMATO	TURNIP	WAKAME SEAWEED
TARO ROOT			
WHITE POTATO			

FRUITS			
AVOCADO	BLACKBERRY	BLUEBERRY	CAPERS
CHERRY	FIG	GRAPE	GRAPEFRUIT
GUAVA	HONEYDEW MLN	JACKFRUIT	KIWI
LEMON	LYCHEE	MANGO	MULBERRY
ORANGE	PEACH	PEAR	PERSIMMON
PLANTAIN	RED PALM FRUIT	STAR FRUIT	STRAWBERRY
TANGERINE			
MEAT			
BEEF	BISON	CHICKEN	TURKEY
VEAL	VENISON		
DAIRY / EGGS			
EGG WHITE	EGG YOLK		

SEAFOOD			
CATFISH	CLAM	CODFISH	FLOUNDER
HALIBUT	LOBSTER	SALMON	SCALLOP
SNAPPER (RED)	SWORDFISH	TILAPIA	TROUT
TUNA			
GRAINS / STARCHES			
CORN	MILLET	OAT (GLUTEN FREE)	QUINOA
RICE (BRWN/WHT)	TAPIOCA	TEFF	

NUTS / OILS AND MISC. FOODS			
ALMOND	BRAZIL NUT	BREWER'S YEAST	CANOLA
CASHEW	CHAMOMILE	COCOA	(RAPESEED)
FLAXSEED	GARLIC	GREEN TEA	COCONUT
HEMP	MACADAMIA	MUSTARD SEED	HAZELNUT
PECAN	PINE NUT	PISTACHIO	PEANUT
SESAME	SPEARMINT	STEVIA LEAF	POPPY SEED
			VANILLA
HERBS / SPICES			
ANCHO CHILI PEPP	BASIL	BAY LEAF	BLACK PEPPER
CARDAMOM	CHIVES	CINNAMON	GINGER
HORSERADISH	LICORICE	OREGANO	PAPRIKA
PARSLEY	PEPPERMINT	ROSEMARY	THYME

VEGETABLES / LEGUMES			
ACORN SQUASH	ARTICHOKE	BLACK BEANS	BLACK-EYED PEA
BOK CHOY	BUTTERNUT SQUASH	CABBAGE	CANNELLINI BEANS
CAULIFLOWER	CHICKPEA	CUCUMBER	EGGPLANT
ESCAROLE	FAVA BEAN	FENNEL SEED	JALAPEÑO PEPP
JICAMA	KALE	KIDNEY BEAN	LEAF LETT (RED/GR
LEEK	LENTIL BEAN	LIMA BEAN	MUSTARD GREENS
NORI	OKRA	ONION	PARSNIP
PORTOBELLO	RED BEET	RHUBARB	ROMAINE LETT
MUSHRM	SHALLOTS	SPINACH	SWEET POTATO
RUTABAGA	TOMATO	TURNIP	WAKAME SEAWEED
TARO ROOT			
WHITE POTATO			

FRUITS			
AVOCADO	BLACKBERRY	BLUEBERRY	CAPERS
CHERRY	FIG	GRAPE	GRAPEFRUIT
GUAVA	HONEYDEW MLN	JACKFRUIT	KIWI
LEMON	LYCHEE	MANGO	MULBERRY
ORANGE	PEACH	PEAR	PERSIMMON
PLANTAIN	RED PALM FRUIT	STAR FRUIT	STRAWBERRY
TANGERINE			
MEAT			
BEEF	BISON	CHICKEN	TURKEY
VEAL	VENISON		
DAIRY / EGGS			
EGG WHITE	EGG YOLK		

SEAFOOD			
CATFISH	CLAM	CODFISH	FLOUNDER
HALIBUT	LOBSTER	SALMON	SCALLOP
SNAPPER (RED)	SWORDFISH	TILAPIA	TROUT
TUNA			
GRAINS / STARCHES			
CORN	MILLET	OAT (GLUTEN FREE)	QUINOA
RICE (BRWN/WHT)	TAPIOCA	TEFF	

NUTS / OILS AND MISC. FOODS			
ALMOND	BRAZIL NUT	BREWER'S YEAST	CANOLA
CASHEW	CHAMOMILE	COCOA	(RAPESEED)
FLAXSEED	GARLIC	GREEN TEA	COCONUT
HEMP	MACADAMIA	MUSTARD SEED	HAZELNUT
PECAN	PINE NUT	PISTACHIO	PEANUT
SESAME	SPEARMINT	STEVIA LEAF	POPPY SEED
			VANILLA
HERBS / SPICES			
ANCHO CHILI PEPP	BASIL	BAY LEAF	BLACK PEPPER
CARDAMOM	CHIVES	CINNAMON	GINGER
HORSERADISH	LICORICE	OREGANO	PAPRIKA
PARSLEY	PEPPERMINT	ROSEMARY	THYME