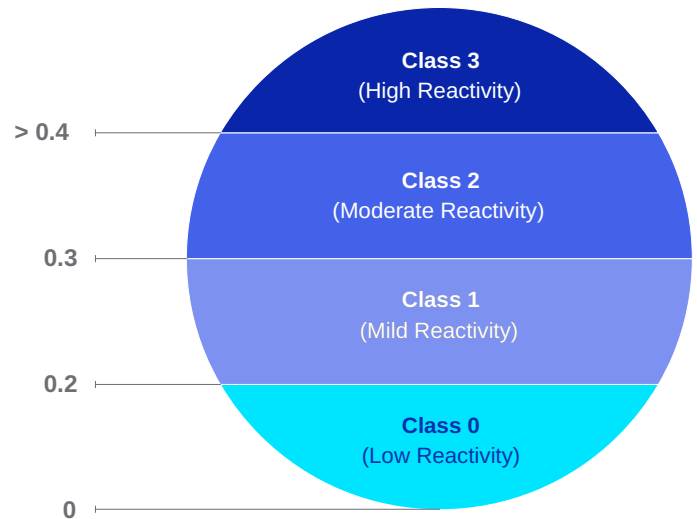


Food Sensitivity Test Results

A food sensitivity is different than an immediately life-threatening food allergy. Immunoglobulin G (IgG) antibody, the most abundant circulating antibody in our immune system, can cause a delayed immune reaction and they are never life-threatening. IgG reactivities may play a role in food sensitivities. Studies suggest that an IgG immune response may contribute to headaches, joint pain, eczema, gut malabsorption, and other chronic conditions. Identifying your sensitivity to certain foods can be difficult since you probably eat many different types of food every single day. While reactivity does not always correlate with symptoms, it serves as a tool to help you assess your food intake, guide an elimination diet, and hopefully get you to feeling your best!

Reactivity Scale



Test Performed by Alletess, CLIA 22D0080258

Measured Markers



YEAST, BREWERS

0.288

Brewer's Yeast is a by-product of the beer and wine making process, as well as an ingredient in soy sauce and spreads such as Vegemite. Unlike the Baker's Yeast strain of *Saccharomyces* which produces carbon dioxide, the Brewer's Yeast strain ferments. If positive to brewers yeast, we recommend avoiding beer, wine, and vinegar during an elimination diet. Trying to go yeast-free can be challenging but it may help to focus on more of a paleo diet as an alternative. This includes meat, fish, vegetables and small amounts of certain fruits. However, if both brewers and bakers yeast are positive, this could indicate a yeast imbalance in the gut. We'd recommend avoiding added sugars, fruit juices, dried fruits, and simple carbohydrates. Probiotics can also boost the healthy bacteria in your gut.



MILK, COWS

0.228

Milk is a primary food product that is widely used around the world and is rich in fat and protein. We only test

for proteins on this panel -- not lactose. Therefore, the biomarker results cannot detect a lactose sensitivity. Any time milk is processed, milk proteins are denatured to a greater or lesser degree. This is why cheeses can have different reactivity levels than milk. Although the proteins in raw milk vs. pasteurized milk are slightly different, if positive to cow's milk, we recommend removing all sources of cow's milk during an elimination diet. There are many good alternatives to cow's milk such as soy, almond, rice, or coconut milk (if not positive to these as well). If positive to multiple dairy products, we recommend avoiding all dairy during an elimination diet.



PEACH

0.227

Peach is a sweet fruit with a whitish or golden flesh. The fruit has a very soft flesh that can easily be bruised if handled too roughly. The fruits have a single large seed in the center. There are many other fruit alternatives if removing this item during an elimination diet.



CINNAMON

0.226

Cinnamon spice is the brown bark of cinnamon plant, and it's known for its anti-inflammatory, anti-microbial and anti-oxidant properties. There are many other spice alternatives if removing this item during an elimination diet.



ONION

0.222

Onions are low in calories and sodium, and contain no fat or cholesterol. They are a good source of fiber and folic acid. There are many other vegetable alternatives if removing this item during an elimination diet.



YOGURT

0.22

Yogurt is produced through the fermentation process of milk. Yogurt culture bacteria is introduced in the milk to turn it into yogurt. In recent years, Greek yogurt brands have gained popularity for their natural probiotic support and digestive health properties. We test cow's milk yogurt and only proteins -- not lactose. Other yogurts sourced from almonds, coconut, soy, or cashew are good alternatives as long as there isn't a sensitivity to those items.



BANANA

0.219

Bananas, fruit produced from a flowering tree, are an excellent source of potassium and dietary fiber. There are many other fruit alternatives if removing this item during an elimination diet.



MALT

0.218

When grains are dried through the process of malting, it results in the creation of malt. During the germination

process, sugar proteins in the grain break down to create new enzymes that provide malt with a unique taste. Barley is the most popular grain used for the malting process. Reactivity levels can still vary between the two due to their protein structure. Common foods that contain malt are: cereals, malted milk, malt vinegar, and beer.



CHEESE, CHEDDAR

0.218

Cheese is good source of protein and calcium, but can be high in fat content. Additionally, we only test for proteins on this panel -- not lactose. Any time milk is processed, milk proteins are denatured to a greater or lesser degree. This is why cheeses can have different reactivity levels than milk. If positive to multiple dairy products, we recommend avoiding all dairy during an elimination diet.



EGGPLANT

0.218

While it's generally thought of as a vegetable, eggplant is actually a fruit. Eggplant is grown for its usually egg-shaped fleshy fruit and is eaten as a cooked vegetable. There are many other fruit or vegetable alternatives if removing this item during an elimination diet.



GRAPEFRUIT

0.217

Grapefruit was born due to an incidental mixing of sweet oranges and pomelo, and it is rich in phytonutrients like lycopene, vitamin A, and beta-carotene. There are many other fruit alternatives if removing this item during an elimination diet.



BASIL

0.214

Basil, a perennial plant, is a leafy, green herb, belonging to the mint family. Basil is frequently used in Mediterranean cooking. There are many other vegetable alternatives if removing this item during an elimination diet.



CHEESE, MOZZARELLA

0.214

Cheese is good source of protein and calcium, but can be high in fat content. Mozzarella cheese can be high in saturated fat, so general guidelines recommend eating sparingly. Additionally, we only test for proteins on this panel -- not lactose. Any time milk is processed, milk proteins are denatured to a greater or lesser degree. This is why cheeses can have different reactivity levels than milk. If positive to multiple dairy products, we recommend avoiding all dairy during an elimination diet.



EGG YOLK

0.211

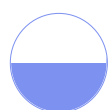
Yolk is the yellow part within an egg that contains most of the protein. Egg yolk is rich in vitamins and minerals along with stored fat and cholesterol. The protein structure in egg white is likely the same in free range and factory farmed eggs -- we only test for proteins on this panel. The vast majority of antigens do not change based on cooked or raw ingestion. If positive to both egg white and egg yolk, we recommend avoiding any egg form during your elimination diet. This includes scrambled, quiche, frittata, poached, fried, raw, and baked goods made with eggs. We recommend that quail or duck or goose eggs may be consumed if sensitive to chicken eggs (every 4 days) so that you do not create an intolerance due to over-consumption.



SUNFLOWER

0.211

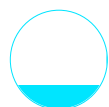
Sunflowers have over 70 species -- and most are native to North America. Sunflowers are primarily cultivated for their seeds which are often used for the production of vegetable oil. Although sunflower and safflower are the same family, they are a different genus and species.



YEAST, BAKERS

0.211

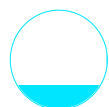
Baker's Yeast is commonly used as a leavening agent in baking methods. It breaks the sugar component in wheat, then helps it rise and retain its shape. It's different from gluten, and differs from Brewer's yeast by being a different strain of *Saccharomyces* -- while Baker's Yeast emits carbon dioxide, Brewer's Yeast ferments. If positive to bakers yeast, we recommend avoiding baked goods during an elimination diet. Trying to go yeast-free can be challenging but it may help to focus on more of a paleo diet as an alternative. This includes meat, fish, vegetables and small amounts of certain fruits. However, if both brewers and bakers yeast are positive, this could indicate a yeast imbalance in the gut. We'd recommend avoiding added sugars, fruit juices, dried fruits, and simple carbohydrates. Probiotics can also boost the healthy bacteria in your gut.



CHEESE, COTTAGE

0.198

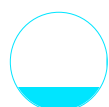
Cottage cheese is a good source of calcium and protein, plus it contains selenium and Vitamin B12. Like other cheeses, cottage cheese is high in sodium and fat, and should be eaten in moderation. Additionally, we only test for proteins on this panel -- not lactose. Any time milk is processed, milk proteins are denatured to a greater or lesser degree. This is why cheeses can have different reactivity levels than milk. If positive to multiple dairy products, we recommend avoiding all dairy during an elimination diet.



WHEAT

0.192

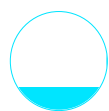
Wheat is the most cultivated crop globally. Each year production reaches about 713 million tons. It's the second most consumed grain after rice across the world. Raw wheat is used to make flour that is used in different breads. It is also germinated to make different beverages. Wheat is the grain which contains the most gluten.



CAULIFLOWER

0.188

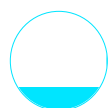
Cauliflower, like broccoli, is a very good antioxidant and is a rich source of vitamins A, B and K. It is high in dietary fiber and has anti-inflammatory properties. There are many other vegetable alternatives if removing this item during an elimination diet.



EGG WHITE

0.186

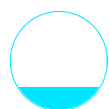
Egg white is the clear liquid found within an egg. The primary purpose of the egg white is to protect the yolk where the embryo of chicken develops and provide it with a readily available food source. Egg white is composed of 90% of water and 10% of proteins. The protein structure in egg white is likely the same in free range and factory farmed eggs -- we only test for proteins on this panel. The vast majority of antigens do not change based on cooked or raw ingestion. If positive to both egg white and egg yolk, we recommend avoiding any egg form during your elimination diet. This includes scrambled, quiche, frittata, poached, fried, raw, and baked goods made with eggs. We recommend that quail or duck or goose eggs may be consumed if sensitive to chicken eggs (every 4 days) so that you do not create an intolerance due to over-consumption.



LEMON

0.186

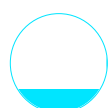
Lemons are citrus fruits that belong to evergreen trees. Lemons are generally used in cooking and as garnishes, and lemon juice is also used for cleaning purposes due to its acidic properties. If positive to lemon, lime may be a good alternative during an elimination diet.



WALNUT, BLACK

0.184

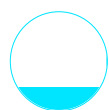
Black walnuts are native to North America. If positive to black walnut, we recommend avoiding all walnuts during an elimination diet. This includes English, Persian, White and Black.



TUNA

0.183

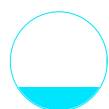
The American Heart Association recommends eating fish at least twice a week to obtain heart-health benefits from the Omega 3 fats found in fish. Tuna and salmon can be healthy fish options. Positive fish results may occur if taking fish oil supplement.



GLUTEN

0.183

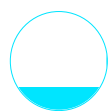
Gluten is derived from the Latin word Glue. Gluten is a compound protein that can be found in wheat, barley and rye. The major components of gluten are gliadin and glutenin. Gluten gives cohesiveness to dough and is in many everyday foods. In recent years, researchers have determined that many people can be reactive to gluten.



SHRIMP

0.183

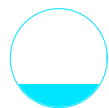
Shrimp is one of the most consumed seafoods and is counted among the most common types of allergens in the world. Shrimp is a good source of protein and iodine. Positive fish results may occur if taking fish oil supplement. There is also a high level of cross-reactivity between crustaceans -- shrimp, prawn, crab, lobster.



KALE

0.183

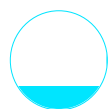
Kale is also called leaf cabbage -- it's a leafy vegetable that has green or purple leaves. Kale provides a ton of nutrients and minerals, and has grown in popularity in recent years. There are many other vegetable alternatives if removing this item during an elimination diet.



COFFEE

0.182

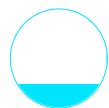
Coffee contains caffeine and is believed to have many medicinal properties. If positive to coffee, we recommend avoiding it during an elimination diet. A good substitute could be matcha or other herbal teas if not sensitive to them already.



HADDOCK

0.181

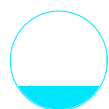
Haddock is an excellent source of protein, niacin and vitamin B12 -- in addition to other vitamins including B6, thiamin, riboflavin, folate and pantothenic acid. Positive fish results may occur if taking fish oil supplement.



SWORDFISH

0.181

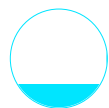
Swordfish is a large saltwater fish. A 3-ounce serving of swordfish contains 146 calories and 55 percent of the daily value of protein. It has a nominal amount of sodium and no fiber or carbohydrates. Positive fish results may occur if taking fish oil supplement.



RICE, BROWN

0.181

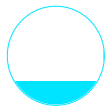
Rice is such a popular food source across the world that in some cultures the greetings literally translate to 'have you eaten rice.' It is one of the major parts of the daily diet for billions of people around the world. If positive to brown rice, we recommend that all rice products be removed from the diet. This includes white rice, jasmine rice, basmati rice, rice milk, rice cakes, and rice pudding. The one exception is wild rice, which is actually a different grass.



TARRAGON

0.181

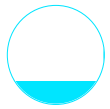
Tarragon is an herb rich in phytonutrients as well as antioxidants. There are many other spice alternatives if removing this item during an elimination diet.



OREGANO

0.181

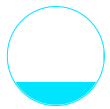
Oregano belongs to the mint family and is primarily used as a spice with vegetables and roasted meats. There are many other spice alternatives if removing this item during an elimination diet.



DILL

0.18

Dill is an herb with healing properties. The essential oils in dill act as stimulants that accelerate the secretion of bile and digestive juices. It also has anti-inflammatory properties. There are many other spice alternatives if removing this item during an elimination diet.



GINGER

0.18

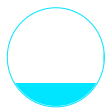
Ginger root has been used by humans for thousands of years. It is generally used as a spice, but in some cultures it is also used for its medicinal properties. There are many other spice alternatives if removing this item during an elimination diet.



BAY LEAF

0.18

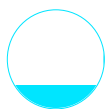
Bay leaf, a spice, is used in dry form to flavor stews, sauces and soups. It's also believed to have medicinal properties like reducing migraines and fungal infections - or as an astringent. There are many other spice alternatives if removing this item during an elimination diet.



KELP

0.18

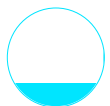
Kelp is a type of large brown seaweed that grows in shallow, nutrient-rich saltwater, near coastal fronts around the world. Because it absorbs the nutrients from its surrounding marine environment, kelp is rich in vitamins, minerals, trace elements and enzymes. There are many other vegetable alternatives if removing this item during an elimination diet.



ORANGE

0.179

Oranges are a hybrid form of Pomelo and Mandarin. Oranges are rich in Vitamin C and are consumed around the world. There are many other fruit alternatives if removing this item during an elimination diet.

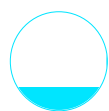


SOYBEAN

0.179

Soybean is a less expensive alternative to grain and can provide a protein rich diet. Soybean crop is cultivated for oil and grains for human and animal consumption. Many people in recent years have developed a sensitivity to soy, which is present in many of our processed foods. There are many other vegetable

alternatives if removing this item during an elimination diet.



OLIVE, GREEN

0.179

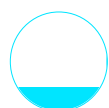
Research suggests that 90% of commercially grown olives are turned to oil, which is considered a heart-healthy oil. Olives are an excellent source of antioxidants and healthy fats. We only test for green olive, but black olives are ripened green olives.



PEA, GREEN

0.179

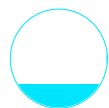
Peas are a good source of many minerals such as calcium, iron, copper, zinc, and manganese, and also provide half the daily value of vitamin K. If positive to green peas, we recommend avoiding pea protein. Yellow split peas belong to the same botanical family but we do not test for these specifically on this panel.



CRAB

0.179

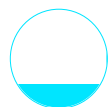
Crab is a crustacean that is low in calories and is also a good source of vitamins, minerals and proteins. Positive fish results may occur if taking fish oil supplement. There is also a high level of cross-reactivity between crustaceans -- shrimp, prawn, crab, lobster.



GRAPE

0.179

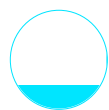
Grapes are widely consumed around the world. They are a well-known source of antioxidant properties and various vitamins & nutrients. If positive to grapes, we recommend removing raisins during your elimination diet. We also recommend avoiding wine if positive to brewer's yeast.



GARLIC

0.179

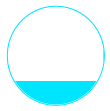
Humans have been using garlic for over 7,000 years, and it's a staple for Asian and Mediterranean cuisines. This plant, grown for its underground root or bulb, contains numerous health benefits against coronary artery diseases, infections and cancers. There are many other spice alternatives if removing this item during an elimination diet.



CELERY

0.178

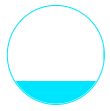
Celery contains magnesium and has anti-inflammatory properties, plus it's a great source of dietary fiber. There are many other vegetable alternatives if removing this item during an elimination diet.



TEA, BLACK

0.178

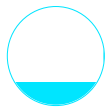
Black tea originates from China and has antioxidant and anti-inflammatory benefits. There are many other spice or tea alternatives if removing this item during an elimination diet.



STRAWBERRY

0.178

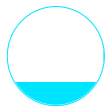
Strawberries have a tangy flavor that makes them ideal for different kinds of sweet dishes. Fresh strawberries are rich in minerals and are considered great for skin health and elasticity. There are many other fruit alternatives if removing this item during an elimination diet.



WATERMELON

0.178

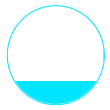
Watermelon is a fruit with high water content and some vitamin properties. Watermelon is a very good source of vitamin C, pantothenic acid, copper, biotin, potassium, vitamin A (in the form of carotenoids), vitamin B1, vitamin B6, and magnesium. There are many other fruit alternatives if removing this item during an elimination diet.



RYE

0.178

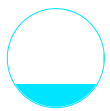
Rye, closely related to barley, is a type of grass that is primarily grown for its grain. Rye contains secalin and is used in different kinds of breads, beers and vodkas. It is commonly referred to as a "type" of gluten but it contains less gluten than wheat.



ALMOND

0.178

The Almond is actually a species of tree, and its seeds are native to the Middle East and South Asia. Commonly referred to as a nut, the fruit of the almond seed has a hard shell with the seed inside. Almonds are both a common sensitivity and allergy. If positive to almonds, we recommend removing all forms of it during your elimination diet. This includes almond milk, almond butter, etc. Pumpkin seeds are a good substitute for almonds as well as hemp protein. If other tree nuts were negative, they can be consumed every 4 days during an elimination diet.

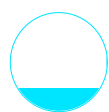


COCONUT

0.177

Coconut is mainly grown in coastal regions and its oil or milk works as natural lubricant for the body to help relieve joint pain. However, over consumption of coconut can be a cause of bad cholesterol and thus should be limited in daily diet. Coconuts are rich in fiber and other vitamins. If positive to coconut, we recommend removing all products sourced from coconut products during your elimination diet. This includes coconut milk, oil, sugar, and flour. There is no evidence that topical creams cause internal problems. Avocado oil, rice bran oil, and sunflower oil all have high smoke points if looking for good alternatives to cook with. Olive oil is good

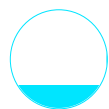
for lower temperature cooking.



BEAN, GREEN

0.177

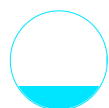
Green beans are good source of Vitamin C and are one of the most popular green vegetables in the world. There are many other vegetable alternatives if removing this item during an elimination diet.



COCOA

0.177

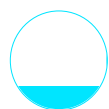
Chocolate that is made from cocoa is considered junk food based on high calories, sugar and little nutritional value. However, pure cocoa also has great heart health benefits and is an excellent antioxidant. Cocoa beans contain a compound called flavonoids that resist cell damage caused by free radicals. If positive to cocoa, we recommend removing raw cocoa and chocolate during an elimination diet.



CORN

0.176

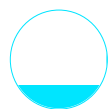
Corn is high in fiber and sugar, and it contains vitamins B and C, magnesium, and potassium. There are many other vegetable alternatives. If positive to corn, we recommend removing all sources of corn during your elimination diet. This includes corn meal, corn starch, corn flour, and grits.



PEANUT

0.176

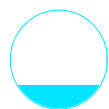
Peanuts are low-cost and highly nutrient nuts that are consumed throughout the world. In recent years, many children have developed nut and peanut allergies, which has reduced the popularity of the peanut in the U.S. over the last decade. There are many other nut alternatives if removing this item during an elimination diet.



COLA

0.176

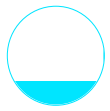
We test the cola nut (kola nut), which is used as a flavoring and source of caffeine in products other than "soda". Cola has no nutritional value. It is high in sugar and calorie content, and frequent consumption can result in obesity and heart disease. The high sugar content in cola can also cause dental cavities and poor gums.



SALMON

0.176

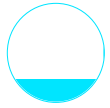
Salmon is a very popular fish that is an excellent source of vitamin B12, vitamin D, and selenium. It also contains niacin, omega-3 fatty acids, protein, phosphorus, and vitamin B6. Positive fish results may occur if taking fish oil supplement.



POTATO, WHITE

0.175

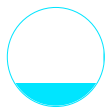
Potatoes are starchy vegetables that are high in carbohydrates. One medium potato with the skin contributes 2 grams of fiber or 8% of the daily value per serving. There are many other vegetable alternatives if removing this item during an elimination diet.



POTATO, SWEET

0.175

Sweet potatoes are an excellent source of vitamin A (in the form of beta-carotene). They are also a very good source of vitamin C, manganese, copper, pantothenic acid, and vitamin B6. There are many other vegetable alternatives if removing this item during an elimination diet.



BEAN, LIMA

0.175

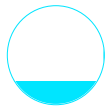
Lima beans belong to the legume family and are packed with minerals like iron, magnesium, potassium, etc. They are also a good source of fiber. There are many other vegetable alternatives if removing this item during an elimination diet.



CLAM

0.175

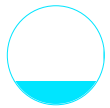
Clams are a shellfish and are a good source of protein, iron and Vitamin B12. Positive fish results may occur if taking fish oil supplement. Additionally, there is a high level of cross-reactivity between crustaceans -- shrimp, prawn, crab, lobster.



SESAME

0.175

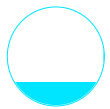
Sesame is often used to extract oil, and in many dishes, it is used as a seed to add a nutty flavor. The oil is quite common in cooking. If positive to sesame, we recommend removing all sources of it during an elimination diet. This includes anything made with sesame seeds or sesame oil. Be cautious of crackers, bagels, hummus, and cookies.



CUCUMBER

0.175

Cucumber has a high level of water content and is a great source of vitamin C. There are many other vegetable alternatives if removing this item during an elimination diet.

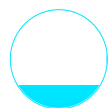


TOMATO

0.174

Tomato belongs to the nightshade family and is one of the most widely used fruits around the world. It's a great source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Potassium and Manganese. If positive to

tomato, we recommend removing all sources of tomato during an elimination diet. This includes tomato paste and tomato sauce.



BRAN

0.174

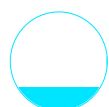
Wheat bran is one of the best sources of dietary fiber and is found in many cereals and other grain-based foods. Good alternatives are rice bran or oat bran as long as you are not sensitive to rice or oats.



APPLE

0.174

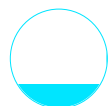
The Apple is one of the most widely cultivated tree fruits -- in fact, there are literally thousands of apple varieties. Apples tend to be high in sugar, mildly acidic, and low in tannins, and they are a good source of Vitamins A and C, carbohydrates, and fiber. If positive to apples, we recommend removing all sources of apple during your elimination diet. This includes apple juice and apple cider.



SOLE

0.174

Sole is a type of flatfish that is a low fat white fish with a mild taste, and it's a source of protein to add to a heart-healthy diet. Positive fish results may occur if taking fish oil supplement.



SQUASH

0.173

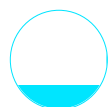
Squash is grown in five different species around the world and is extremely rich in Vitamin C, iron and Vitamin A. We test for winter squash on this panel. We recommend avoiding butternut, acorn, delicata, hubbart, etc, during an elimination diet. We do not test for zucchini or yellow squash.



CASHEW

0.173

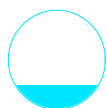
Cashews are nuts that are rich in minerals like magnesium, manganese, potassium and copper. If positive to cashews, we recommend removing all sources of cashews during your elimination diet. This includes cashew milk and cashew yogurt. Cashews are also known to cross react with pistachios so both should potentially be avoided. If other tree nuts were negative, they can be consumed every 4 days during an elimination diet.



MUSHROOM

0.173

Mushrooms are a fungi that provide important nutrients like selenium, potassium, iboflavin, niacin and vitamin D. We test for white mushrooms, *Agaricus bisporus*, on our panel. Related mushrooms include -- champignon, cremini, baby bella, brown cap, chestnut mushrooms. There are many other vegetable alternatives if removing this item during an elimination diet.



LOBSTER

0.173

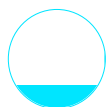
Lobster is a great source of copper, selenium, zinc, phosphorus, vitamin B12, magnesium, vitamin E. It also has small amount of omega-3 fatty acids. Positive fish results may occur if taking fish oil supplement. There is also a high level of cross-reactivity between crustaceans -- shrimp, prawn, crab, lobster.



CARROT

0.172

Carrots are good source of vitamin A and are excellent for supporting healthy vision. They can also promote bone growth and increase immunity. There are many other vegetable alternatives if removing this item during an elimination diet.



SAFFLOWER

0.172

Safflower is primarily produced for vegetable oil. Although sunflower and safflower are the same family, they are a different genus and species. There are many spice alternatives if removing this item during an elimination diet.



MUSTARD

0.172

Mustard is made from the seeds of different species of mustard plants. It is usually used as condiment or dressing for different kinds of sandwiches, burgers and cold meats. A teaspoon of mustard contains about 5 calories.



PEPPER, BLACK

0.172

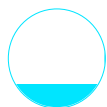
Black pepper is used as a spice or for seasoning purposes. The strong aroma and pepper flavor is due to the presence of piperine chemicals in its seeds. If positive to black pepper, we recommend avoiding black, white, and green peppercorns since they are all related. A good alternative would be pink peppercorn. Otherwise, there are many spices that could be used instead -- such as nutmeg, paprika, coriander, and cumin.



CHICKEN

0.172

Chicken is a good source of protein and phosphorus. It can be used in soups, salads, broths, etc. There are many other meat or fish alternatives if removing this item during an elimination diet.

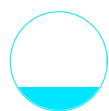


CHIA SEED

0.171

Chia seeds are considered a super food and are known for building stamina and increasing energy. These seeds have the potential to also reduce blood pressure and are a great source of Omega 3. There are many

other nut alternatives if removing this item during an elimination diet.



BLUEBERRY

0.171

Blueberries are a popular berry that can aid in prevention of memory loss and can help in lowering cholesterol. Blueberries are considered a 'superfood' by many medical practitioners. There are many other fruit alternatives if removing this item during an elimination diet.



TURKEY

0.171

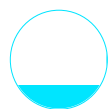
Turkey is low in fat and high in protein, and is a good source of iron, zinc, phosphorus, potassium and B vitamins. There are many other meat or fish alternatives if removing this item during an elimination diet.



CODFISH

0.171

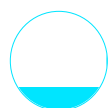
Codfish is a heart-healthy white fish with low saturated fat content, and it's also a very good source of protein. Positive fish results may occur if taking fish oil supplement.



ASPARAGUS

0.171

Asparagus is a spring vegetable produced from a flowering perennial plant. It is one of the best sources of natural folate and also provides other vitamins and nutrients. There are many other vegetable alternatives if removing this item during an elimination diet.



CANTALOUPE

0.171

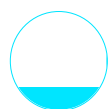
Cantaloupe is from the melon family and is considered a super food. Cantaloupe has vitamin A and C and is high in potassium as well. If there is a mild sensitivity to cantaloupe, other melons can be consumed every 4 days during an elimination diet. If it there is a moderate or high reactivity, we'd recommend avoiding all melons during an elimination diet.



HONEY

0.17

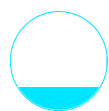
Honey is a sweet food made by bees foraging nectar from flowers. If positive to honey, we recommend avoiding it during an elimination diet. We do not test for sugar or agave on this panel and those can be used as alternatives if there is no known sensitivity to them.



PINEAPPLE

0.17

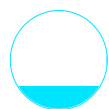
Pineapple is a juicy tropical fruit that is high in sugar -- it's recommended to eat high-sugar fruit in the morning so that blood sugar levels can normalize. There are many other fruit alternatives if removing this item during an elimination diet.



BARLEY

0.17

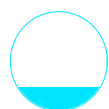
Barley is a major grain and is widely-regarded as one of the first cultivated grains. It is primarily used in brewing beer and cereal products. It contains hordein which is a prolamin glycoprotein that is present in barley and some other cereals. It is commonly referred to as a "type" of gluten but it contains less gluten than wheat. Watch for barley in rice milks and syrups (especially brown rice syrup), sauces, soups, cereals, protein bars and snack foods.



LAMB

0.168

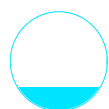
Lamb provides essential omega-3 fatty acids, similar beef. There are many other meat or fish alternatives if removing this item during an elimination diet.



LETTUCE

0.168

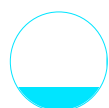
Lettuce primarily used in salads and has varying degrees of nutritional value depending on the type of lettuce. If positive to lettuce, we recommend avoiding romaine, iceberg, and boston bibb (soft round lettuce) during your elimination diet. Arugula, baby spinach, radicchio, endive are good alternatives as long as there is no sensitivity to spinach.



PEPPER, BELL

0.167

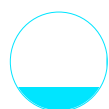
Bell pepper is a bulbous fruit that is a good source of daily vitamins when consumed raw. There are many other vegetable alternatives if removing this item during an elimination diet.



SPINACH

0.167

Spinach contains a healthy dose of Vitamin C and is considered a 'superfood' by most medical practitioners. There are many other vegetable alternatives if removing this item during an elimination diet. If negative for lettuce on this panel, romaine and iceberg may be good alternatives for salads.



AVOCADO

0.166

Avocados, a pear shaped fruit, are widely considered a 'health fat' and a good natural source of vitamins and nutrients. There are over 400 varieties of avocados around the world. There are many other fruit alternatives if removing this item during an elimination diet.



BEEF

0.165

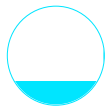
Beef is a red meat that can be a good source of iron and protein. Lean beef is high in iron and zinc minerals as well as many vitamins. There are many other meat or fish alternatives if removing this item during an elimination diet.



CABBAGE

0.165

Cabbage is rich source of vitamin K and calcium, and it is considered an antioxidant. There are many other vegetable alternatives if removing this item during an elimination diet.



PORK

0.164

Pork is the most commonly eaten meat in the world. Depending on the cut, pork can be relatively lean, and it's a great source thiamin, niacin, riboflavin, vitamin B-6, phosphorus, protein, zinc and potassium. There are many other meat or fish alternatives if removing this item during an elimination diet.



SCALLOP

0.164

Scallops are a mollusk that are very low in saturated fat. They are a good source of vitamin B12, calcium, iron, magnesium, potassium, zinc and copper, protein, phosphorus and selenium. Positive fish results may occur if taking fish oil supplement.



BROCCOLI

0.164

Broccoli is considered a super veggie. It contains vitamins C and K, is good source of fiber, and also has a fair amount of potassium. There are many other vegetable alternatives if removing this item during an elimination diet.



OATS

0.16

Oats contain avenin and are a very popular cereal grain. Similar to the wheat, oats are also used in different baking products such as breads, cookies and cakes. There is some debate as to whether or not oats should be lumped together with the gluten grains, as some people who are gluten sensitive can tolerate oats.



PEAR

0.16

Pears are one of the most popular fruits and are high in fiber, vitamin K and vitamin C. There are many other fruit alternatives if removing this item during an elimination diet.

