

FOOD INTOLERANCE TEST REPORT 200+

17 / 222
Intolerances Foods tested

| | | | |
|------------|-----------|----------|-------------|
| Name | | DOB | |
| JOHN SMITH | | | |
| Ordered by | | CC | |
| | | | |
| Collected | Completed | Reported | Accession # |
| | | | |

WHAT THIS REPORT MEANS TO YOU

A food intolerance or food sensitivity test reveals the way your body reacts to certain foods that you eat. Food intolerance may be the cause of unpleasant symptoms you may be experiencing.

Symptoms of food intolerance may include irritable bowel syndrome, bloating, anxiety, headaches/ migraines, fatigue, asthma, joint pain, arthritis, weight problems, fibromyalgia, and itchy skin.

High levels of IgG antibodies (a protein produced by your immune system), as measured by this test, may indicate that you have an intolerance to these foods.

INTOLERANCE VS. ALLERGY

Food intolerance is not the same as a food allergy. Allergic reactions are classified as Type I hypersensitivity and involve a substance in your body called IgE antibodies, which are different from the IgG antibodies involved in food intolerance.

Food allergies produce an immediate reaction after you eat the food (for example, peanuts and shellfish). Symptoms can include rashes, sneezing, and difficulty breathing, and can even be life threatening due to a strong response called "anaphylaxis."

Food intolerance reactions are classified as Type III hypersensitivity. They can occur within hours or days after consuming the food.

IN THIS REPORT

YOUR INTOLERANCES A

An IgG score above 24 U/mL indicates a positive test result for a food or ingredient you have recently eaten that you may be intolerant to.

YOUR FULL RESULTS B

Your IgG antibody level score and level of intolerance for all 222 of the foods tested.

CHANGING WHAT YOU EAT C

If you and your health care professional decide to change your diet, plan ahead and learn how to monitor the results.

FOODS TO WATCH OUT FOR D

Foods you're intolerant to can be ingredients in many different things. These are the foods to watch out for.

NUTRIENTS CONTAINED IN THESE FOODS E

If you eliminate foods from your diet, you also eliminate the amounts of nutrients they bring. Here is a list of nutrients contained in the foods you are intolerant to.

HOW TO REPLACE MISSING NUTRIENTS F

To make sure you're getting enough nutrients to replace the ones eliminated due to food intolerances, look up the nutrients in this list to see what foods are common sources.

PERSONAL GROCERY STORE GUIDE G

Use this bird's-eye view of your problem foods by grocery store section to get a clearer picture of the implications of your food sensitivities for your food shopping.

YOUR ACTION PLAN H

Your food intolerance test report is just the start. Plan your next step.

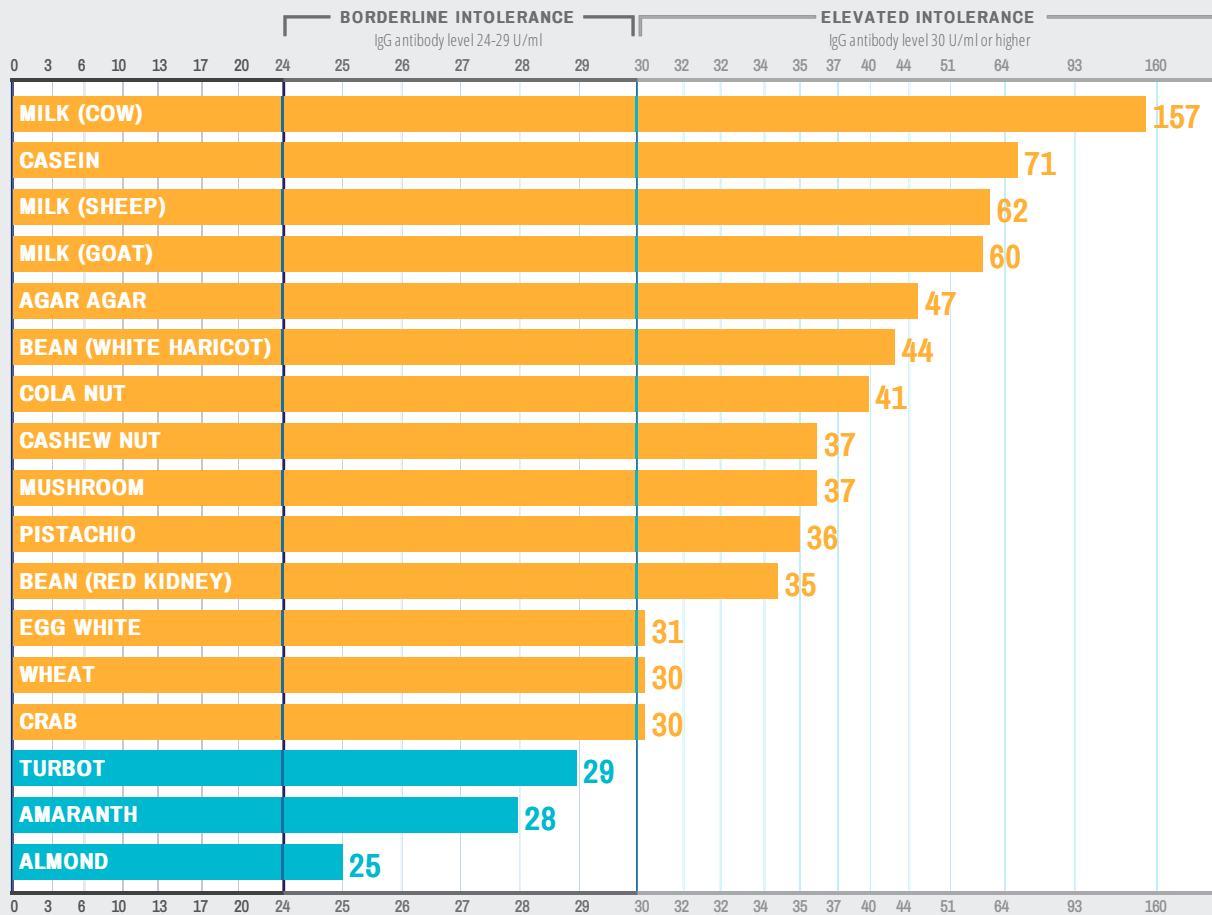
YOUR FOOD TRACKER I

Monitor your symptoms as you reintroduce foods to your diet.

A YOUR INTOLERANCES

U/ml = units per millilitre

These are the food ingredients for which you have elevated or borderline IgG levels, indicating intolerance.



B YOUR FULL RESULTS

IgG antibody levels in U/mL (units per millilitre)

0-23 Normal Levels 24-29 Borderline Intolerance 30+ Elevated Intolerance

Dairy/Eggs

| | | | |
|----|--------------------|-----|----------------|
| 0 | Alpha-lactalbumin | 0 | Milk (buffalo) |
| 2 | Beta-lactoglobulin | 157 | Milk (cow) |
| 71 | Casein | 60 | Milk (goat) |
| 31 | Egg white | 62 | Milk (sheep) |
| 18 | Egg yolk | | |

Legumes

| | | | |
|----|----------------------|----|-----------|
| 5 | Bean (broad) | 1 | Chickpea |
| 12 | Bean (green) | 0 | Lentil |
| 35 | Bean (red kidney) | 19 | Pea |
| 44 | Bean (white haricot) | 7 | Soya bean |

Meat

| | |
|----|-----------|
| 4 | Beef |
| 0 | Chicken |
| 0 | Duck |
| 0 | Goat |
| 0 | Horse |
| 0 | Lamb |
| 0 | Ostrich |
| 23 | Ox |
| 0 | Partridge |
| 2 | Pork |
| 0 | Quail |
| 0 | Rabbit |
| 1 | Turkey |
| 0 | Veal |
| 7 | Venison |
| 0 | Wild boar |

Nuts/Seeds

| | | | |
|----|---------------|----|----------------|
| 25 | Almond | 0 | Pine nut |
| 16 | Brazil nut | 36 | Pistachio |
| 37 | Cashew nut | 0 | Rapeseed |
| 0 | Chestnut | 0 | Sesame seed |
| 15 | Hazelnut | 9 | Sunflower seed |
| 0 | Macadamia nut | 17 | Tiger nut |
| 15 | Peanut | 0 | Walnut |

Miscellaneous

| | | | |
|----|----------------|----|------------------|
| 47 | Agar agar | 0 | Hops |
| 0 | Alga spirulina | 18 | Malt |
| 13 | Aloe vera | 0 | Tea (black) |
| 1 | Camomile | 0 | Tea (green) |
| 0 | Cocoa bean | 1 | Transglutaminase |
| 0 | Coffee | 0 | Yeast (baker's) |
| 41 | Cola nut | 15 | Yeast (brewer's) |
| 0 | Ginseng | | |

Seasonings

| | | | | | | | |
|---|--------------|----|----------------------|---|--------------------------|---|------------|
| 0 | Aniseed | 10 | Cinnamon | 0 | Honey | 3 | Peppermint |
| 0 | Basil | 0 | Clove | 0 | Liquorice | 0 | Rosemary |
| 0 | Bayleaf | 0 | Coriander (leaf) | 0 | Marjoram | 3 | Saffron |
| 6 | Cane sugar | 2 | Cumin | 0 | Mint | 0 | Sage |
| 0 | Carob | 5 | Curry (mixed spices) | 3 | Mustard seed | 0 | Tarragon |
| 0 | Cayenne | 0 | Dill | 0 | Nettle | 0 | Thyme |
| 0 | Chicory | 8 | Ginger | 1 | Nutmeg | 0 | Vanilla |
| 0 | Chilli (red) | 12 | Ginkgo | 0 | Peppercorn (black/white) | | |

Fish/Seafood

| | |
|----|----------------------|
| 0 | Anchovy |
| 0 | Barnacle |
| 13 | Bass |
| 2 | Carp |
| 0 | Caviar |
| 7 | Clam |
| 0 | Cockle |
| 11 | Cod |
| 30 | Crab |
| 2 | Cuttlefish |
| 0 | Eel |
| 0 | Haddock |
| 12 | Hake |
| 0 | Herring |
| 0 | Lobster |
| 17 | Mackerel |
| 0 | Monkfish |
| 19 | Mussel |
| 6 | Octopus |
| 0 | Oyster |
| 0 | Perch |
| 0 | Pike |
| 1 | Plaice |
| 0 | Razor clam |
| 22 | Salmon |
| 0 | Sardine |
| 1 | Scallop |
| 0 | Sea Bream (gilthead) |
| 15 | Sea Bream (red) |
| 0 | Shrimp/prawn |
| 5 | Sole |
| 0 | Squid |
| 1 | Swordfish |
| 0 | Trout |
| 15 | Tuna |
| 29 | Turbot |
| 7 | Winkle |

Grains

| | | | |
|----|-------------|----|------------|
| 22 | Barley | 8 | Oat |
| 2 | Couscous | 2 | Rye |
| 12 | Durum wheat | 0 | Spelt |
| 0 | Flax seed | 30 | Wheat |
| 0 | Gliadin | 0 | Wheat bran |

Grains (Gluten-free)

| | | | |
|----|-----------|----|---------|
| 28 | Amaranth | 0 | Quinoa |
| 0 | Buckwheat | 13 | Rice |
| 0 | Millet | 0 | Tapioca |
| 0 | Polenta | | |

Fruit

| | | | |
|---|-------------------------|---|------------------------|
| 0 | Apple | 0 | Melon (galia/honeydew) |
| 0 | Apricot | 0 | Mulberry |
| 0 | Banana | 0 | Nectarine |
| 0 | Blackberry | 0 | Olive |
| 0 | Blackcurrant | 0 | Orange |
| 0 | Blueberry | 0 | Papaya |
| 0 | Cherry | 0 | Peach |
| 0 | Coconut | 0 | Pear |
| 0 | Cranberry | 0 | Pineapple |
| 0 | Date | 9 | Plum |
| 7 | Fig | 5 | Pomegranate |
| 0 | Grape (black/red/white) | 0 | Raisin |
| 0 | Grapefruit | 1 | Raspberry |
| 4 | Guava | 0 | Redcurrant |
| 0 | Kiwi | 0 | Rhubarb |
| 0 | Lemon | 0 | Strawberry |
| 2 | Lime | 0 | Tangerine |
| 0 | Lychee | 0 | Watermelon |
| 2 | Mango | | |

Vegetables

| | | | |
|----|-----------------------|----|-----------------------------|
| 13 | Alga espagouette | 0 | Garlic |
| 2 | Alga wakame | 0 | Leek |
| 1 | Artichoke | 0 | Lettuce |
| 0 | Asparagus | 0 | Marrow |
| 0 | Aubergine | 37 | Mushroom |
| 0 | Avocado | 0 | Onion |
| 0 | Beetroot | 0 | Parsley |
| 3 | Broccoli | 2 | Pepper (green/red/yellow) |
| 2 | Brussel sprout | 10 | Potato |
| 0 | Cabbage (red) | 23 | Radish |
| 10 | Cabbage (savoy/white) | 0 | Rocket |
| 0 | Caper | 7 | Shallot |
| 6 | Carrot | 0 | Spinach |
| 0 | Cauliflower | 11 | Squash (butternut/carnival) |
| 17 | Celery | 0 | Sweet potato |
| 0 | Chard | 0 | Tomato |
| 2 | Corn (maize) | 2 | Turnip |
| 0 | Cucumber | 0 | Watercress |
| 0 | Fennel (leaf) | 0 | Yuca |

C CHANGING WHAT YOU EAT

With the results from your Food Intolerance Test in **A** YOUR INTOLERANCES and **B** YOUR FULL RESULTS, you can make some changes to your eating patterns. You can use **H** YOUR ACTION PLAN to help plan this out. The kind of change you will want to make will depend on your intolerance level:

Elevated

- A strong antibody reaction to that particular food. These are the primary problem foods. You should eliminate them from your diet for at least 3 months.

Borderline

- A lower antibody reaction to that particular food. You should reduce and rotate these foods for at least 3 months to avoid an increase in the intolerance.

Normal

- no significant reaction to that particular food. You can eat these foods without restriction unless you know that a particular food has caused a reaction in the past.

Eliminating foods

If you have many elevated results, you may find it too challenging to eliminate all foods at once. In that case, you may find it easier to:

- a. avoid the top 4 or 5 foods with the highest antibody concentrations, and
- b. reduce and/or rotate the remaining foods showing lower antibody concentrations.

To rotate foods, eat them no more than once every 4 days. For example, to rotate wheat, you could have wheat bread on day 1; oat cakes on day 2; corn bread on day 3; rye bread on day 4; pasta on day 5; etc.

Some people feel worse for a few days when they eliminate a food. Although it can be difficult to give up certain foods, you need to persevere. Substitute your reactive food with other foods that have not shown a reaction. Trying new foods may help to decrease cravings and add pleasure to your eating.

The majority of people find symptom relief within 1 to 3 months after cutting out the foods to which they show a food antibody reaction.

Before you change your diet

Nutrition and health go hand in hand, and there are some standard rules you should follow before you change your dietary regime.

- If you have a medical condition, are pregnant, or are on medication, you should discuss your proposed dietary change with a health professional such as a doctor, nutritionist, or dietitian.
- Plan and organize your meals in advance as much as possible. Collect recipe ideas using your non-reactive foods and shop ahead, so you won't be stuck wondering what to eat.
- Know the range of foods you can eat. While you may be intolerant to a few foods, there will be many foods that you should be free to eat. Focus on all the good things you can eat rather than sticking on what you can't eat.
- When eliminating a food from your diet, try to replace it with another food from the same food group that does not show a reaction.
- Continue to avoid a food if you have evidence that it is having an effect on you, even if it shows no reaction in your Food Intolerance Test.
- Get to know what food products contain your reactive foods (see **D** FOODS TO WATCH OUT FOR). Many ready-made meals and sauces contain a variety of ingredients that you may not have associated with the product, so make sure to always check the labels.
- It is very important to maintain a healthy, nutritious, and varied diet. When you eat a variety of foods, you obtain a wide range of nutrients and reduce the risk of further intolerances. To find out what nutrients you may need to focus on, see **E** NUTRIENTS CONTAINED IN THESE FOODS. To find other foods that contain these nutrients, see **F** HOW TO REPLACE MISSING NUTRIENTS.

Monitoring your diet and symptoms

After you have eliminated problem foods for about 3 months and your symptoms have subsided, you can start adding back the foods you eliminated. You can use section **I YOUR FOOD TRACKER** to keep a record of your foods and symptoms to help monitor your progress.

Reintroducing foods

Reintroduction should be a gradual process, adding one food at a time and monitoring your symptoms over a 2-week period. If you experience symptoms again, you may want to avoid that food for a longer period of time. If you don't experience symptoms, you can continue to eat the food occasionally, and try reintroducing another food to your diet.

Hints:

- Be patient when reintroducing foods.
- Do not overindulge. Eat the food just occasionally to avoid future problems.
- Reintroduce the food with the lowest antibody concentration first, and work your way up to the highest concentration.
- You may have to eliminate some foods from your diet indefinitely.

Avoiding new intolerances

As you change your diet and introduce new foods, it is possible to develop intolerances to the new foods. Some helpful tips:

- Avoid eating one food too regularly.
- Rotate foods to eat every few days.
- Make sure to eat a variety of foods so you will get the full range of important vitamins and minerals.

Note: Your symptoms may be caused by a different medical disorder. Talk to your physician about other possible causes of symptoms.

D FOODS TO WATCH OUT FOR

Foods you're intolerant to can be ingredients in many different things. If you and your health care professional decide that you want to eliminate some or all of the foods you're intolerant to from your diet, these are the foods to watch out for.

Milk (cow)



Intolerance 157 Elevated

Food section Dairy/Eggs

Common Sources

| | | | |
|----------------|----------------|-----------------|----------------|
| baked goods | butter | cheese | coffee cream |
| cottage cheese | cream | cream cheese | dairy products |
| ice cream | milk chocolate | salad dressings | sauces |
| soups | | | |

Casein



Intolerance 71 Elevated

Food section Dairy/Eggs

Common Sources

| | | | |
|----------------|------------|---------------|-----------------|
| cottage cheese | milk | milk products | protein powders |
| ricotta cheese | sour cream | yogurt | |

Milk (sheep)



Intolerance 62 Elevated

Food section Dairy/Eggs

Common Sources

| | | | |
|--------|--------|-----------|-------|
| butter | cheese | dressings | soups |
| yogurt | | | |

Milk (goat)



Intolerance 60 Elevated

Food section Dairy/Eggs

Common Sources

| | | | |
|--------|-------------|-------------|--------|
| cheese | feta cheese | goat's brie | yogurt |
|--------|-------------|-------------|--------|

D FOODS TO WATCH OUT FOR

Agar agar



Intolerance **47 Elevated**

Food section **Miscellaneous**

Common Sources

| | | |
|-------------|-------------|-------|
| agar flakes | agar powder | sushi |
|-------------|-------------|-------|

Bean (white haricot)



Intolerance **44 Elevated**

Food section **Legumes**

Common Sources

| | | | |
|-------------|--------|-------------|-------|
| main dishes | salads | side dishes | soups |
|-------------|--------|-------------|-------|

Cola nut



Intolerance **41 Elevated**

Food section **Miscellaneous**

Common Sources

| |
|-------------|
| soft drinks |
|-------------|

Mushroom



Intolerance **37 Elevated**

Food section **Vegetables**

Common Sources

| | | | |
|-------------|-------------|-------|-------|
| main dishes | side dishes | soups | stews |
|-------------|-------------|-------|-------|

D FOODS TO WATCH OUT FOR

Cashew nut



Intolerance **37 Elevated**

Food section **Nuts/Seeds**

Common Sources

| | | | |
|-------------|--------------------|-------------|-------------|
| baked goods | fruit and nut bars | main dishes | nut butters |
| nut mixes | trail mix | | |

Pistachio



Intolerance **36 Elevated**

Food section **Nuts/Seeds**

Common Sources

| | | | |
|--------------------|-------------|-----------|-----------|
| fruit and nut bars | nut butters | nut mixes | trail mix |
|--------------------|-------------|-----------|-----------|

Bean (red kidney)



Intolerance **35 Elevated**

Food section **Legumes**

Common Sources

| | | | |
|-------------|--------|-------------|-------|
| main dishes | salads | side dishes | soups |
|-------------|--------|-------------|-------|

Egg white



Intolerance **31 Elevated**

Food section **Dairy/Eggs**

Common Sources

| | | | |
|-------------|----------|-----------------|---------|
| baked goods | meringue | noodles | omelets |
| pancakes | pasta | salad dressings | |

D FOODS TO WATCH OUT FOR

Crab



Intolerance **30 Elevated**

Food section **Fish/Seafood**

Common Sources

| | | | |
|---------------|--------------|------------|------|
| bouillabaisse | Chinese food | crab cakes | dips |
| salads | soups | sushi | |

Wheat



Intolerance **30 Elevated**

Food section **Grains**

Common Sources

| | | | |
|-------------------------|-------|--------------------|--------------|
| baked goods | bread | cereals | maltodextrin |
| nutritional supplements | pasta | pre-packaged foods | |

Turbot



Intolerance **29 Borderline**

Food section **Fish/Seafood**

Common Sources

| | | | |
|---------|---------------|----------|-------------|
| bisques | bouillabaisse | chowders | main dishes |
| soups | | | |

Amaranth



Intolerance **28 Borderline**

Food section **Grains (Gluten-free)**

Common Sources

| | | |
|-------|-------|-------------|
| bread | pilaf | side dishes |
|-------|-------|-------------|

D FOODS TO WATCH OUT FOR

Almond



Intolerance **25 Borderline**

Food section **Nuts/Seeds**

Common Sources

| | | | |
|-------------|--------------------|-------------|-------------|
| baked goods | fruit and nut bars | main dishes | nut butters |
| nut mixes | salads | side dishes | trail mix |

E NUTRIENTS CONTAINED IN THESE FOODS

If you eliminate foods from your diet, you also eliminate the amounts of nutrients they bring. The level of each nutrient that you've been getting from any given food will depend on how much of that food you usually eat and how much of the nutrient there is in the kind you eat. Talk with your diet specialist to get an idea of which nutrients you might not be getting enough of after eliminating food intolerances.

| Your intolerant foods | Basic | | | | Vitamins | | | | | | | | | | Minerals | | | | | | | | | | | |
|-----------------------|--------------|-------|---------|------------------|------------|-----------|----------------------|-------------------------|---------------------|---------------------------|-------------------------|-------------------------|-----------|-----------|-----------|-----------|---------|--------|--------|------|-----------|------------|-----------|----------|--------|------|
| | Carbohydrate | Fibre | Protein | Unsaturated fats | Folic acid | Vitamin A | Vitamin B1 (thiamin) | Vitamin B2 (riboflavin) | Vitamin B3 (niacin) | Vitamin B5 (pantothenate) | Vitamin B6 (pyridoxine) | Vitamin B12 (cobalamin) | Vitamin C | Vitamin D | Vitamin E | Vitamin K | Calcium | Copper | Iodine | Iron | Magnesium | Phosphorus | Potassium | Selenium | Sodium | Zinc |
| Milk (cow) | X | | X | | | X | X | X | X | X | X | X | | X | X | X | X | | | | X | X | X | | | |
| Casein | X | | X | | | X | X | X | X | X | X | X | | X | | X | X | | | | X | X | X | | X | |
| Milk (sheep) | | | X | | | X | X | X | X | X | X | X | | X | | | X | X | | | X | X | X | | X | |
| Milk (goat) | X | | X | | | X | X | X | X | X | X | X | X | X | | X | X | | | | | X | X | X | | |
| Agar agar | | X | | | | | | | | | | | | | | | X | | | X | X | | | | X | |
| Bean (white haricot) | X | X | X | | X | X | | | | | | | | | | | X | X | | X | X | X | | | | |
| Cola nut | | X | X | X | | | | | | | | | | | | | X | | | X | X | X | X | | | X |
| Mushroom | | X | | | | | | X | X | X | X | | | X | | | | X | | | | X | | X | X | X |
| Cashew nut | | X | | X | | | | | X | | | | | | X | | | | | X | X | | | X | | |
| Pistachio | | X | | X | | X | | X | | | | | | | | | X | | | | X | X | | | | X |
| Bean (red kidney) | X | X | X | | X | X | | | | | | | | | | | X | | | X | X | X | | | | |
| Egg white | | | X | | | X | X | X | X | X | X | | | | | | | | | | | X | | X | X | |
| Crab | | | X | | | X | X | | X | X | X | | | | | | X | X | | X | X | X | X | X | X | X |
| Wheat | X | X | | | | X | | | | | | | | | | | | | | X | | | X | | X | |
| Turbot | | | X | X | | | | | X | X | X | | X | | | | X | X | | X | X | X | X | X | X | X |
| Amaranth | X | X | | | | | | | | | | | | | | X | X | X | | X | X | X | | | | X |
| Almond | | X | | X | | | | X | | | | | | | | | | | | | X | X | | X | | |

F HOW TO REPLACE MISSING NUTRIENTS

If you need to make sure you're getting enough nutrients to replace the ones eliminated due to food intolerances, look up the nutrients in this list to see what foods are common sources of them. This will help you plan with your diet specialist your best way to make sure you're getting the nutrition you need. Make sure to discuss your plans with your health care professional, in case there are other food issues you need to take into consideration as well, such as allergies, cholesterol or blood pressure issues, and medication interactions.

| | Nutrients | Common sources |
|-------------------|----------------------------------|---|
| Basic | Carbohydrate | wheat products (e.g., bread, pasta), rice, oatmeal, potatoes, fruit, vegetables |
| | Fibre | wheat bran, rice bran, psyllium, flax seeds, chia seeds, dark green leafy vegetables |
| | Protein | eggs, fish, meat, tofu, beans/legumes |
| | Unsaturated fats | avocado, raw nuts/seeds, fatty fish (e.g., salmon), extra virgin olive oil |
| Vitamins | Folic acid | spinach, kale, beet greens, swiss chard, asparagus, broccoli, garbanzo beans (chick peas), sunflower seeds, liver, peanuts |
| | Vitamin A | egg yolks, whole milk, cream, butter, cod liver oil, carrots, liver, butternut squash, cantaloupe |
| | Vitamin B1 (thiamin) | wheat germ, wheat bran, brewer's yeast, brown rice, black-strap molasses, pistachios, sunflower seeds, macadamia nuts, pecans |
| | Vitamin B2 (riboflavin) | brewer's yeast, beef liver, oily fish (trout, herring, eel, shad), almonds, cheese (roquefort, brie, limburger), sun-dried tomatoes |
| | Vitamin B3 (niacin) | liver and other organ meats, poultry, peanuts, tuna, salmon, halibut, veal, sun-dried tomatoes |
| | Vitamin B5 (pantothenate) | organ meats, brewer's yeast, fish, chicken, sweet potatoes, cheese, mushrooms, avocados |
| | Vitamin B6 (pyridoxine) | organ meats, brewer's yeast, wheat germ, whole grains, sprouted whole wheat, pistachios, garlic (raw), molasses |
| | Vitamin B12 | meat, egg yolks, organ meats, seafood (clams, mussels, oysters, octopus), fermented foods (tempeh, miso), lamb |
| | Vitamin C | oranges, lemons, limes, grapefruits, strawberries, raspberries, blackberries, peppers, guava, broccoli, cauliflower, Brussels sprouts, papaya |
| | Vitamin D | cod liver oil, egg yolks, butter, oily fish (mackerel, salmon, sardines), fortified cereals, fortified dairy, salami, ham, sausages |
| | Vitamin E | egg yolks, milk fat, liver, oils extracted from nuts or seeds, red palm oil, cooked spinach |
| | Vitamin K | milk products, egg yolks, cod liver oil, green leafy vegetables (kale, broccoli, kelp, alfalfa), prunes |
| | Minerals | Calcium |
| Copper | | buckwheat, seafood, liver and other organ meats, sesame seeds, cocoa powder and chocolate |
| Iodine | | seafood, sea vegetables (kelp, nori, chlorella), fortified salt |
| Iron | | seafood (oysters, clams, mussels, shrimp), liver, black-strap molasses, squash and pumpkin seeds, spinach, dark chocolate and cocoa powder, egg yolks |
| Magnesium | | bran (rice, wheat, and oat), cocoa powder and dark chocolate, dark green vegetables, most nuts, most seeds, most legumes, fermented soy, soy flour, tofu |
| Phosphorus | | bran (rice and oat), seeds (pumpkin, sunflower), milk products (cheese and yogurt), nuts (brazil and pine), bacon, eggs, whey protein, fish |
| Potassium | | white beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushrooms, sweet potato, parsley, avocado |
| Selenium | | Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice |
| Sodium | | sea salt, bouillon cubes, salad dressing, gravies, sea vegetables (kelp, nori, chlorella), salami, bacon and cured meats, seafood, soy and soya products, snack foods (pretzels, potato chips, popcorn) |
| Zinc | | brewer's yeast, dark meat, kelp, eggs, mushrooms, oysters, roasted pumpkin and squash seeds, dark chocolate |

G YOUR GROCERY STORE ACTION MAP

Use this bird's-eye view of your problem foods by grocery store section to get a clearer picture of the implications of your food sensitivities for your food shopping.

DAIRY/EGGS

Milk (cow) Casein Milk (sheep)
Milk (goat) Egg white

LEGUMES

Bean (white haricot) Bean (red kidney)

MEAT

NUTS/SEEDS

Cashew nut Pistachio Almond

MISCELLANEOUS

Agar agar Cola nut

SEASONINGS

FISH/SEAFOOD

Crab Turbot

GRAINS

Wheat

GRAINS (GLUTEN-FREE)

Amaranth

FRUIT

VEGETABLES

Mushroom

H YOUR ACTION PLAN

Your food intolerance test report is just the start.

Now it's time to look at how you actually eat and what this means for you. A food you don't often eat will have less of an impact than one you eat every day. An essential nutrient you can get from many common foods may be less of a concern than one you get from just one or two foods. You also need to take into account other factors such as allergies, cholesterol or blood pressure issues, and medications you're taking.

Discuss your results and your eating habits with your health care professional and make an action plan for dealing with your food intolerances.

Use these pages to make your plan for action.

| | | | |
|------------------------|----------|----------|----------|
| Follow-up appointments | DD-MM-YY | DD-MM-YY | DD-MM-YY |
|------------------------|----------|----------|----------|

| Food/ Recommended action | Steps to achieve the action (foods to avoid, how) | Nutritional concerns (missing nutrients) | How to address nutritional concerns (replacement foods, etc.) | Things to look out for (signs it's working or not; problems that may arise) |
|---|---|--|---|---|
| Food name: <hr/> <hr/> Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |
| Food name: <hr/> <hr/> Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |
| Food name: <hr/> <hr/> Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |
| Food name: <hr/> <hr/> Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |

H YOUR ACTION PLAN

| Food/ Recommended action | Steps to achieve the action (foods to avoid, how) | Nutritional concerns (missing nutrients) | How to address nutritional concerns (replacement foods, etc.) | Things to look out for (signs it's working or not; problems that may arise) |
|--|---|--|---|---|
| Food name: _____ _____ Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |
| Food name: _____ _____ Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |
| Food name: _____ _____ Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |
| Food name: _____ _____ Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |
| Food name: _____ _____ Action: <input type="checkbox"/> None <input type="checkbox"/> Reduce <input type="checkbox"/> Eliminate <input type="checkbox"/> Rotate | | | | |

I YOUR FOOD TRACKER

If you have eliminated foods from your diet, you may decide with your dietary specialist to start adding them again one at a time to see whether you can tolerate them. You will likely find it best to monitor your symptoms for 2 weeks before reintroducing another food.

Use this food tracker to monitor your responses to foods. As you reintroduce each one, record how often you are eating it and what symptoms, if any, you experience that may be caused by eating it. After you have had enough time to evaluate how the food affects you, you can decide whether the food is OK or should be stopped again.

| Food | Start date | Preparation | How often eaten | Symptoms (Include severity and frequency) | OK to eat? | Stop date (If stopped) |
|-------|------------|---|--|--|---|---------------------------|
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |

I YOUR FOOD TRACKER

| Food | Start date | Preparation | How often eaten | Symptoms (Include severity and frequency) | OK to eat? | Stop date (If stopped) |
|-------|------------|---|---|--|---|---------------------------|
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |
| _____ | DD-MM-YY | <input type="checkbox"/> Cooked <input type="checkbox"/> Raw | <input type="checkbox"/> Daily <input type="checkbox"/> Every 2nd day <input type="checkbox"/> Every 3rd day <input type="checkbox"/> _____ _____ | _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | DD-MM-YY |