

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

You have a mild reaction to Candida Albicans. We recommend that you also limit these foods (if listed)

BAKER'S YEAST BREWER'S YEAST CANE SUGAR
 MUSHROOM ~~WHEAT~~

You have a strong reaction to Gluten/Gliadin. We recommend that you avoid [Wheat, Barley, Rye, Spelt, Oats]

RYE SPELT

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

COW'S MILK GOAT'S MILK