

\*\*\*\*\*This is the **Platinum Sample Report**, including 200 Foods + 20 Food Additives/Chemicals + 10 Environmental Chemicals + 20 Moulds + 20 Antibiotics/Anti-Inflammatories + 50 Herbs - General.

The sample report for other ALCAT tests depends on which of these cartridges are chosen for that test\*\*\*\*\*



# Food Sensitivity Test Food Report

Patient:

Test Date: 8/07/2016

Doctor/Clinic:

File:

Severe Intolerance	Moderate Intolerance	Mild Intolerance	No Intolerance
BLACK BEANS TEFF TURMERIC	ANCHOVY BRAZIL NUT CRANBERRY DATE JALAPENO PEPPER KIWI PEAR RADISH ROSEMARY	ACORN SQUASH APRICOT ARTICHOKE BANANA BAY LEAF BLACK-EYED PEAS Cardamom CAROB EGGPLANT / AUBERGINE FIG GARLIC HADDOCK MALT MANGO MUNG BEAN OLIVE PAPAYA PARSNIP PINEAPPLE PLUM POMEGRANATE PORTOBELLO MUSHROOM PUMPKIN SORGHUM SOYBEAN SPELT SQUID SWISS CHARD SWORDFISH VENISON WILD RICE	<p style="text-align: center;"><b><u>Vegetables</u></b></p> <p>ASPARAGUS      BEETROOT      BELL PEPPERS      BOK CHOY BROCCOLI      BRUSSELS SPROUTS      Butternut Squash      CABBAGE CARROT      CAULIFLOWER      CELERY      CHICKPEA CUCUMBER      ENDIVE      FAVA BEAN      FENNEL Green Pea      ICEBERG LETTUCE      KALE      KIDNEY BEAN LEAF LETTUCE      LEEK      LENTIL BEAN      LIMA BEAN MUSHROOM      NAVY BEAN      OKRA      ONION PINTO BEAN      ROMAINE LETTUCE      SCALLIONS      SPINACH STRING BEAN      SWEET POTATO      TOMATO      TURNIP WHITE POTATO      Yellow Squash      ZUCCHINI / COURGETTE</p> <p style="text-align: center;"><b><u>Fruit</u></b></p> <p>APPLE      AVOCADO      BLACKBERRY      BLUEBERRY CANTALOUPE      CHERRY      GRAPE      GRAPEFRUIT HONEYDEW (MELON)      LEMON      LIME      NECTARINE ORANGE      PEACH      RASPBERRY      STRAWBERRY</p> <p style="text-align: center;"><b><u>Meat</u></b></p> <p>BEEF      BUFFALO      CHICKEN      CHICKEN LIVER DUCK      LAMB      PORK      TURKEY VEAL</p> <p style="text-align: center;"><b><u>Dairy products</u></b></p> <p>EGG WHITE      EGG YOLK</p> <p style="text-align: center;"><b><u>Seafood</u></b></p> <p>CATFISH      CLAM      COD      CRAB FLOUNDER      HALIBUT      LOBSTER      MACKEREL MAHI MAHI      MUSSELS      OYSTER      SALMON SARDINE      SCALLOP      SEA BASS      SHRIMP SNAPPER      SOLE      TILAPIA      TROUT TUNA</p> <p style="text-align: center;"><b><u>Grains</u></b></p> <p>AMARANTH      BARLEY      Brown/White Rice      BUCKWHEAT CORN      FLAXSEED      MILLET      OAT QUINOA      RYE      TAPIOCA      WHEAT</p> <p style="text-align: center;"><b><u>Herbs and Spices</u></b></p> <p>BASIL      BLACK PEPPER      CAYENNE PEPPER      CHILLI PEPPER CILANTRO      CINNAMON      CLOVE      CORIANDER CUMIN      DILL      GINGER      KELP MINT      MUSTARD      NUTMEG      OREGANO PAPRIKA      PARSLEY      SAFFRON      SAGE THYME</p> <p style="text-align: center;"><b><u>Nuts / Oils and Misc. Foods</u></b></p> <p>ALMOND      BAKER'S YEAST      BREWER'S YEAST      CANE SUGAR CARAWAY      CASHEW      CHAMOMILE      COCOA COCONUT      COFFEE      FRUCTOSE      HAZELNUT HONEY      HOPS      LIQUORICE      MACADAMIA MAPLE SUGAR      PEANUT      PECAN      PINE NUT PISTACHIO      PSYLLIUM      SAFFLOWER      SESAME SUNFLOWER      TEA      VANILLA      WALNUT WATERCRESS</p>
You have no reaction to Candida Albicans.			
You have no reaction to Gluten or Gliadin.			
You have no reaction to Casein and a mild reaction to Whey, limit these foods:  COW'S MILK      GOAT'S MILK			



Severe Intolerance	Moderate Intolerance	Mild Intolerance	Functional Foods and Medicinal Herbs			
GINKGO BILOBA GOJI BERRY GRAPE SEED EXTRAC LO HAN ROOIBOS TEA	ACAI BERRY CHLORELLA CHONDROITIN ECHINACEA ANGUSTIFOLI/ ESSIAC GOLDENSEAL GUARANA SEED LUTEIN RESVERATROL	AGAVE BLACK WALNUT ELDERBERRY FEVERFEW GLUCOSAMINE GYMNEMA SYLVESTR HUPERZINE KAVA KAVA MILK THISTLE NONI BERRY PAU D'ARCO BARK PINE BARK RED YEAST RICE RHODIOLA SCHIZANDRA BERRY ST JOHNS WORT VALERIAN WORMWOOD YELLOW DOCK	ALOE VERA BEE POLLEN HAWTHORN BERRY SENNA WHEATGRASS	ASHWAGANDHA BILBERRY MAITAKE MUSHROOM SPIRULINA	ASTRAGALUS CASCARA MULLEIN LEAF STEVIA LEAF	BARLEY GRASS DANDELION REISHI MUSHROOM VINPOCETINE
			<b>Herbs Male/Female</b>			

**RED** indicates a severe intolerance and these items should be avoided for a minimum of 6 months  
**YELLOW** indicates a mild intolerance and these foods should be avoided if possible  
**ORANGE** indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months  
**GREEN** indicates acceptable foods / no reaction

Additives a Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<p><b>Severe Intolerance</b></p>	<p><b>Severe Intolerance</b></p>	<p><b>Severe Intolerance</b> FLUORIDE</p>	<p><b>Severe Intolerance</b></p>	<p><b>Severe Intolerance</b></p>
<p><b>Moderate Intolerance</b> ASPARTAME (E951) BENZOIC ACID (E210) BHA</p>	<p><b>Moderate Intolerance</b></p>	<p><b>Moderate Intolerance</b> FOOD BLUE 5 (E131)</p>	<p><b>Moderate Intolerance</b></p>	<p><b>Moderate Intolerance</b></p>
<p><b>Mild Intolerance</b> BLUE #2 INDIGO CARMINE (E132) POLYSORBATE 80 (E433) YELLOW#6 SUNSET YELLOW</p>	<p><b>Mild Intolerance</b> HELMINTHOSPORIUM MONILIA SITOPHILA TRICHODERMA</p>	<p><b>Mild Intolerance</b></p>	<p><b>Mild Intolerance</b> AMPICILLIN NAPROXEN (ALEVE)</p>	<p><b>Mild Intolerance</b> KETOPROFEN</p>
<p><b>No Intolerance</b> ANNATTO BHT BLUE #1 BRILLIANT BLUE (E133) BRILLIANT BLACK (E151) CARMINE (E120) CITRIC ACID ERYTHRITOL FAST GREEN (E142) FOOD RED 3 (E122) MSG (E621) RED#40 ALLURA RED SACCHARINE (E954) SODIUM SULPHITE (E221) SORBIC ACID (E200) SUCRALOSE XYLITOL YELLOW #5 TARTRAZINE (E102)</p>	<p><b>No Intolerance</b> ALTERNARIA ASPERGILLUS BORTRYTIS CEPHALOSPORIUM CLADO HERBARUS CLADO HORMODENDRUM CURV SPECIFERA EPICCOCCUM NIGRUM FUSARIUM OXYSPORIUM MUCOR RACEMOSUS PENICILLIUM PHOMA HERBARUM PULLULARIA RHOD RUBRA RHYZOPUS NIGRICAN SPONDYLOCLIDIUM</p>	<p><b>No Intolerance</b> AMM CHLORIDE (E510) CHLORINE (E925) DELTAMETHRIN NICKEL SULFATE ORRIS ROOT</p>	<p><b>No Intolerance</b> ACETAMINOPHEN AMOXICILLIN CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NEOMYCIN NYSTATIN PENICILLAMINE PENICILLIN PIROXICAM (SELDENE) STREPTOMYCIN SULFAMETHOXAZOLE TETRACYCLINE VOLTAREN</p>	<p><b>No Intolerance</b> ASPIRIN</p>

## Foods to Avoid

File:

Test Date: 8/07/2016

Patient:

Doctor/Clinic:

ANCHOVY

### BLACK BEANS

Black, or turtle, beans are small roughly ovoid legumes with glossy black shells. The scientific name for black beans is *Phaseolus vulgaris*, an epithet shared with many other popular bean varieties such as pinto beans, white beans, and kidney beans. Black beans are associated with Latin American cuisine in particular, although they can complement foods from many places. They are available in most grocery stores in dried and canned forms.

### BRAZIL NUT



Brazil nut is a large nut with brown skin, and can be used in recipes that call for coconut or macadamia nuts, as they are high in fat content resulting in a rich flavor. Brazil nuts are high in Selenium.

### CRANBERRY



Avoid cranberry sauce. Can be used in pies, ices, liqueurs and jellies. For reintroduction into diet, place into Day 2.

### DATE



Dates are a yellow / brown fruit and contain a single seed. Three [3] types of Dates exist soft, semi- dry and dry. Dates are a premium source of Vitamin C: Popular varieties include Medjool, Deglet and Noor. Can be bought fresh or dried.

### JALAPENO PEPPER

### KIWI



Avoid also chinese gooseberry. Can be found in fruit salads. For reintroduction into diet, place into Day 1.

### PEAR



Avoid also pear juice. Can be used in cooking and pickling. Used in desserts, fruit salad, preserves and confectionary. For reintroduction into diet, place into Day 2.

### RADISH



Radish have a variety of colours, red, pink, white or grey-black. There is also a Daikon or (giant white radish). Example sources: Salads, garnishes, soups and curries.

### ROSEMARY

## Foods to Avoid

File:

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TEFF

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### TURMERIC

Used in curries, pickles and curry powder. For reintroduction into diet, place into Day 1. For reintroduction into diet, place into Day 1.



Day 1	Day 2	Day 3	Day 4
<p><b>Starch</b></p> <p>CHICKPEA MILLET TAPIOCA WHITE POTATO</p>	<p><b>Starch</b></p> <p>BARLEY</p>	<p><b>Starch</b></p> <p>CORN OAT WHEAT</p>	<p><b>Starch</b></p> <p>AMARANTH BUCKWHEAT FLAXSEED QUINOA RYE</p>
<p><b>Vegetables</b></p> <p>BELL PEPPERS CARROT CELERY KALE PARSLEY ROMAINE LETTUCE TOMATO</p>	<p><b>Vegetables</b></p> <p>BOK CHOY BROCCOLI BRUSSELS SPROUTS CABBAGE CAULIFLOWER ENDIVE ICEBERG LETTUCE KELP LEAF LETTUCE MUSHROOM STRING BEAN SWEET POTATO</p>	<p><b>Vegetables</b></p> <p>ASPARAGUS LEEK ONION PINTO BEAN</p>	<p><b>Vegetables</b></p> <p>BETROOT CUCUMBER LIMA BEAN OKRA SCALLIONS SPINACH TURNIP ZUCCHINI / COURGETTE</p>
<p><b>Fruit</b></p> <p>GRAPE LIME</p>	<p><b>Fruit</b></p> <p>APPLE AVOCADO BLUEBERRY COCONUT RASPBERRY STRAWBERRY</p>	<p><b>Fruit</b></p> <p>BLACKBERRY CHERRY NECTARINE PEACH</p>	<p><b>Fruit</b></p> <p>CANTALOUPE GRAPEFRUIT HONEYDEW (MELON) LEMON ORANGE WATERMELON</p>
<p><b>Protein</b></p> <p>BEEF BUFFALO COD FAVA BEAN KIDNEY BEAN LAMB PISTACHIO SARDINE</p>	<p><b>Protein</b></p> <p>CATFISH CHICKEN EGG WHITE EGG YOLK LENTIL BEAN MACKEREL MAHI MAHI MUSSELS TILAPIA TUNA</p>	<p><b>Protein</b></p> <p>DUCK HALIBUT NAVY BEAN PEANUT PORK SOLE VEAL</p>	<p><b>Protein</b></p> <p>CHICKEN LIVER CLAM CRAB FLOUNDER LOBSTER OYSTER SALMON SCALLOP SEA BASS SHRIMP SNAPPER TROUT TURKEY</p>
<p><b>Misc and Sweeteners</b></p> <p>CARAWAY CASHEW CAYENNE PEPPER CHAMOMILE CHILLI PEPPER CORIANDER CUMIN DILL HONEY SAGE</p>	<p><b>Misc and Sweeteners</b></p> <p>BAKER'S YEAST BASIL BREWER'S YEAST CANE SUGAR CINNAMON GINGER HAZELNUT HOPS MAPLE SUGAR MINT OREGANO SAFFRON</p>	<p><b>Misc and Sweeteners</b></p> <p>ALMOND CILANTRO COFFEE FENNEL FRUCTOSE LIQUORICE MACADAMIA MUSTARD PECAN PSYLLIUM SAFFLOWER VANILLA WATERCRESS</p>	<p><b>Misc and Sweeteners</b></p> <p>BLACK PEPPER CLOVE NUTMEG PAPRIKA PINE NUT SESAME SUNFLOWER TEA THYME WALNUT</p>