



Food Sensitivity Test

Patient Name: 22 Oct 2008

Test Date:

Healthcare Provider: CRAIG KONIVER MD

File #:

(200)

Severe Intolerance

CARAWAY
CASHEW
CODFISH
CRAB
CUMIN
HONEY
LEEK
MANGO
PINE NUT
PINTO BEAN
PUMPKIN

Moderate Intolerance

ACORN SQUASH
ANCHOVY
BASIL
BLACK PEPPER
BLK/GREEN TEA
BRUSSEL SPROUTS
CAROB
CHICKEN
CLAM
COFFEE
COW'S MILK
CRANBERRY
EGGPLANT
FENNEL
HADDOCK
HONEYDEW (MELON)
KIDNEY BEAN
MUNG BEAN
NECTARINE
ORANGE
OREGANO
POMEGRANATE
ROSEMARY
SHEEP'S MILK
SHRIMP
SNAPPER
SOYBEAN
TURKEY
VANILLA
WHITE POTATO

Mild Intolerance

ALMOND*
ANISE SEED*
APPLE*
APRICOT*
ARTICHOKE*
ASPARAGUS*
BANANA*
BLACKBERRY*
BOK CHOY*
BRAZIL NUT*
BROCCOLI*
CATFISH*
CAYENNE PEPPER*
CLOVE*
CORIANDER*
CORN*
CUCUMBER*
CURRY POWDER*
DUCK*
FIG*
GINGER*
HOPS*
KELP*
KIWI*
LEMON*
LENTIL BEAN*
LIME*
MACADAMIA*
MACKEREL*
MILLET*
MUSTARD*
OLIVE*
ONION*
PAPRIKA*
PEAR*
PECAN*
PHEASANT*
PISTACHIO*
PORK*
RICE*
SALMON*
SOLE*
TARRAGON*
TOMATO*
TUNA*
VENISON*

VEGETABLES / LEGUMES

BEEF
CAULIFLOWER
FAVA BEAN
JALAPENO PEPPER
OKRA
ROMAINE LETTUCE
SWEET POTATO
ZUCCHINI

BLACK-EYED PEAS
CELERY
GREEN PEA
KALE
PARSNIP
SPINACH
SWISS CHARD

CABBAGE
CHICK PEA
GREEN PEPPER
LIMA BEAN
RADISH
SQUASH (Yellow)
TURNIP

CARROT
ENDIVE
ICEBURG LETTUCE
NAVY BEAN
RHUBARB
STRING BEAN
WATERCRESS

FRUITS

AVOCADO
CHERRY
PAPAYA
RASPBERRY

BLACK CURRANT
DATE
PEACH
STRAWBERRY

BLUEBERRY
GRAPE
PINEAPPLE
WATERMELON

CANTALOUPE
GRAPEFRUIT
PLUM

MEAT

BEEF
VEAL

LAMB

LIVER (BEEF)

QUAIL

DAIRY

EGG WHITE

EGG YOLK

SEAFOOD

BASS
HERRING
SARDINE
TROUT

CRAYFISH
LOBSTER
SCALLOP
WHITEFISH

FLOUNDER
MUSSEL
SQUID

HALIBUT
OYSTER
SWORDFISH

GRAINS

BUCKWHEAT

QUINOA

TAPIOCA

HERBS / SPICES

BAY LEAF
DILL
PARSLEY
TURMERIC

CARDAMOM
LIQUORICE
SAFFRON

CHILI PEPPER
MINT
SAGE

CINNAMON
NUTMEG
THYME

NUTS/ OILS AND MISC. FOODS

CHAMOMILE
FLAXSEED
PEANUT
SUNFLOWER

COCOA
GARLIC
PSYLLIUM
WALNUT

COCONUT
HAZELNUT
SAFFLOWER

COTTONSEED
MAPLE SUGAR
SESAME

You have a moderate reaction to Candida Albicans, also avoid these foods:

| | | |
|---------------|------------|----------------|
| BAKER'S YEAST | BEET SUGAR | BREWER'S YEAST |
| CANE SUGAR | FRUCTOSE | MUSHROOM |

You have no reaction to Gliadin and moderate reaction to Gluten, avoid these foods:

| | | |
|--------|-------|-------|
| BARLEY | MALT | OAT |
| RYE | SPELT | WHEAT |

You have no reaction to Whey and mild reaction to Casein, limit these foods:

| |
|-------------|
| GOAT'S MILK |
|-------------|

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.



Food Sensitivity Test
4 Day Rotation Diet

Test Date: 10/22/2008

Healthcare Provider: CRAIG KONIXÖÜÄMD

File #:

DAY 1

STARCH

TAPIOCA

VEGETABLES/LEGUMES

ARTICHOKE*
BLACK-EYED PEAS
CARROT
CELERY
GREEN PEPPER
ICEBURG LETTUCE
KALE
PARSLEY
ROMAINE LETTUCE
TOMATO*

FRUIT

BANANA*
BLACK CURRANT
DATE
FIG*
GRAPE
KIWI*
PAPAYA
STRAWBERRY

PROTEIN

BEEF
CHICK PEA
FAVA BEAN
FLOUNDER
HERRING
LAMB
OYSTER
SARDINE
SWORDFISH
VEAL

MISCELLANEOUS

BAY LEAF
CHAMOMILE
CHILI PEPPER
COCONUT
CORIANDER*
FLAXSEED
LIQORICE
PISTACHIO*
SAFFLOWER
TURMERIC

DAY 2

STARCH

MILLET*

VEGETABLES

BOK CHOY*
BROCCOLI*
CABBAGE
CAULIFLOWER
ENDIVE
KELP*
MUSTARD*
ZUCCHINI

FRUIT

APPLE*
AVOCADO
BLUEBERRY
PEAR*
PINEAPPLE

PROTEIN

BASS
CATFISH*
EGG WHITE
EGG YOLK
LENTIL BEAN*
MACKEREL*
PHEASANT*
QUAIL
SQUID
TUNA*
WHITEFISH

MISCELLANEOUS

CAYENNE PEPPER*
CINNAMON
CLOVE*
GARLIC
GINGER*
HAZELNUT
HOPS*
MAPLE SUGAR
MINT
PAPRIKA*
SAFFRON

DAY 3

STARCH

CORN*
QUINOA
SWEET POTATO

VEGETABLES

ASPARAGUS*
GREEN PEA
LIMA BEAN
ONION*
RADISH
STRING BEAN
SWEET POTATO

FRUIT

APRICOT*
BLACKBERRY*
CHERRY
LIME*
PEACH
PLUM
RASPBERRY

PROTEIN

CRAYFISH
DUCK*
HALIBUT
NAVY BEAN
PORK*
SOLE*

MISCELLANEOUS

ALMOND*
BRAZIL NUT*
CARDAMOM
COCOA
COTTONSEED
DILL
MACADAMIA*
PEANUT
PSYLLIUM
TARRAGON*
THYME

DAY 4

STARCH

BUCKWHEAT
RICE*

VEGETABLES

BEEET
CUCUMBER*
JALAPENO PEPPER
OKRA
PARSNIP
RHUBARB
SPINACH
SQUASH (Yellow)
SWISS CHARD
TURNIP

FRUIT

CANTALOUPE
GRAPEFRUIT
LEMON*
OLIVE*
WATERMELON

PROTEIN

LIVER (BEEF)
LOBSTER
MUSSEL
SALMON*
SCALLOP
TROUT
VENISON*

MISCELLANEOUS

ANISE SEED*
CURRY POWDER*
NUTMEG
PECAN*
SAGE
SESAME
SUNFLOWER
WALNUT

Foods To Avoid

Date:

10/22/20€

Clinic/Doctor: CRAIG KONIVER MD

ACORN SQUASH



Acorn squash is most commonly baked, but can also be microwaved, sauteed, and steamed. It can be eaten by baking with brown sugar, and serving with cooked bacon crumbles. The seeds can be toasted and eaten (similar to pumpkin seeds). Although considered a "winter" squash, acorn squash belongs to the same species as all "summer" squashes (including zucchini and yellow crookneck squash). The most common variety is dark green in color. For reintroduction into diet, place into day:3

ANCHOVY



They are a key ingredient in Spaghetti Puttanesca, and are occasionally used as a pizza topping. Because of the strong flavor they are also an ingredient in several sauces, including Worcestershire sauce, Cesar salad dressing and many fish sauces. They are also marketed in jars and tubes as a paste, mostly for use in making sauces, such as anchovy essence. For reintroduction into diet, place into day:3

BASIL



Basil is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato. Basil is one of the main ingredients in pesto, a green Italian oil-and-herb sauce. Basil is also used in soups and other foods. It is sometimes used with fresh fruit and in fruit jams and sauces, in particular with strawberries, but also raspberries or dark-colored plums. For reintroduction into diet, place into day: 2

BLACK PEPPER



Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine. Ground black peppercorn, usually referred to simply as "pepper", may be found on nearly every dinner table in some parts of the world, often alongside table salt. For reintroduction into diet, place into day: 4

BLK/GREEN TEA



Avoid also black tea, green tea, oolong tea, tea ice cream, tea soufflé, orange pekoe tea & pekoe tea. For reintroduction into diet, place into Day 4.

BRUSSEL SPROUTS



Brussel sprouts are known to be native to cool regions in northern Europe. They are similar to cabbage in taste, but they are slightly milder in flavor and denser in texture. Brussels sprouts and cabbage are members of the cruciferous vegetable family. These vegetables contain significant amounts of the antioxidants vitamin C and beta-carotene (vitamin A). For reintroduction into diet, place into day: 2

CARAWAY



Caraway is used as a spice in breads especially rye bread, which is denser because of the yeast-killing properties of the essential oil, limonene. Caraway is also used in liquors, casseroles, and other foods, especially in Central European and Scandinavian cuisine, for instance sauerkraut. It is also used to add flavor to cheeses such as havarti. For reintroduction into diet, place into day: 1

CAROB



Carob is popular in the baking and confectionary industry. Carob powder and carob chips are sometimes used as an ingredient in cakes and cookies instead of chocolate. Carob can also be used in soft drinks. For reintroduction into diet, place into day: 4

CASHEW



Cashew nuts are a common ingredient in Asian cooking. They can also be ground into a spread called cashew butter similar to peanut butter. Cashews have a very high oil content, and they are used in some other nut butters to add extra oil. Also avoid cashew nut milk. For reintroduction into diet, place into day: 1

CHICKEN



Because of its relatively low cost, chicken is one of the most used meats in the world. Nearly all parts of the bird can be used for food, and the meat is cooked in many different ways around the world. Popular chicken dishes include fried chicken, chicken soup, Buffalo wings, tandoori chicken, butter chicken, and chicken rice. Chicken is also a staple of fast food restaurants such as KFC, McDonald's, and Burger King. Also avoid chicken livers. For reintroduction into diet, place into day: 2

CLAM



Clams can be eaten raw, steamed, boiled, baked or fried; the method of preparation depends partly on size and species. Clam chowder is a popular soup in the U.S. and Canada. In Italy, clams are often an ingredient of mixed seafood dishes, or are eaten together with pasta. For reintroduction into diet, place into day: 4

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Foods To Avoid

Date: 10/22/2008

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CODFISH



Cod is a popular fish with a mild flavor, low fat content and a dense white flesh that flakes easily. Cod livers are processed to make cod liver oil, an important source of Vitamin A, Vitamin D and omega-3 fatty acids. In the United Kingdom, Atlantic cod is one of the most common kinds of fish to be found in fish and chips, along with haddock and plaice. Also avoid Scrod. For reintroduction into diet, place into day: 1

COFFEE



Coffee may be presented in a variety of ways, drip brewed, percolated or French-pressed. It may be served with no additives (black) or with sugar, milk or cream. Also avoid iced coffee and espresso. For reintroduction into diet, place into day: 3

COW'S MILK



Avoid also skimmed milk, semi-skimmed milk, butter, butter cakes, ice cream, marscapone (sweet Italian cheese), imitation milk products, lactaid milk, margarine, neufchatel cheese, non-fat dry milk, processed cheese, buttermilk, cheese, chocolate, cottage cheese, cream, cream cheese, evaporated cow's milk & guar gum. For reintroduction into diet, place into Day 1.

CRAB



Crabs are found in all of the world's oceans. Additionally, there are also many freshwater and terrestrial crabs, particularly in tropical regions. Also avoid seafood soups, seafood salads, imitation crab and crab cakes. For reintroduction into diet, place into day: 1

CRANBERRY



Cranberry sauce is regarded an indispensable part of traditional American and Canadian Thanksgiving menus and European winter festivals. About 95% of cranberries are processed into products such as juice drinks, sauce, and sweetened dried cranberries. The remaining 5% is sold fresh to consumers. The berry is also used in baking (muffins, scones and cakes) but, unlike many other berries, is normally considered too sharp to be eaten unaccompanied. For reintroduction into diet, place into day: 2

CUMIN



Cumin is identified with Indian, Mexican and Cuban cuisine. It is used as an ingredient of curry powder. Cumin can be found in some Dutch cheeses like Leyden cheese, and in some traditional breads from France. It is also wide-spread used by traditional culinary in Brazil. In herbal medicine, cumin is classified as stimulant, and antimicrobial. Cumin can be used to season many dishes, as it draws out their natural sweetness. It is traditionally added to curries, enchiladas, tacos, and other Middle-eastern, Indian, Cuban and Mexican-style foods. It can also be added to salsa to give it extra flavor. Cumin has also been used on meat in addition to other common seasonings. For reintroduction into diet, place into day: 1

EGGPLANT



The eggplant is used in cuisines from Japan to Spain. It is often stewed, as in the French ratatouille, the Italian melanzane alla parmigiana, the Greek moussaka, and many South Asian dishes. It may also be roasted in its skin until charred, so that the pulp can be removed and blended with other ingredients such as lemon, tahini, and garlic, as in the Middle Eastern dish baba ghanoush and the similar Greek dish melitzanosalata or the Indian dishes of Baigan Bhartha or Gojju. It can be sliced, battered, and deep-fried, then served with various sauces which may be based on yogurt, tahini, or tamarind. For reintroduction into diet, place into day: 1

FENNEL



The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel is also used as a flavoring in some natural toothpaste. Fennel is most prominently featured in Italian cuisine, where bulbs and fronds appears both raw and cooked in side dishes, salads, pastas, and risottos. Fennel seed is a common ingredient in Italian sausages and meatballs and northern European rye breads. Many egg, fish, and other dishes employ fresh or dried fennel leaves. For reintroduction into diet, place into day: 3

HADDOCK



Haddock is a very popular fish, sold fresh, smoked, frozen, dried, or canned. Haddock, along with cod and plaice, is one of the most popular fish used in British fish and chips. For reintroduction into diet, place into day: 4

HONEY



Significantly sweeter than table sugar and has attractive chemical properties for baking. Honey has a distinctive flavor which leads some people to prefer it over sugar and other sweeteners. The main uses of honey are in cooking, baking, as a spread on breads, and as an addition to various beverages such as tea and as a sweetener in beverages such as soft drinks and juices. For reintroduction into diet, place into day: 1

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HONEYDEW (MELON)



Avoid also canary melon, casaba melon, cassabanana melon, crenshaw melon, persian melon, santa claus melon & spanish melon. For reintroduction into diet, place into Day 4.

KIDNEY BEAN



Kidney beans or red beans resemble the shape of a kidney. Kidney beans are often used in Louisiana Creole cooking or when making chili. Kidney beans come in different varieties such as Montcalm, Wells Red, Geneva, and New York. For reintroduction into diet, place into day: 3

LEEK



Avoid also leek soup and indonesian relish. Also found in other soups, stews, side dishes, sauces and salads. For reintroduction into diet, place into Day 3.

MANGO



The fruit flesh of a ripe mango is very sweet, with a unique taste. Mangoes are used in chutneys, preserves and mango juice. The fruit is also widely used as a key ingredient in a variety of cereal products, in particular muesli and granola. For reintroduction into diet, place into day: 1

MUNG BEAN



Mung beans are commonly used in Chinese cuisine, where they are called "green bean", as well as in Japan, Korea, India, Thailand and Southeast Asia. Mung bean sprouts are stir fried as a vegetable accompaniment. Uncooked bean sprouts are used in filling for Vietnamese spring rolls, as well as a garnish. For reintroduction into diet, place into day: 3

NECTARINE



Nectarine is a fuzzless variety of peach. Nectarines can also be found in salads and pies. For reintroduction into diet, place into day: 3

ORANGE



Avoid also orange juice, marmalade, satsumas & tangerines. Used in orangeade, orange oil (used to flavour beverages, liquors, sweets, gelatins, puddings, gum and condiments) and orange zest. Also used in perfumery and essential oils. Used in salads as a garnish and can be added to meat and fish dishes. For reintroduction into diet, place into Day 4.

OREGANO



Oregano is an important culinary herb. It is particularly widely used in Greek and Italian cuisines. It is the leaves that are used in cooking, and the dried herb is often more flavorful than the fresh. Oregano is often used in tomato sauces, fried vegetables and grilled meat. Oregano is an indispensable ingredient for Greek cuisine. Oregano adds flavor to Greek salad. The dish most commonly associated with oregano is pizza. For reintroduction into diet, place into day: 3

PINE NUT



Pine nuts are frequently added to meat, fish, and vegetable dishes. In Italian culture they are called pinoli and are an essential component of Italian pesto sauce. Pine nut coffee, known as piñón is a specialty found in the southwest United States, especially New Mexico, and is typically a dark roast coffee having a deep, nutty flavor. Pine nuts are also used in chocolates and desserts such as baklava. For reintroduction into diet, place into day: 4

PINTO BEAN



Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal. For reintroduction into diet, place into day: 3

POMEGRANATE



The entire seed is consumed raw, though the fleshy outer portion of the seed is the part that is desired. Pomegranate juice is a popular drink. Pomegranate is also made into a liqueur and popular fruit confectionery that can be used as ice cream topping, or mixed with yogurt, and even spread as jams over toast for breakfast. For reintroduction into diet, place into day:

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PUMPKIN



When ripe, the pumpkin can be boiled, baked, or roasted. Often, it is made into various kinds of pie which is a traditional staple of the Canadian and American Thanksgiving holiday. Pumpkins can also be eaten mashed or incorporated into soup. In the Middle East, pumpkin is used for sweet dishes. Finally, pumpkin can be used to flavor both alcoholic and nonalcoholic beverages. Also avoid winter squash. For reintroduction into diet, place into day: 4

ROSEMARY



The fresh and dried leaves are used frequently in traditional Mediterranean cuisine as an herb; they have a bitter, astringent taste, which compliments a wide variety of foods. They are extensively used in cooking, and when burned give off a distinct mustard smell, as well as a smell similar to that of burning which can be used to flavor foods while barbecuing. For reintroduction into diet, place into day: 1

SHEEP'S MILK



Sheep's Milk is used predominantly in cheese and yogurt. Well-known cheeses made from sheep milk include the Feta of Greece, Roquefort of France, Pecorino Romano and Ricotta from Italy. For reintroduction into diet, place into day:3

SHRIMP



Recipes using shrimp form part of the cuisine of many cultures: examples include shrimp kebabs, shrimp Creole, shrimp gumbo, pan fried, deep fried, stir fried. In Europe, shrimp is very popular, forming a necessary ingredient in Spanish paella, French bouillabaisse, and many other seafood dishes. Shrimp curry is very popular in South Asia and Southeast Asia. They are also found in Latin and Caribbean dishes such as enchiladas. Also avoid Prawns. For reintroduction into diet, place into day:4

SNAPPER



The red snapper is a reef fish found off the Atlantic and Pacific coasts of The Americas and the Gulf of Mexico. For reintroduction into diet, place into day: 1

SOYBEAN



Avoid also soy cheese, soy flour, soy grits, soy milk, soy sauce, tenpe, soybean oil, tamari sauce, tofu, chocolate, hot dogs, mayonnaise, miso & processed foods. Used in delicate noodles called harusame and used to make flavouring pastes, and condiments. The shoots of the soybean can be eaten raw (known as bean sprouts). For reintroduction into diet, place into Day 3.

TURKEY



Turkeys are sold sliced and ground, as well as "whole" in a manner similar to chicken with the head, feet, and feathers removed. Frozen whole turkeys remain popular. Sliced turkey is frequently used as a sandwich meat or served as cold cuts. Also avoid turkey franks, turkey sausage. For reintroduction into diet, place into day: 4

VANILLA



Used as flavouring in sweet sauces, cakes, chocolate, puddings and ice creams. For reintroduction into diet, place into Day 4.

WHITE POTATO



Avoid potato salad, potato chips/crisps, mashed potatoes, baked potatoes, steamed potatoes, French-fried potatoes, and potato pancakes. Also avoid potato flour, potato starch, red potato and yellow potato. For reintroduction into diet, place into day: 1

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