



# Food Sensitivity Test

Patient Name: BONNIE SCHNAUTZ

Test Date: 01 Nov 2013

Healthcare Provider: DR. BONITA SCHNAUTZ

File #: 10/31/2013 (200)

**Severe Intolerance**

COTTONSEED  
EGG WHITE

**Moderate Intolerance**

ACORN SQUASH  
BLUEBERRY  
LEMON  
SCALLIONS  
SQUID  
TOMATO  
WILD RICE  
ZUCCHINI SQUASH

**Mild Intolerance**

APRICOT\*  
ARTICHOKE\*  
AVOCADO\*  
BAY LEAF\*  
BLACK CURRANT\*  
BLACK PEPPER\*  
BOK CHOY\*  
BUCKWHEAT\*  
CHILI PEPPER\*  
CLAM\*  
COCONUT\*  
CORIANDER\*  
ENDIVE\*  
HADDOCK\*  
HALIBUT\*  
HONEY\*  
MUSSEL\*  
MUSTARD\*  
PARSNIP\*  
PUMPKIN\*  
ROMAINE LETTUCE\*  
SAFFRON\*  
SHRIMP\*  
SNAPPER\*  
SWEET POTATO\*  
SWISS CHARD\*  
TUNA\*  
TURKEY\*  
TURMERIC\*

**VEGETABLES / LEGUMES**

ASPARAGUS  
BLACK-EYED PEAS  
BUTTON MUSHROOM  
CELERY  
FAVA BEAN  
JALAPENO PEPPER  
LEEK  
NAVY BEAN  
PORTOBELLO MUSHRO  
SPINACH  
WATERCRESS

BEET  
BROCCOLI  
CABBAGE  
CHICK PEA  
FENNEL SEED  
KALE  
LENTIL BEAN  
OKRA  
RADISH  
SQUASH (Yellow)  
WHITE POTATO

BELL PEPPERS  
BRUSSEL SPROUTS  
CARROT  
CUCUMBER  
GREEN PEA  
KELP  
LIMA BEAN  
ONION  
RED/GRN LEAF LETTUC  
STRING BEAN

BLACK BEANS  
BUTTERNUT SQUASH  
CAULIFLOWER  
EGGPLANT  
ICEBERG LETTUCE  
KIDNEY BEAN  
MUNG BEAN  
PINTO BEAN  
SOYBEAN  
TURNIP

**FRUITS**

APPLE  
CHERRY  
GRAPE  
LIME  
ORANGE  
PINEAPPLE  
STRAWBERRY

BANANA  
CRANBERRY  
GRAPEFRUIT  
MANGO  
PAPAYA  
PLUM  
WATERMELON

BLACKBERRY  
DATE  
HONEYDEW (MELON)  
NECTARINE  
PEACH  
POMEGRANATE

**MEAT**

BEEF  
DUCK  
VENISON

BISON  
LAMB

CHICKEN  
PORK

CHICKEN LIVER  
VEAL

**DAIRY**

EGG YOLK

**SEAFOOD**

ANCHOVY  
FLOUNDER  
OYSTER  
SEA BASS  
TROUT

CATFISH  
LOBSTER  
SALMON  
SOLE

CODFISH  
MACKEREL  
SARDINE  
SWORDFISH

CRAB  
MAHI MAHI  
SCALLOP  
TILAPIA

**GRAINS**

AMARANTH  
RICE

CORN  
SORGHUM

MILLET  
TAPIOCA

QUINOA

**HERBS / SPICES**

BASIL  
CLOVE  
LICORICE  
PARSLEY  
THYME

CARDAMOM  
CUMIN  
NUTMEG  
PEPPERMINT

CAYENNE PEPPER  
DILL  
OREGANO  
ROSEMARY

CINNAMON  
GINGER  
PAPRIKA  
SAGE

**NUTS/ OILS AND MISC. FOODS**

ALMOND  
BREWER'S YEAST  
CAROB  
COFFEE  
HAZELNUT  
PEANUT  
PSYLLIUM  
VANILLA

BAKER'S YEAST  
CANE SUGAR  
CASHEW  
FLAXSEED  
HOPS  
PECAN  
SAFFLOWER  
WALNUT

BLK/GREEN TEA  
CANOLA OIL  
CHAMOMILE  
FRUCTOSE (HFCS)  
MACADAMIA  
PINE NUT  
SESAME

BRAZIL NUT  
CARAWAY  
COCOA  
GARLIC  
MAPLE SUGAR  
PISTACHIO  
SUNFLOWER

You have no reaction to Candida Albicans.

You have a mild reaction to Gluten/Gliadin, The foods listed below contain Gluten/Gliadin eliminat

BARLEY	MALT	OAT
RYE	SPELT	WHEAT

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

COWS MILK	GOATS MILK
-----------	------------

ALCAT Testing is Available from [BRENEWED.COM](http://BRENEWED.COM)

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**

Patient Name: BONNIE SCHNAUTZ

Test Date: 11/1/2013

Healthcare Provider: DR. BONITA SCHNAUTZ

File #: 10/31/2013

**DAY 1**

**STARCH**

TAPIOCA  
WHITE POTATO

**VEGETABLES/LEGUMES**

ARTICHOKE\*  
BLACK-EYED PEAS  
BUTTERNUT SQUASH  
CARROT  
CELERY  
EGGPLANT  
KALE  
PARSLEY  
RED/GRN LEAF LETTUCE  
ROMAINE LETTUCE\*

**FRUIT**

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

**PROTEIN**

BEEF  
BISON  
CHICK PEA  
CODFISH  
CRAB  
FAVA BEAN  
FLOUNDER  
LAMB  
OYSTER  
SARDINE  
SEA BASS  
SNAPPER\*  
SWORDFISH  
VEAL

**MISCELLANEOUS**

BAY LEAF\*  
CARAWAY  
CASHEW  
CHAMOMILE  
CHILI PEPPER\*  
COCONUT\*  
CORIANDER\*  
CUMIN  
FLAXSEED  
HONEY\*  
LICORICE  
PISTACHIO  
ROSEMARY  
SAFFLOWER  
TURMERIC\*

**DAY 2**

**STARCH**

MILLET

**VEGETABLES**

BELL PEPPERS  
BOK CHOY\*  
BROCCOLI  
BRUSSEL SPROUTS  
BUTTON MUSHROOM  
CABBAGE  
CAULIFLOWER  
ENDIVE\*  
KELP  
MUSTARD\*

**FRUIT**

APPLE  
AVOCADO\*  
CRANBERRY  
PEAR  
PINEAPPLE  
POMEGRANATE

**PROTEIN**

CATFISH  
CHICKEN  
EGG YOLK  
LENTIL BEAN  
MACKEREL  
MAHI MAHI  
TILAPIA  
TUNA\*

**MISCELLANEOUS**

BAKER'S YEAST  
BASIL  
BREWER'S YEAST  
CANE SUGAR  
CAYENNE PEPPER  
CINNAMON  
CLOVE  
GARLIC  
GINGER  
HAZELNUT  
HOPS  
MAPLE SUGAR  
PAPRIKA  
PEPPERMINT  
SAFFRON\*

**DAY 3**

**STARCH**

CORN  
QUINOA  
SORGHUM  
SWEET POTATO\*

**VEGETABLES**

ASPARAGUS  
BLACK BEANS  
FENNEL SEED  
GREEN PEA  
ICEBERG LETTUCE  
LEEK  
LIMA BEAN  
ONION  
PINTO BEAN  
RADISH  
STRING BEAN

**FRUIT**

APRICOT\*  
BLACKBERRY  
CHERRY  
LIME  
NECTARINE  
PEACH  
PLUM  
RASPBERRY

**PROTEIN**

ANCHOVY  
DUCK  
HALIBUT\*  
KIDNEY BEAN  
MUNG BEAN  
NAVY BEAN  
PORK  
SOLE  
SOYBEAN

**MISCELLANEOUS**

ALMOND  
BRAZIL NUT  
CANOLA OIL  
CARDAMOM  
COCOA  
COFFEE  
DILL  
MACADAMIA  
OREGANO  
PEANUT  
PSYLLIUM  
THYME

**DAY 4**

**STARCH**

AMARANTH  
BUCKWHEAT\*  
RICE

**VEGETABLES**

BEEF  
CUCUMBER  
JALAPENO PEPPER  
OKRA  
PARSNIP\*  
PORTOBELLO MUSHROOM  
SPINACH  
SQUASH (Yellow)  
SWISS CHARD\*  
TURNIP

**FRUIT**

CANTALOUPE  
GRAPEFRUIT  
HONEYDEW (MELON)  
OLIVE  
ORANGE  
PUMPKIN\*  
WATERMELON

**PROTEIN**

CHICKEN LIVER  
CLAM\*  
HADDOCK\*  
LOBSTER  
MUSSEL\*  
SALMON  
SCALLOP  
SHRIMP\*  
TROUT  
TURKEY\*  
VENISON

**MISCELLANEOUS**

BLACK PEPPER\*  
BLK/GREEN TEA  
CAROB  
FRUCTOSE (HFCS)  
NUTMEG  
PECAN  
PINE NUT  
SAGE  
SESAME  
SUNFLOWER  
VANILLA  
WALNUT

# Foods To Avoid

File: 10/31/2013

Date: 11/1/2013

Patient: BONNIE SCHNAUTZ

Clinic/Doctor: DR. BONITA SCHNAU

## 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

## BLUEBERRY



Blueberries are sold fresh or processed as individually quick frozen fruit, purée, juice, or dried or infused berries which in turn may be used in a variety of consumer goods such as jellies, jams, pies, muffins, snack foods, and cereals. Blueberry jam is made from blueberries, sugar, water, and fruit pectin. Usually made from wild blueberries, premium blueberry jam is common in Maine, Ontario, Quebec, and British Columbia. Pure or blended blueberry juice has become a popular product in Canada and the United States. Also avoid bearberry and huckleberry. For reintroduction into diet, place into day: 2

## COTTONSEED



Cottonseed oil is a vegetable oil extracted from the seeds of the cotton plant after the cotton lint has been removed. Cottonseed oil is commonly used in manufacturing potato chips and other snack foods. Along with soybean oil, it is very often partially or fully hydrogenated. Cottonseed oil was the first oil to be hydrogenated in mass production, originally intended for candle production, and soon also as a food (Crisco). Also avoid mayonnaise and certain salad dressings. For reintroduction, place on day 3.

## EGG WHITE



Egg white is the common name for the clear liquid contained within an egg. Its primary natural purpose is to protect the egg yolk and provide additional nutrition for the growth of the embryo, as it is rich in proteins and is of high nutritional value. It is often separated and used for cooking (meringues, soufflés, and some omelets). Also avoid egg, mayonnaise, albumen, egg powder, custard, quiche, egg noodles, and egg pasta. Eggs can also be a hidden ingredient in glazes, margarine and even ice cream. Egg can also be listed as ovalbumin or lecithin. For reintroduction into diet, place into day: 2

## LEMON



Avoid also desserts, lemon drinks, lemon meringue, lemonade, lemon juice, lemon cakes. Also used as a seasoner for savoury and sweet foods. Can be found in some mayonnaise and lemon juice may be sprinkled on fruit salad to prevent browning. For reintroduction into diet, place into Day 4.

## SCALLIONS

Some dishes that include scallions; salads, soups, fish, omelet and it may also be used as a garnish. Also called green onions, they are milder than onions, low in sodium, good source of dietary fiber.

## SQUID



In many of the European languages around the Mediterranean, squid is called calamari, which in English has become a culinary name for Mediterranean dishes involving squid, especially fried squid. For reintroduction into diet, place into day: 2

## TOMATO



Avoid also ketchup, picante sauce, chutney, tomato juice. Used on pizzas, sauces, lasagnas, salads and curries. For reintroduction into diet, place into Day 1.

## WILD RICE

Dishes may include: vegetarian recipes, soups, casseroles, salad and Asian dishes. This is one of American's native foods. Is not in the family of rice, wild rice is high in protein and dietary fiber. This is a gluten-free grain.

## ZUCCHINI SQUASH



Also known as courgette and Italian squash. Available all Summer, it does not need peeling, but it can be simply topped, tailed, sliced and eaten raw, steamed, backed, pickled etc. For reintroduction into diet, place into Day 2.

This list is presented as a sample reference list. You should read all labels each time you make a purchase because manufacturers may change formulations. Become aware of all ingredients found in foods you plan to consume. Please see accompanying booklet for more information. It is advisable to consult a qualified nutritional counsellor for further assistance with your rotation diet plan.

Food Additives Food Colorings	Molds	Environmental Chemicals	Pharmacoactive Agents	Other Items
<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>	<b>Severe Intolerance</b>
<b>Moderate Intolerance</b> RED#40 ALLURA RED	<b>Moderate Intolerance</b> EPICOCOCCUM NIGRUM GEOTRICHUM CANDIDUM MONILIA SITOPHILA	<b>Moderate Intolerance</b>	<b>Moderate Intolerance</b>	<b>Moderate Intolerance</b>
<b>Mild Intolerance</b> ASPARTAME	<b>Mild Intolerance</b> RHODOTORULA RUBRA	<b>Mild Intolerance</b> FORMALDEHYDE ORRIS ROOT	<b>Mild Intolerance</b>	<b>Mild Intolerance</b> NAPROXEN (ALEVE) NYSTATIN PIROXICAM (FELDENE)
<b>No Intolerance</b> BENZOIC ACID BHA BHT BLUE#1 BRILLIANT BLUE BLUE#2 INDIGO CARMINE ERYTHRITOL GREEN#3 FAST GREEN MSG POLYSORBATE 80 POTASSIUM NITRITE RED#1 CRYSTAL PONCEAU SACCHARINE SODIUM SULFITE SORBIC ACID SUCRALOSE (SPLENDA) XYLITOL YELLOW#5 TARTRAZINE YELLOW#6 SUNSET YELLOW	<b>No Intolerance</b> ALTERNARIA ASPERGILLUS BOTRYTIS CEPHALOSPORIUM CLADO HERBARUM CURVULARIA FUSARIUM OXYSPORIUM HELMINTHOSPORIUM HORMODENDRUM MUCOR RACEMOSUS PENICILLIUM PHOMA DESTRUCTIVA PULLULARIA RHIZOPUS STOLONIFER SPONDYLOCLADIUM TRICHODERMA	<b>No Intolerance</b> AMMONIUM CHLORIDE BENZENE CHLORINE DELTAMETHRIN FLUORIDE GLYPHOSATE PHENOL TOLUENE	<b>No Intolerance</b>	<b>No Intolerance</b> ACETAMINOPHEN AMOXICILLIN AMPICILLIN ASPIRIN CEPHALOSPORIN C CLINORIL DIFLUNISAL (DOLOBID) GENTAMICIN IBUPROFEN INDOCIN NEOMYCIN PENICILLAMINE PENICILLIN STREPTOMYCIN SULFAMETHOXAZOLE TETRACYCLINE VOLTAREN



# Food Sensitivity Test

Patient Name: BONNIE SCHNAUTZ

Test Date: 01 Nov 2013

Healthcare Provider: DR. BONITA SCHNAUTZ

File #: 10/31/2013 (50)

**Severe Intolerance**

WHEAT GRASS

**Moderate Intolerance**

HUPERZINE  
LUTEIN

**Mild Intolerance**

AGAVE  
ALOE VERA  
ASHWAGANDHA  
BARLEY GRASS  
ELDERBERRY  
FEVERFEW  
REISHI MUSHROOM

**Functional Foods and Medicinal Herbs**

ACAI BERRY	ASTRAGALUS	BEE POLLEN	BILLBERRY
BLACK WALNUT	CASCARA	CHLORELLA	DANDELION
ECHINACEA	ESSIAC	GINKO BILOBA	GOJI BERRY
GOLDENSEAL	GRAPE SEED EXTRACT	GURANA SEED	GYMHEMA SYLVEST
HAWTHORN BERRY	KAVA KAVA	LO HAN	MAITAKE MUSHROO
MANGOSTEEN	MILK THISTLE	MULLEIN LEAF	NONI BERRY
PAU DARCO BARK	PINE BARK	RED CLOVER SEED	RED YEAST RICE
RESVERATROL	RHODIOLA	ROOIBOS TEA	SCHISANDRA BERRY
SENNA	SPIRULINA	ST JOHNS WORT	STEVIA LEAF
VALERIAN	VINPOCETINE	WORMWOOD	YELLOW DOCK

**Herbs: Male/Female**

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