

Wellness Plan



ALLETLESS
MEDICAL LABORATORY

Wellness Plan

Available with any food sensitivity test

Need some guidance?

Add on a Wellness Plan and help your patients navigate their elimination diet.

This 15+ page booklet is customized for *the patient* based on *the patient's* food sensitivity results. It will prove to be an excellent tool to refer to while eliminating and re-introducing positive foods. The Wellness Plan includes resources, such as, a shopping list, suggested 4-day rotation diet, FAQ's, wallet card listing positive foods, and additional resources with detailed information on foods.

In addition, our on-site Registered Dietitians are available by phone, email or Zoom to answer questions, offer suggestions for substituting foods and assist in safely reintroducing foods.



Prepared for
Sample Patient



Requested by
Sample Doctor, M.D.



Prepared by
Sample Dietitian, R.D.



Alletess Medical Laboratory
14 Howard Street
Rockland, MA 02370





Wellness Plans can be further tailored for the patient by filling out a nutritional information sheet.

NUTRITION INFORMATION SHEET

071417

Please answer the following questions to assist us in customizing your Wellness Plan

Name: _____ Date: _____

Have you ever been tested for food allergies, (IgE immediate reaction), blood test or skin prick test?

Yes No

If YES, please list the foods that you tested positive to: _____

Would you like the foods that you have listed above to be removed from your Wellness Plan?

Yes No

Please check one (or more) from the list below if you follow any specific dietary practices:

- Casein Free: avoids cow's milk, cheese and dairy products
- Gluten Free: avoids grains containing gluten
- Kosher: follows Jewish dietary guidelines
- No Red Meat: consumes poultry, fish and dairy products only
- Pescatarian: consumes fish, eggs and dairy products only (no meat, no poultry)
- Vegetarian: consumes dairy products and eggs only (no meat, no poultry, no fish)
- Vegan: consumes plant foods only - no animal products at all
- Paleo diet: consumes meat, poultry, fish, nuts, fruits and vegetables only (no grains)

Any other dietary practices: _____

Is there any other information that would be helpful to us in preparing your Wellness Plan? _____

PATIENT INFORMATION

 Sample Patient
 DOB: 00/00/0000
 REQUISITION ID: 000000

PROVIDER INFORMATION

 Sample Provider
 Street Address
 City, State 00000

184 IgG Food Panel

SPECIMEN TYPE: Serum

COLLECTION DATE: 00/00/0000

REPORT DATE: 00/00/0000

TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS
MEAT & POULTRY			VEGETABLES			DAIRY & EGG			NUTS, SEEDS & OILS		
Beef	0.148	0	Artichoke	0.174	0	Blue Cheese	0.213	1	Almond	0.383	2
Buffalo	0.139	0	Asparagus	0.161	0	Casein	0.342	2	Brazil Nut	0.166	0
Chicken	0.244	1	Beets	0.141	0	Cheddar Cheese	0.224	1	Canola	0.145	0
Duck	0.207	1	Bell Pepper	0.169	0	Egg, White	0.423	3	Cashew	0.244	1
Lamb	0.150	0	Broccoli	0.157	0	Egg, Yolk	0.402	3	Chestnut	0.195	0
Pork	0.156	0	Brussel Sprouts	0.163	0	Milk, Cow's	0.372	2	Chia Seed	0.193	0
Turkey	0.217	1	Cabbage	0.173	0	Milk, Goat's	0.300	2	Cola	0.145	0
Venison	0.141	0	Carrot	0.161	0	Milk, Sheep's	0.323	2	Flaxseed	0.261	1
FISH & SHELLFISH			Cauliflower	0.177	0	Mozzarella Cheese	0.198	0	Hazelnut	0.281	1
Anchovy	0.154	0	Celery	0.140	0	Swiss Cheese	0.232	1	Hemp	0.240	1
Bass	0.145	0	Cucumber	0.149	0	Whey	0.251	1	Macadamia Nut	0.274	1
Clam	0.198	0	Eggplant	0.147	0	Yogurt	0.235	1	Pecan	0.150	0
Codfish	0.170	0	Garlic	0.162	0	FRUITS			Pine Nut	0.197	0
Crab	0.195	0	Green Bean	0.201	1	Apple	0.144	0	Pistachio	0.212	1
Flounder	0.180	0	Kale	0.145	0	Apricot	0.152	0	Poppy Seed	0.219	1
Haddock	0.183	0	Kelp	0.191	0	Avocado	0.143	0	Safflower	0.392	2
Halibut	0.142	0	Lettuce	0.159	0	Banana	0.153	0	Sesame	0.148	0
Herring	0.149	0	Mushroom	0.193	0	Blackberry	0.166	0	Sunflower Seed	0.190	0
Lobster	0.148	0	Okra	0.142	0	Blueberry	0.151	0	Walnut	0.328	2
Mackerel	0.145	0	Olive, Green	0.151	0	Cantaloupe	0.165	0	HERBS, SPICES, FLAVORINGS		
Mussel	0.175	0	Onion	0.183	0	Cherry	0.184	0	Basil	0.169	0
Oyster	0.215	1	Parsnip	0.152	0	Coconut	0.178	0	Black Pepper	0.182	0
Perch	0.157	0	Potato	0.158	0	Cranberry	0.204	1	Cilantro	0.198	0
Red Snapper	0.148	0	Potato, Sweet	0.155	0	Date	0.175	0	Cinnamon	0.240	1
Salmon	0.137	0	Pumpkin	0.148	0	Fig	0.195	0	Cloves	0.231	1
Scallop	0.160	0	Radish	0.178	0	Grape	0.215	1	Dill	0.164	0
Shrimp	0.132	0	Spinach	0.297	1	Grapefruit	0.162	0	Fennel Seed	0.156	0
Sole	0.162	0	Squash	0.144	0	Honeydew	0.149	0	Ginger	0.239	1
Squid	0.148	0	Tomato	0.146	0	Kiwi	0.159	0	Ginseng	0.165	0
Swordfish	0.163	0	Turnip	0.154	0	Lemon	0.162	0	Horseradish	0.219	1
Trout	0.139	0	Zucchini	0.166	0	Lime	0.150	0	Licorice	0.160	0
Tuna	0.156	0	LEGUMES & PULSES			Mango	0.146	0	Mustard	0.182	0
Walleye Pike	0.148	0	Black Bean	0.237	1	Orange	0.167	0	Nutmeg	0.223	1
GRAINS & STARCHES			Black-eyed Peas	0.161	0	Papaya	0.152	0	Oregano	0.192	0
Amaranth	0.213	1	Chickpea	0.146	0	Peach	0.146	0	Paprika	0.188	0
Arrowroot	0.148	0	Green Pea	0.170	0	Pear	0.143	0	Parsley	0.154	0
Barley	0.193	0	Kidney Bean	0.298	1	Pineapple	0.194	0	Peppermint	0.194	0
Bran	0.192	0	Lentil	0.152	0	Plum	0.134	0	Rosemary	0.227	1
Buckwheat	0.186	0	Lim Bean	0.139	0	Raspberry	0.146	0	Sage	0.242	1
Corn	0.146	0	Navy Bean	0.194	0	Rhubarb	0.154	0	Tarragon	0.177	0
Gluten	0.179	0	Peanut	0.198	0	Strawberry	0.143	0	Thyme	0.169	0
Hops	0.157	0	Pinto Bean	0.232	1	Tangerine	0.157	0	Turmeric	0.221	1
Malt	0.165	0	Soybean	0.183	0	Watermelon	0.173	0	Vanilla Bean	0.198	0
Millet	0.164	0	BEVERAGES & MISC			Black Tea	0.187	0			
Oats	0.169	0	Black Tea	0.187	0	Carob	0.153	0			
Quinoa	0.224	1	Carob	0.153	0	Cocoa	0.143	0			
Rice	0.350	2	Coffee	0.147	0	Green Tea	0.231	1			
Rye	0.167	0	Green Tea	0.231	1	Honey	0.218	1			
Sorghum	0.189	0	Honey	0.218	1	Yeast, Baker's	0.177	0			
Tapioca	0.142	0	Yeast, Brewer's	0.185	0	Yeast, Brewer's	0.185	0			
Teff	0.172	0									
Wheat	0.170	0									

Reference Range

<= 0.199 = CLASS 0 No Sensitivity Detected	0.200 - 0.299 = CLASS 1 Low Sensitivity Detected	0.300 - 0.399 = CLASS 2 Moderate Sensitivity Detected	>= 0.400 = CLASS 3 High Sensitivity Detected
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Testing performed by Alletess Medical Laboratory

Note: 0.185 - 0.215 should be considered equivocal

Laboratory Director: Dana Semmel, MD

This test was developed, and its performance characteristics determined by alletess, inc. It has not been cleared or approved by the FDA. FDA clearance is not necessary for clinical use of this test. The test results should be correlated with clinical findings.

PATIENT INFORMATION

Sample Patient
DOB: 00/00/0000
REQUISITION ID: 0000000

PROVIDER INFORMATION

Sample Provider
 Street Address
 City, State 00000

184 IgG Food Panel

>= 0.400 = CLASS 3
HIGH SENSITIVITY DETECTED

Egg, White Egg, Yolk

0.300 - 0.399 = CLASS 2
MODERATE SENSITIVITY DETECTED

Almond	Casein	Milk, Cow's	Milk, Goat's	Milk, Sheep's
Rice	Safflower	Walnut		

0.200 - 0.299 = CLASS 1
LOW SENSITIVITY DETECTED

Amaranth	Black Bean	Blue Cheese	Cashew	Cheddar Cheese
Chicken	Cinnamon	Cloves	Cranberry	Duck
Flaxseed	Ginger	Grape	Green Bean	Green Tea
Hazelnut	Hemp	Honey	Horseradish	Kidney Bean
Macadamia Nut	Nutmeg	Oyster	Pinto Bean	Pistachio
Poppy Seed	Quinoa	Rosemary	Sage	Spinach
Swiss Cheese	Turkey	Turmeric	Whey	Yogurt

Each Wellness Plan is prepared by our on-site Registered Dietitians and customized based on the patient's results.

Reference Range

<= 0.199 = CLASS 0 No Sensitivity Detected	0.200 - 0.299 = CLASS 1 Low Sensitivity Detected	0.300 - 0.399 = CLASS 2 Moderate Sensitivity Detected	>= 0.400 = CLASS 3 High Sensitivity Detected
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Congratulations Sample for taking this step toward better health - your journey begins today. Your Wellness Plan has been prepared based on your food sensitivity test results.

Please note, your reference number is 0000000. We will need this number if you contact our office with any questions.

Defining Food Sensitivity

A **food sensitivity** is a delayed food reaction. Reactions can occur up to 72 hours after the food has been ingested making it difficult to pinpoint which food is causing the reaction. Symptoms can include bloating, headache, itching, gastrointestinal discomfort, and other ailments. The symptoms produced are a result of specific antibody exposure, which may include different immunoglobulins, yet most commonly the Immunoglobulin G (IgG).

Food sensitivities may be a result of repetitive eating or lack of diversity in the diet. They are influenced by antibiotics and steroids, and possibly other medications. Cross-reactivity with environmental allergens (pollen, dust, mold, etc.) can also exacerbate food sensitivities.

If you have had an IgE blood or skin test and have a positive reaction to a particular food, do not consume it.

Your food sensitivity test showed a positive reaction to several foods. We recommend that you read your Wellness Plan completely before starting your elimination diet. It is divided into sections:

- Foods to Exclude – this section details the foods that you tested positive to, which should be removed from your diet, as well as hidden sources of those foods.
- Special Consideration Pages – these provide more detailed information about certain foods.
- Shopping List – use this list to help with grocery shopping.
- 4-Day Rotation Diet – this is a guide to help you organize your own 4-day rotation meal plan.
- Sample Food Diary – a suggested food log for the re-introduction of foods.
- Frequently Asked Questions.
- Resources.

Understanding Your Wellness Plan?

The Wellness Plan is an eating program based on the elimination of your reactive foods. Any food on your test result that scored Class 1*, 2**, or 3*** for IgG (sensitivity) has been eliminated from your Wellness Plan. Its main purpose is to give your immune system time to rest and prevent the development of new food sensitivities.

We recommend that you avoid these reactive foods for at least 8-12 weeks and follow the rotation part of your Wellness Plan. You may not feel relief from your symptoms initially. In fact, you may crave some of the foods you have removed from your diet.

The purpose of the elimination and rotation plan is to eliminate foods that you have become sensitive to and rotate other nutritious foods into your diet. The plan provides food suggestions for each day in a four-day cycle. We recommend that you spend the first week on the plan focusing on the foods you need to eliminate. You may move any food on days 1 - 4 to another day to suit your meal planning. The main principle of the Wellness Plan is not to consume the same foods on consecutive days.

Your practitioner may have different guidelines which should be followed.

Reintroducing Foods.

- After 8-12 weeks of eliminating foods you reacted to, you are ready to start re-introducing foods. Begin with Class 1 foods to start the re-introduction phase.
- Try one culprit food every four days to see if you can tolerate it.
- On the first day of reintroducing a food, consume 2-3 servings of that food in its purest form.
- Please keep a food diary and make notes of any symptoms, which may take up to 72 hours to develop.
- If there is a reaction, or if any symptoms that have resolved during the elimination phase re-occur, remove the food from your diet again, as this may indicate that you are still not tolerating it.
- Foods you are able to tolerate may be added back into your diet on a rotation basis.
- Once all Class 1 sensitive foods are re-introduced move on to re-introducing Class 2 foods and finally Class 3's.

The table below lists all foods you reacted to under “Positive Foods”. Additional foods to exclude and hidden sources of those foods are listed in the next two columns. It is important to always read food labels. Definitions can be found at the bottom of the table.

Positive Foods	Also Exclude	Hidden Sources
Almond	All forms, almond oil*, almond butter, almond milk	Mixed nuts, trail mixes
Amaranth	Amaranth flour, amaranth oil*, popped amaranth	Callaloo, gluten-free products
Black beans	All forms	Chili, salsa, veggie burgers
Casein	See casein insert	
Cashew	All forms, cashew butter, cashew nut milk	Baked goods, mixed nuts, trail mixes
Cheese (Blue)	All varieties, cow's, goat's, and sheep's milk blue cheese	Salad dressing, salads
Cheese (Cheddar)	All varieties, imported and domestic	Sauces
Cheese (Swiss)	All varieties, Gruyere, Baby swiss, Emmental cheese, Jarlsberg, Lacy cheese, imported and domestic	Cheese fondue, sandwiches
Chicken	All cuts, cooked in all forms, Cornish hen, pheasant, quail, stock and broth	Deli meats, sausage, soups and stews
Cinnamon	Cinnamon oil*, cinnamon tea, powdered spice, sticks	Baked goods, Mincemeat, pumpkin pie spice
Cloves	Spice, whole, ground	Mulled beverages
Cranberry	All forms, all varieties, cranberry juice, cranberry sauce	Baked goods, juices, sauces, stuffing, trail mixes
Duck	All cuts, Magret	Pâté
Egg (Chicken)	See Special Considerations	Mayonnaise, aioli, baked goods, egg substitutes, fresh pasta, lecithin, marshmallows, marzipan, nougat
Flaxseed	All varieties, flaxseed oil*, linseed oil*	Breakfast cereals, smoothies, baked goods, energy bars, protein bars
Ginger	All forms, authentic ginger ale, ginger beer and wine, ginger root, ginger tea	Baked goods, dietary supplements, herbal teas, candy
Grape	All forms, all varieties, currants, sultanas, grape seed oil*, raisins, wine vinegar	Jams, jellies, juices
Green Bean	All varieties, all forms, string beans, ejotes, haricots verts, french green beans	Salads, soups, stews
Green tea	All forms, all varieties	Candy, chewing gum, ice cream
Hazelnut	Filberts, cob nuts, hazelnut butter, hazelnut milk, hazelnut oil*, Nutella	Baked goods, chocolates, mixed nuts, praline
Hemp	All forms, all varieties, hemp beer, hemp milk, hemp seed	Cereals, baked goods
Honey	All forms, creamed, crystallized, dried, raw	Baked goods, confectionary, energy bars
Horseradish	All forms, khren, wasabi	Bloody Mary, cocktail sauce, relish, sauces, soups
Kidney Bean	All forms, all varieties	Chili, salads
Macadamia	All forms	Baked goods, confectionary, trail mixes
Milk (Cow)	Cow's milk in all forms, liquid, dried, ice cream, cheese, yogurt, butter	
Milk (Goat)	Goat's milk in all forms, liquid, dried, ice cream, cheese, yogurt, butter	

Milk (Sheep)	Feta cheese, Manchego cheese, pecorino cheese, Roquefort, sheep milk yogurt	Greek and Middle Eastern cuisine
Nutmeg	All forms, nutmeg oil*, Mace, nutmeg butter	Mincemeat, baked goods, pumpkin pie spice, mulled beverages, eggnog, tortellini
Oyster	All varieties, in all forms, authentic oyster sauce	
Pinto Bean	All forms, canned, dried	Bean dips, chili, refried beans
Pistachio	All forms, pistachio butter, pistachio flour, pistachio milk, pistachio oil*, pistachio paste	Pudding, confectionary, ice cream, mortadella, baked goods, mixed nuts
Poppy seed	In all forms, spice, Mohn torte, poppy milk, poppyseed oil*, poppyseed paste	Bagels, baked goods, bialys, confectionary
Quinoa	All varieties, quinoa flour, quinoa pasta	Breakfast cereals (hot and cold), prepared salads, baked goods, pasta, protein bars
Rice	Rice noodle, rice bran, rice bran oil*, rice flour, rice milk, white rice	Cereals, Congee, cookies, pasta, pudding, baked goods, crackers, sushi
Rosemary	Rosemary extract, rosemary tea	Poultry dishes, stuffing, Italian seasoning, herbal teas, personal care products, shampoo
Safflower	Safflower oil*	Mayonnaise, tartar sauce, cookies, fried foods, nut butters, margarine, salad dressing
Sage	All forms, common sage, garden sage, sage tea	Herbal remedies, herbal teas, Mediterranean and Italian cuisine
Spinach	All varieties, all forms, Florentine dishes, spanikopita	Dips, salads, smoothies, soups
Turkey	All cuts, all forms	Burgers, deli meats, sausage
Turmeric	Curry powder, spice	American mustard, dietary supplements, khoresh, patoleo, sfouf, soups, yellow curry (Thai)
Walnut	In all forms, Butternut, English, Persian, White, walnut butter, walnut milk, walnut oil*	Pastries, candy, energy bars, mixed nuts, protein bars, salad dressing, trail mixes
Whey	Brown cheeses, milk permeate, ricotta, whey butter, whey cheeses, whey protein powder	Mysa, nutritional supplements, rivella
Yogurt	Greek yogurt, cow's milk yogurt, cacik, labneh, raita, tarator, tzatziki	Frozen desserts, smoothies

Definitions:

-All cuts: refers to all cuts of meat of the animal you tested positive to - conventional, organic, free-range, grass-fed, frozen and processed.

-All forms/in any form: refers to but is not limited to - raw, frozen, dried, butter, seeds, jerky, broth, fried, pickled, juices, jelly, jam, canned, sauce, jarred, or any other preparation method, form, or dish the food is found in.

-All varieties: refers to any variety of the reactive food. For example, if you tested positive to black walnut you should also avoid English, Persian, Butternut and White walnuts.

***Oils:** You may use highly refined oils but not cold pressed. See Frequently Asked Questions for more information.

Egg

Egg sensitivity may occur as a result of over consumption of eggs or cross reactivity with environmental allergens.

If you have tested positive to egg white or egg yolk we suggest that you remove chicken eggs from your diet during the elimination phase of your Wellness Plan.

Tip:

Egg substitute suggestions are: duck or ostrich eggs, ground flax seed and apple sauce, commercial egg replacer, baking powder with vinegar and water.

Foods to avoid:

Egg in all its forms – boiled, poached, fried, coddled
Egg white, egg yolk, dried egg, egg beaters
Ice cream, custards, puddings
Quiche
Meringues, macaroons, eclairs, cakes, cookies, waffles, pancakes
Egg noodles, pasta
Clear soups, Hollandaise sauce, other egg based sauce, mayonnaise
Globulin, vitellen, albumin, lysozyme, ovalbumin, surimi

Gluten

You have tested positive for gluten or indicated on the nutrition questionnaire that you avoid gluten. Barley, malt, rye and wheat, have been removed from your Wellness Plan as they contain varying amounts of gluten.

A gluten-sensitivity does not mean that you have Celiac disease.

We recommend that you remove all sources of gluten from your diet during the elimination phase of your Wellness Plan.

Gluten containing grains: wheat (including spelt, sprouted wheat, faro, farina, bulgur, durum, wheatberries, graham flour, einkorn) barley, rye, triticale.

Malt is excluded as it is usually made from gluten containing grains.

Foods to avoid unless labeled Gluten Free:

Pasta made with wheat, faro, couscous, ravioli, lasagna, egg noodles, gnocchi
Breads and pastries, bagels, naan, flatbreads, muffins, donuts, dinner rolls, tortillas
Baked goods, cookies, cakes, pie crust
Breakfast cereals, pancakes, waffles, French toast, crepes, galettes, biscuits
Breaded goods, breadcrumbs, panko, croutons
Malt, malted beverages
Luncheon meats, deli meats
Sauces and gravies
Beer
Dextrin, Modified food starch

Casein

You have tested positive to casein or you have indicated on your Nutrition Questionnaire that you avoid dairy products. Casein is the major protein in animal milk.

Your test results may indicate that you are positive to casein but negative to some of the dairy items included in our test. This is not uncommon. We recommend that you remove all sources of casein from your diet.

Foods to avoid:

Milk – whole, 2%, 1%, skim, Lactaid, flavored, dried, evaporated, condensed
Calcium, Potassium and Sodium caseinate
Rennet casein, dairy solids
Buffalo, cow, goat and sheep milk
Malted milk
Yogurt (made from animal milk)
Cheese (made from animal milk)
Butter (clarified butter is allowed)
Custards and puddings (made from animal milk)

Milk

You have tested positive to cow's milk on your food sensitivity test. We recommend that you avoid milk and dairy products during the elimination period of your Wellness Plan.

It is not uncommon to test positive for milk but not for other dairy products. When cheese and yogurt is processed, milk proteins are altered which may be why you do not react to these foods.

Tip:

Milk substitutes include almond milk, coconut milk, hazelnut milk, hemp milk, rice milk, soy milk. Goat's and sheep's milk may also be tolerated.

Foods to avoid:

Milk – whole, 2%, 1%, skim Lactaid, flavored milk, dried, condensed, evaporated
Custards, milk based puddings
Malted milk beverages, butter
Yogurt (made from animal milk)
Cheese (made from animal milk)

Whey

You have tested positive to whey. Whey is the second most abundant protein in milk – cow, goat, sheep and buffalo.

The most common forms of whey on the market are: concentrate, isolate, hydrolysate and native whey. Hydrolyzed whey may be less allergenic than other forms of whey. Whey proteins are denatured when exposed to high heat.

Foods to avoid:

Milk – whole, 2%, 1%, skim, Lactaid, flavored, dried, evaporated, condensed
Calcium, Potassium and Sodium caseinate
Rennet casein, dairy solids
Buffalo, cow, goat and sheep milk
Malted milk
Yogurt (made from animal milk)
Cheese (made from animal milk)
Butter (clarified butter is allowed)
Custards and puddings (made from animal milk)

Protein Sources

Abalone
Beef
Buffalo
Coconut yogurt
Egg (Duck)
Goat
Hake
Lamb
Mackerel
Nutritional yeast
Peanut butter
Salmon
Sole
Swordfish
Trout
Whitefish

Arctic char
Bison
Catfish
Codfish
Egg (Turkey)
Goose
Halibut
Lentil
Moose
Ostrich
Perch
Sardine
Soy cheese
Tilapia
Tuna

Bacon
Black-eyed Peas
Chickpea
Crab
Fava beans
Grouper
Ham
Lima Bean
Mussel
Ostrich egg
Pork
Scallop
Soybean
Tofu
Venison

Bass
Bonito
Clam
Crayfish
Flounder
Haddock
Herring
Lobster
Navy Bean
Pea butter
Rabbit
Shrimp
Sprout (Mung Bean)
Tofu yogurt
Walleye Pike

Grains & Starches

Buckwheat
Corn
Garbanzo flour
Jerusalem artichoke flour
Kelp noodles
Millet
Popcorn (Plain)
Soybean flour
Wild rice

Cellophane noodles
Corn flour
Grits
Jobs Tears
Lotus root flour
Oatmeal
Sago flour
Tapioca

Coconut flour
Corn meal
Groats
Kaniwa
Malanga flour
Oats (Gluten free)
Soba noodles
Teff

Coffee flour
Corn tortillas
Hominy
Kasha
Manioc
Poi flour
Soy flour
Water chestnut flour

Vegetables

Agar
Asparagus
Bell pepper
Broccoli
Carrot
Celery
Cucumber
Heart of Palm
Kale
Leeks
Onion
Potato, Sweet
Rhubarb
Shallot
Tomato
Yucca

Alfalfa sprouts
Bamboo shoots
Bitter melon
Brussel sprouts
Cassava
Chard
Eggplant
Jerusalem artichoke
Kelp
Lettuce
Parsnip
Pumpkin
Rutabaga
Squash
Turnip
Zucchini

Artichoke
Beet greens
Bokchoy
Cabbage
Cauliflower
Chicory
Escarole
Jicama
Kohlrabi
Lotus root
Peas
Radicchio
Scallion
Swiss Chard
Water chestnut

Arugula
Beets
Broccoflower
Capsicum
Celeriac
Collard greens
Fennel
Kai-lan
Lambs quarters
Mushroom
Potato
Radish
Seaweed
Taro
Watercress

Fruits

Acai berry
Banana
Casaba melon
Coconut
Grapefruit
Kumquat
Mango
Orange
Persimmon
Pomegranate
Tangerine

Apple
Blackberry
Chayote
Date
Guava
Lemon
Medlar Fruit
Papaya
Pineapple
Quince
Watermelon

Apricot
Blueberry
Cherry
Dragon fruit
Honeydew
Lime
Nectarine
Peach
Plantain
Raspberry

Avocado
Cantaloupe
Chokeberry
Fig
Kiwi
Loganberry
Olives
Pear
Plum
Strawberry

Your Shopping List

Fats & Oils

Acai oil
Canola oil
Ghee
Peanut oil
Sunflower oil

Apricot oil
Cocoa butter
Mustard oil
Pumpkin seed oil

Avocado oil
Coconut oil
Olive oil
Sesame oil

Babassu oil
Corn oil
Pea butter
Soy oil

Nuts & Seeds

Brazil nut
Lotus seeds
Pumpkin seed

Chestnut
Peanut
Sesame

Chia seed
Pecan
Soy nuts

Cola
Pine nut
Sunflower seed

Spices, Herbs & Flavorings

Agave
Black Pepper
Cardamon
Cilantro
Corn syrup
Fennel seed
Lavender
Lime juice
Maple syrup
Oregano
Pepper (Chili)
Savory
Thyme

Anise Seed
Caper
Carob
Cocoa
Cream of tartar
Fenugreek
Lemon grass
Lovage
Marjoram
Paprika
Pepper (White)
Spearmint
Vanilla bean

Basil
Caraway
Celery seeds
Coconut sugar
Cumin
Garlic
Lemon juice
Maltose
Mustard seed
Parsley
Peppermint
Stevia
Vinegar

Bay leaf
Caraway seed
Chives
Coriander
Dill
Ginseng
Licorice
Maple sugar
Oil of Wintergreen
Pepper (Cayenne)
Saffron
Tarragon
Woo-hsiang Powder

Beverages

Apple juice
Club soda
Fennel tea
Oolong tea
Prune juice
Tomato juice

Artichoke water
Coconut milk
Ginseng tea
Orange juice
Seltzer water

Cherry juice
Coconut water
Grapefruit juice
Pear nectar
Soy milk

Chokeberry juice
Coffee
Mint tea
Pineapple juice
Spring water

Your 4-Day Rotation

Day 1	Day 2	Day 3	Day 4
Protein Sources Arctic char, Black-eyed Peas, Chickpea, Egg (Duck), Goose, Herring, Nutritional yeast, Pea butter, Peanut butter, Salmon, Sardine, Trout	Protein Sources Bacon, Catfish, Coconut yogurt, Codfish, Crab, Crayfish, Haddock, Hake, Ham, Lobster, Perch, Pork, Rabbit, Shrimp, Walleye Pike	Protein Sources Abalone, Bass, Clam, Egg (Turkey), Flounder, Grouper, Halibut, Lentil, Moose, Mussel, Scallop, Sole, Sprout (Mung Bean), Venison, Whitefish	Protein Sources Beef, Bison, Bonito, Buffalo, Fava beans, Goat, Lamb, Lima Bean, Mackerel, Navy Bean, Ostrich, Ostrich egg, Soy cheese, Soybean, Swordfish, Tilapia, Tofu, Tofu yogurt, Tuna
Grains & Starches Cellophane noodles, Garbanzo flour, Jerusalem artichoke flour, Malanga flour, Poi flour, Wild rice	Grains & Starches Coconut flour, Millet, Oatmeal, Oats (Gluten free), Sago flour, Teff	Grains & Starches Coffee flour, Corn, Corn flour, Corn meal, Corn tortillas, Grits, Hominy, Kaniwa, Kelp noodles, Manioc, Popcorn (Plain), Tapioca	Grains & Starches Buckwheat, Groats, Jobs Tears, Kasha, Lotus root flour, Soba noodles, Soy flour, Soybean flour, Water chestnut flour
Vegetables Alfalfa sprouts, Artichoke, Broccoli, Broccoli, Brussel sprouts, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Collard greens, Escarole, Fennel, Jerusalem artichoke, Kai-lan, Kale, Lettuce, Mushroom, Parsnip, Peas, Taro	Vegetables Arugula, Asparagus, Bamboo shoots, Cucumber, Leeks, Onion, Pumpkin, Radish, Scallion, Shallot, Squash, Watercress, Yucca, Zucchini	Vegetables Agar, Bell pepper, Bitter melon, Bokchoy, Capsicum, Cassava, Eggplant, Heart of Palm, Kelp, Kohlrabi, Potato, Radicchio, Rutabaga, Seaweed, Tomato, Turnip	Vegetables Beet greens, Beets, Chard, Chicory, Jicama, Lamb quarters, Lotus root, Potato, Sweet, Rhubarb, Swiss Chard, Water chestnut
Fruits Banana, Grapefruit, Kumquat, Lemon, Lime, Orange, Papaya, Plantain, Tangerine	Fruits Cantaloupe, Casaba melon, Chayote, Coconut, Date, Honeydew, Olives, Persimmon, Pineapple, Pomegranate, Watermelon	Fruits Acai berry, Apple, Blackberry, Blueberry, Chokeberry, Dragon fruit, Kiwi, Loganberry, Mango, Medlar Fruit, Pear, Quince, Raspberry, Strawberry	Fruits Apricot, Avocado, Cherry, Fig, Guava, Nectarine, Peach, Plum
Fats & Oils Pea butter, Peanut oil, Sesame oil, Sunflower oil	Fats & Oils Babassu oil, Coconut oil, Olive oil, Pumpkin seed oil	Fats & Oils Acai oil, Corn oil, Mustard oil	Fats & Oils Apricot oil, Avocado oil, Canola oil, Cocoa butter, Ghee, Soy oil
Nuts & Seeds Peanut, Sesame, Sunflower seed	Nuts & Seeds Pine nut, Pumpkin seed	Nuts & Seeds Chia seed, Pecan	Nuts & Seeds Brazil nut, Chestnut, Cola, Lotus seeds, Soy nuts
Spices, Herbs & Flavorings Anise Seed, Caraway, Caraway seed, Carob, Celery seeds, Coriander, Cumin, Dill, Fennel seed, Fenugreek, Lemon juice, Licorice, Lime juice, Lovage, Oil of Wintergreen, Parsley, Stevia, Tarragon, Vanilla bean, Vinegar	Spices, Herbs & Flavorings Cardamon, Chives, Cilantro, Coconut sugar, Garlic, Lemon grass, Maltose, Maple sugar, Maple syrup, Saffron	Spices, Herbs & Flavorings Agave, Basil, Corn syrup, Ginseng, Lavender, Marjoram, Mustard seed, Oregano, Paprika, Pepper (Cayenne), Pepper (Chili), Peppermint, Savory, Spearmint, Thyme, Woo-hsiang Powder	Spices, Herbs & Flavorings Bay leaf, Black Pepper, Caper, Cocoa, Cream of tartar, Pepper (White)
Beverages Artichoke water, Fennel tea, Grapefruit juice, Oolong tea, Orange juice, Spring water	Beverages Coconut milk, Coconut water, Pineapple juice	Beverages Apple juice, Chokeberry juice, Club soda, Coffee, Ginseng tea, Mint tea, Pear nectar, Tomato juice	Beverages Cherry juice, Prune juice, Seltzer water, Soy milk

What defines a day within the 4-day rotation?

A day is defined as a 24-hour period. Many people consider waking and sleeping as a day; however, this would vary greatly depending on how many hours one sleeps or stays awake. By using the 24-hour rule you may find it easier for meal planning. For example, dinner left-overs could be consumed the next "day" for breakfast or lunch.

Can I move foods around to suit my eating habits?

Yes, you may move foods from one day to another. However, once you have moved a food or food group, you should leave it on the day you have moved it to.

What about foods that are not listed in my 4-day rotation?

If you would like to include a food that you have not been tested for, and have had no adverse reaction to that food in the past, you may incorporate it into your 4-day rotation plan.

Can I use salt?

Yes, you may use salt. We do not recommend an excessive amount of salt in the diet. (See USDA Nutrition Guidelines for daily recommended intake of salt).

I tested positive to a food that I never consume – why?

Food sensitivities can be influenced by cross reactions with other foods and/or environmental allergies/sensitivities. For example, if you have an allergy to dust mites you may test positive to shellfish, or if you have an allergy to latex, you may test positive to avocados or poppy seed.

What if I accidentally consume an item that I tested positive to?

This does not mean that you have to start over – just carry on with your elimination and rotation plan.

There is nothing to drink!

We recommend drinking plenty of water and herbal teas. If you are eliminating cow's milk from your diet, try one of the milk substitutes such as hemp milk, coconut milk, almond milk. If you are eliminating coffee or tea, try green tea.

Do you use organic foods for your testing?

The food extracts used for our testing are sourced from FDA approved suppliers. Whether the food extracts are from organic sources or conventionally produced sources, does not affect the test result.

Can I use nut and seed oils if I am sensitive to the nut or seed?

Although the oils may have been removed from your Wellness Plan, in most cases they can be safely consumed if highly refined. Oils that do not meet this criteria such as cold-pressed or gourmet oils may not be safe to consume as they may contain traces of the problem protein. Please discuss with your practitioner.

I tested positive to eggs, why are duck eggs on my shopping list?

You were tested for chicken egg sensitivity. You may safely consume duck eggs or ostrich eggs as they are from different food families.



Food Log

Some clients find it helpful to keep a food re-introduction log to monitor symptoms as foods are brought back into the plan. Below is a sample food re-introduction log. If you experience any symptoms within three days of re-introducing a food, we recommend that you remove the food from your plan and try it again in a few weeks.

Date	Time	Food Re-introduced	Amount Eaten	Symptoms	Date & Time Symptoms Occurred

For example, let's say you have avoided carrots for the last 12 weeks and now you want to reintroduce them into your diet:

8/17	Lunch	Carrots, roasted	1 cup	bloating	8/19 bloating, pm

You might associate bloating with carrots introduced two days prior, in which case, we suggest that you remove carrots from the plan and try them in a few weeks.

Reading Labels and Healthy Eating

Reading Labels

The 2006 Food Allergen Labeling and Consumer Act (FALCPA) has helped to take some of the stress out of label reading.

Before purchasing any processed foods you should carefully read the food labels and the ingredient lists to ensure these products do not contain any offending foods. Supplements should also be carefully checked. If you are unsure of any ingredient, contact the manufacturer of the product for clarification, and check with your practitioner.

The most common “allergenic” foods include eggs, milk, peanuts, tree nuts, soy, shellfish, fish and wheat. All FDA regulated manufactured food products that contain any of these, as an ingredient, are required by U.S. law to list them on the product label.

Tips to Healthy Eating

A healthy, balanced diet should include a variety of foods from all food groups: vegetables, fruits, grains, protein sources and healthy fats and oils.

- Plan ahead and use the shopping list provided to help create a healthy eating plan.
- Your shopping list is a guide and not limited to only the foods listed.
- Consume adequate calories and nutrients for overall health.
- For adequate fluid intake, drink 6-8 glasses of water per day.
- Avoid alcoholic beverages. Alcohol interferes with the healing process.
- Avoid empty calories from foods high in sugar such as juices, soda, candy and sweets.
- Choose nutrient dense and fresh foods over processed foods.
- Frozen meat, fish, and produce are acceptable alternatives when fresh is not available.
- Ensure adequate fiber intake to maintain a healthy gut.
- When dining away from home ask questions regarding food preparation.
- Have fun trying new foods and recipes.

Here is a list of resources you may find useful while following your Wellness Plan.

www.seafoodwatch.org: Monterey Bay Aquarium's Seafood Watch program provides information to consumers and businesses about good seafood choices.

www.ewg.org: Environmental Working Group works to empower consumers to live healthier lives. Check out their reports on cosmetics, sun lotions, household cleaning products, and pesticides in foods.

www.choosemyplate.gov: Government website which provides information about calorie intake, meal planning, healthy choices.

www.sustainabletable.org: An interactive website which shows which foods are in season in your area.

www.centerforfoodsafety.org: The Center for Food Safety is a legal and consumer advocacy group working to protect our food supply.

www.cspinet.org: Center for Science in the Public Interest provides information about nutrition and good food choices.

www.fda.gov: Has a variety of topics including additives, allergies, recalls and more.

www.celiac.org: Information about gluten free foods.

www.kidswithfoodallergies.org: Kids With Food Allergies Foundation (KFA) is a great resource for recipes, shopping guides, parent support.

www.oneingredientchef.com: Guide to eating and preparing whole foods, primarily plant based recipes.

cooking.nytimes.com: Over 17,000 recipes which may be sorted to meet your dietary needs.

www.eatingwell.com: A good resource for recipes from simple to complex which can be sorted for gluten free, egg free, etc.

APPS

Non-GMO Project Shopping Guide
Food Intolerances
Monash University FODMAP diet
Dirty Dozen
Find Me Gluten Free
The Gluten Free Scanner - Barcode Scanner

The above list is provided as a resource. There are many more sites available on the internet and many more Apps in the App store. We do not endorse any views or opinions on these sites or apps.



Now that you have read through your Wellness Plan, please feel free to contact our Nutrition Department with any questions.

- ▶ Email: nutritionist@foodallergy.com
- ▶ Tel: 800.225.5404, ext. 316, EST
(we are closed on weekends)

We recommend that you avoid the foods listed on the card from your diet. Please follow your practitioner's guidelines.

Now offering Zoom Meetings!

To schedule a 10-minute Zoom video conference, please visit www.foodallergy.com/nutrition-wellness/nutrition-support

Patient: Sample Patient
You Tested Positive to These Foods



Almond	Cranberry	Horseradish	Quinoa Rice
Amaranth	Duck	Kidney Bean	Rosemary
Black beans	Egg (Chicken)	Macadamia	Safflower
Casein	Flaxseed	Milk (Cow)	Sage
Cashew	Ginger	Milk (Goat)	Spinach
Cheese (Blue)	Grape	Milk (Sheep)	Turkey
Cheese (Cheddar)	Green Bean	Nutmeg	Turmeric
Cheese (Swiss)	Green tea	Oyster	Walnut
Chicken	Hazelnut	Pinto Bean	Whey
Cinnamon	Hemp	Pistachio	Yogurt
Cloves	Honey	Poppy seed	

Peel ↗

*This is a sample copy of the Wellness Plan for review purposes only.
Your patients's hard copy will include a peel off wallet sized card.*

IMPORTANT: If you have a positive IgE response or know that you have an allergy to a food not listed on the card, do not consume that food.

WE WISH YOU THE GREATEST SUCCESS TOWARDS BETTER HEALTH!



Sample Report



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