

Patient Name: [REDACTED]

05 May 2011

Healthcare Provider: DR THOMAS DI SALVATO

File #: 96987 (100)

**Severe Intolerance**

- BANANA
- BEEF
- CANE SUGAR
- CANTALOUPE
- COCOA
- COFFEE
- EDIBLE SEED
- EGG
- FRUCTOSE (FOS)
- GAT
- RICE
- SQUASH (Yellow)
- VANILLA

**Moderate Intolerance**

- BLACK PEPPER
- CABBAGE
- CORN
- GREEN PEA
- MUSHROOM
- PINTO BEAN
- SHRIMP
- WHEAT

**Mild Intolerance**

- ALMOND\*
- APPLE\*
- BAKER'S YEAST\*
- BASIL\*
- BLACK GREEN TEA\*
- BREWER'S YEAST\*
- CARROT\*
- CASHEW\*
- CHICKEN\*
- CINNAMON\*
- CLAM
- CRANBERRY\*
- CUCUMBER\*
- EGGPLANT\*
- GINGER\*
- GRAPE\*
- GRAPEFRUIT\*
- GREEN PEPPER\*
- HOPS\*
- ICEBERG LETTUCE
- LAMB\*
- LIME\*
- LOBSTER\*
- ONION\*
- OREGANO\*
- PARSLEY\*
- PEANUT\*
- PEAR\*
- PECAN\*
- PLUM\*
- STRAWBERRY\*
- STRING BEAN\*
- SWEET POTATO\*
- TOMATO\*
- TUNA\*
- WATERMELON\*

**Acceptable Foods**

**VEGETABLES / LEGUMES**

ASPARAGUS	BROCCOLI	BRUSSEL SPROUTS	CARLI FLOWER
CELERY	MUSTARD	SOYBEAN	SPINACH
WHITE POTATO			

**FRUITS**

AVOCADO	BLUEBERRY	CHERRY	LEMON
OLIVE	ORANGE	PEACH	PINEAPPLE

**MEAT**

PORK	TURKEY
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**DAIRY**

EGG WHITE	EGG YOLK
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**SEAFOOD**

CODFISH	HALIBUT	SALMON	SCALLOP
SNAPPER	SOLE		

**GRAINS**

MILLET
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**HERBS / SPICES**

**NUTS/ OILS AND MISC. FOODS**

CARDI	COCONUT	GARLIC	HONEY
PSYLLIUM	BESAME		

**Candida**

You have no reaction to Candida Albicans.

**Gluten / Gliadin**

You have a mild reaction to Gliadin and moderate reaction to Gluten, avoid these foods:

BARLEY RYE\*

**Casein / Whey**

You have a mild reaction to Casein and Whey, limit these foods:

COWS MILK GOATS MILK

**Red** indicates a severe intolerance and these items should be avoided for a minimum of 6 months  
**Orange** indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months  
**Yellow** indicates a mild intolerance and these foods should be avoided if possible  
**Green** indicates acceptable foods / no reaction