

Wellness Plan



Prepared for
Sample Report

Requested by
Live Lean Rx Chicago, D.O.

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Congratulations Paige 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 1642282. 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 33 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.

Foods To Exclude

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 |
|-------------------------|---|---|
| Barley | Pearled barley, barley malt | Baked goods, casseroles, stews |
| Bay leaf | All forms | Seasonings, soups and broths |
| Bran | Wheat bran | Processed cereals with added fiber |
| Carrot | All forms, all varieties, carrot juice, carrot syrup | Juices, salads, soups, stews |
| Cheese (Cottage) | Plain, fruited | |
| Cinnamon | Cinnamon oil*, cinnamon tea, powdered spice, sticks | Baked goods, Mincemeat, pumpkin pie spice |
| Clam | All forms, Mussels, raw or cooked, freshwater and saltwater, frozen | Seafood chowder, seafood stuffing |
| Coconut | All forms, coconut butter, coconut meal, coconut milk, coconut sugar, coconut water, coconut yogurt | Curry, chutney, confectionary, margarine |
| Cola | Cola beverages, kola nut | Confectionary, flavoring, sodas |
| Egg white | Globulin, vitellin, albumin (or albumen), Lysozyme, mayonnaise, Meringue, meringue powder, Ovalbumin, surimi, Egg (white and yolk in any form), eggnog, chicken egg | Mayonnaise, aioli, baked goods, egg substitutes, fresh pasta, lecithin, marshmallows, marzipan, nougat |
| Gluten | All foods made with gluten containing grains, See gluten insert | |
| Kelp | All forms, kombu | Dashi, salads, soups |
| Malt | All forms, barley malt, malt vinegar, malted shakes | Hot beverages, baked goods, cereals, confectionary |
| Milk (Cow) | Cow's milk in all forms, liquid, dried, ice cream, cheese, yogurt, butter | |
| Mushroom | All varieties, all forms, mushroom extract | Vegetarian oyster sauce |
| Mustard | Leaves, mustard oil*, powder, seeds and flowers, sprouted mustard seeds | BBQ sauce, marinades, pickles, relish, spice mixtures |
| Oats | All forms, granola, muesli, gluten-free oats, oat bran, oat flour, oat milk | Baked goods, cereals |
| Oregano | All forms, Marjoram | Greek cuisine, pizza toppings, seasonings, soups |
| Peanut | All forms, peanut butter, peanut milk, peanut oil* | Energy bars, mixed nuts, protein bars, trail mixes |
| Potato | All forms, all varieties, potato chips, potato flour, potato starch | Dumplings, fish stews, salads, soups |
| Rye | All varieties, all forms, pumpernickel, Triticale, rye berries, rye flour, kvass | Crackers, breads, cereals |
| Safflower | Safflower oil* | Mayonnaise, tartar sauce, cookies, fried foods, nut butters, margarine, salad dressing |
| Salmon | All forms, all varieties, Chinook, salmon roe, Sockeye, lox, Arctic char | |
| Scallop | In all forms, angels-on-horseback, conpoy | Sashimi, sushi, chowders |
| Sesame | Furikake, gomashio, halvah, hummus, sesame oil*, paste (Tahini), seeds | Adobo, mole, medicines, baked goods, Middle Eastern, Chinese, Thai and Japanese foods, processed foods, spice mixtures, cosmetics (listed as sesamum indicum) |

| | | |
|-----------------------|--|---|
| Sole | Onakkal, flounder | Chowders, surimi, fish sticks |
| Sunflower | All forms, sunflower butter, kernals, sunflower oil*, sprouted, sunflower seeds, Jerusalem artichoke | Snack foods |
| Tuna | All varieties, all forms | Sashimi, sushi, salads |
| 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 |
| Wheat | All forms, all varieties including durum, spelt, einkorn, wheatberry, and farro | Baked goods |
| Yeast (Baker) | See Yeast Information page | |
| Yeast (Brewer) | See Yeast Information page | |
| 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.

Yeast

Your test results show a positive score for both baker's yeast and brewer's yeast. Foods that are high in sugar and simple carbohydrates should be avoided, see box.

You may find that you feel worse before you feel better on a yeast elimination diet. It is not uncommon to crave sweets and "comfort" foods. Drink plenty of water and eat whole and minimally processed foods.

Tip:

Use a lettuce leaf or blanched large green leaf to make wraps to replace sandwiches

Foods to avoid:

Sugar in all forms: table sugar, organic brown sugar, raw sugar, honey, sucrose, fructose, molasses, agave nectar, maple syrup, artificial sweeteners
Fruit juice, dried fruit, fruits high in sugar, (bananas, dates, grapes, watermelon)
Aged cheeses
Mushrooms, fungi, truffles
Sweetened beverages, soda, sports drinks
Refined grains, white rice, pasta, potatoes
Yeast breads
Vinegar, commercial salad dressing, pickles, mustard
Processed meats, deli meats, smoked meats
Chocolate, candy
Alcohol

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.

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

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

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)

Your Shopping List

Protein Sources

| | | | |
|-------------|---------------|-----------------|------------------|
| Abalone | Almond butter | Bass | Beef |
| Bison | Black beans | Black-eyed Peas | Bonito |
| Buffalo | Cashew butter | Catfish | Chicken |
| Chickpea | Codfish | Crab | Crayfish |
| Duck | Egg (Duck) | Egg (Turkey) | Egg yolk |
| Fava beans | Goat | Goat cheese | Grouper |
| Haddock | Hake | Halibut | Hemp seed |
| Kidney Bean | Lamb | Lentil | Lima Bean |
| Lobster | Mackerel | Milk (Sheep) | Moose |
| Navy Bean | Ostrich | Ostrich egg | Oyster |
| Pea butter | Perch | Pinto Bean | Pistachio butter |
| Pork | Rabbit | Red Bean | Sardine |
| Shrimp | Soy cheese | Soybean | Swordfish |
| Tilapia | Tofu | Tofu yogurt | Trout |
| Turkey | Venison | Walleye Pike | Whitefish |

Grains & Starches

| | | | |
|----------------------|------------------|---------------|--------------------|
| Amaranth | Amaranth flour | Buckwheat | Cellophane noodles |
| Coffee flour | Corn | Corn flour | Corn meal |
| Corn tortillas | Garbanzo flour | Grits | Groats |
| Hemp | Hominy | Jobs Tears | Kaniwa |
| Kasha | Lotus root flour | Malanga flour | Manioc |
| Millet | Pistachio flour | Poi flour | Popcorn (Plain) |
| Quinoa | Rice (Brown) | Sago flour | Soba noodles |
| Soy flour | Soybean flour | Tapioca | Teff |
| Water chestnut flour | Wild rice | | |

Vegetables

| | | | |
|-----------------|----------------|---------------|----------------|
| Agar | Artichoke | Arugula | Asparagus |
| Baby spinach | Bamboo shoots | Beet greens | Beets |
| Bell pepper | Bokchoy | Broccoflower | Broccoli |
| Brussel sprouts | Cabbage | Capsicum | Cassava |
| Cauliflower | Celeriac | Celery | Chard |
| Chicory | Collard greens | Cucumber | Eggplant |
| Escarole | Fennel | Green Bean | Heart of Palm |
| Kai-lan | Kale | Kohlrabi | Lambs quarters |
| Leeks | Lettuce | Lotus root | Onion |
| Parsnip | Peas | Potato, Sweet | Pumpkin |
| Radicchio | Radish | Rhubarb | Rutabaga |
| Scallion | Seaweed | Shallot | Spinach |
| Squash | Swiss Chard | Tomato | Turnip |
| Water chestnut | Watercress | Wax beans | Yucca |
| Zucchini | | | |

Fruits

| | | | |
|------------|-------------|--------------|--------------|
| Acai berry | Apple | Apricot | Avocado |
| Blackberry | Blueberry | Casaba melon | Chayote |
| Cherry | Chokeberry | Cranberry | Grapefruit |
| Guava | Kiwi | Kumquat | Lemon |
| Lime | Loganberry | Mango | Medlar Fruit |
| Nectarine | Orange | Papaya | Peach |
| Pear | Persimmon | Pineapple | Plantain |
| Plum | Pomegranate | Quince | Raspberry |
| Strawberry | Tangerine | | |

Fats & Oils

| | | | |
|--------------|--------------|---------------|--------------|
| Acai oil | Amaranth oil | Apricot oil | Avocado oil |
| Babassu oil | Canola oil | Cocoa butter | Corn oil |
| Flaxseed oil | Ghee | Grapeseed oil | Hazelnut oil |

Your Shopping List

Nutmeg butter
Pumpkin seed oil

Olive oil
Rice bran oil

Pea butter
Soy oil

Pistachio oil

Nuts & Seeds

Almond
Chia seed
Hemp seed
Pine nut
Soy nuts

Brazil nut
Filbert
Lotus seeds
Pistachio

Cashew
Flaxseed
Macadamia
Poppy seed

Chestnut
Hazelnut
Pecan
Pumpkin seed

Spices, Herbs & Flavorings

Anise
Caraway
Celery seeds
Coriander
Fennel seed
Ginseng
Licorice
Oil of Wintergreen
Pepper (Chili)
Saffron
Stevia
Vanilla bean

Basil
Caraway seed
Chives
Cream of tartar
Fenugreek
Lavender
Lime juice
Paprika
Pepper (White)
Sage
Tarragon

Black Pepper
Cardamom
Cilantro
Cumin
Garlic
Lemon grass
Lovage
Parsley
Peppermint
Savory
Thyme

Caper
Carob
Cloves
Dill
Ginger
Lemon juice
Nutmeg
Pepper (Cayenne)
Rosemary
Spearmint
Turmeric

Beverages

Almond nut milk
Coffee
Green tea
Milk (Sheep)
Seltzer water

Artichoke water
Fennel tea
Hazelnut milk
Mint tea
Soy milk

Cashew nut milk
Ginger tea
Hemp milk
Pistachio milk
Spring water

Club soda
Ginseng tea
Milk (Goat)
Rice milk
Tomato juice

Your 4-Day Rotation

| Day 1 | Day 2 | Day 3 | Day 4 |
|--|---|--|--|
| Protein Sources Black-eyed Peas, Chicken, Chickpea, Duck, Egg (Duck), Egg yolk, Pea butter, Pinto Bean, Sardine, Trout | Protein Sources Black beans, Catfish, Codfish, Crab, Crayfish, Haddock, Hake, Kidney Bean, Lobster, Milk (Sheep), Perch, Pork, Rabbit, Red Bean, Shrimp, Walleye Pike | Protein Sources Abalone, Bass, Cashew butter, Egg (Turkey), Grouper, Halibut, Hemp seed, Lentil, Moose, Oyster, Pistachio butter, Turkey, Venison, Whitefish | Protein Sources Almond butter, Beef, Bison, Bonito, Buffalo, Fava beans, Goat, Goat cheese, Lamb, Lima Bean, Mackerel, Navy Bean, Ostrich, Ostrich egg, Soy cheese, Soybean, Swordfish, Tilapia, Tofu, Tofu yogurt |
| Grains & Starches Cellophane noodles, Garbanzo flour, Malanga flour, Poi flour, Wild rice | Grains & Starches Millet, Rice (Brown), Sago flour, Teff | Grains & Starches Coffee flour, Corn, Corn flour, Corn meal, Corn tortillas, Grits, Hemp, Hominy, Kaniwa, Manioc, Pistachio flour, Popcorn (Plain), Tapioca | Grains & Starches Amaranth, Amaranth flour, Buckwheat, Groats, Jobs Tears, Kasha, Lotus root flour, Quinoa, Soba noodles, Soy flour, Soybean flour, Water chestnut flour |
| Vegetables Artichoke, Broccoflower, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Celeriac, Celery, Collard greens, Escarole, Fennel, Kai-lan, Kale, Lettuce, Parsnip, Peas | Vegetables Arugula, Asparagus, Bamboo shoots, Cucumber, Leeks, Onion, Pumpkin, Radish, Scallion, Shallot, Squash, Watercress, Yucca, Zucchini | Vegetables Agar, Bell pepper, Bokchoy, Capsicum, Cassava, Eggplant, Green Bean, Heart of Palm, Kohlrabi, Radicchio, Rutabaga, Seaweed, Tomato, Turnip, Wax beans | Vegetables Baby spinach, Beet greens, Beets, Chard, Chicory, Lambs quarters, Lotus root, Potato, Sweet, Rhubarb, Spinach, Swiss Chard, Water chestnut |
| Fruits Grapefruit, Kumquat, Lemon, Lime, Orange, Papaya, Plantain, Tangerine | Fruits Casaba melon, Chayote, Persimmon, Pineapple, Pomegranate | Fruits Acai berry, Apple, Blackberry, Blueberry, Chokeberry, Cranberry, Kiwi, Loganberry, Mango, Medlar Fruit, Pear, Quince, Raspberry, Strawberry | Fruits Apricot, Avocado, Cherry, Guava, Nectarine, Peach, Plum |
| Fats & Oils Flaxseed oil, Hazelnut oil, Pea butter | Fats & Oils Babassu oil, Olive oil, Pumpkin seed oil, Rice bran oil | Fats & Oils Acai oil, Corn oil, Nutmeg butter, Pistachio oil | Fats & Oils Amaranth oil, Apricot oil, Avocado oil, Canola oil, Cocoa butter, Ghee, Grapeseed oil, Soy oil |
| Nuts & Seeds Filbert, Flaxseed, Hazelnut | Nuts & Seeds Pine nut, Poppy seed, Pumpkin seed | Nuts & Seeds Cashew, Chia seed, Hemp seed, Pecan, Pistachio | Nuts & Seeds Almond, Brazil nut, Chestnut, Lotus seeds, Macadamia, Soy nuts |
| Spices, Herbs & Flavorings Anise, 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 | Spices, Herbs & Flavorings Cardamom, Chives, Cilantro, Garlic, Ginger, Lemon grass, Saffron, Turmeric | Spices, Herbs & Flavorings Basil, Ginseng, Lavender, Nutmeg, Paprika, Pepper (Cayenne), Pepper (Chili), Peppermint, Rosemary, Sage, Savory, Spearmint, Thyme | Spices, Herbs & Flavorings Black Pepper, Caper, Cloves, Cream of tartar, Pepper (White) |
| Beverages Artichoke water, Fennel tea, Green tea, Hazelnut milk, Spring water | Beverages Ginger tea, Milk (Sheep), Rice milk | Beverages Cashew nut milk, Club soda, Coffee, Ginseng tea, Hemp milk, Mint tea, Pistachio milk, Tomato juice | Beverages Almond nut milk, Milk (Goat), 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 am positive to milk yet ghee is on my shopping list?

Ghee, clarified butter, is safe to consume if you have a dairy sensitivity. Ghee does not contain any milk solids.

What type of bran is tested?

We test wheat bran. You may use rice bran or oat bran as long as you are not sensitive to rice or oats.

Frequently Asked Questions

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.

I am positive to both gluten and baker's yeast. What kind of bread may I eat?

Always check the ingredients before consuming any bread. Generally, gluten free flat breads and quick breads typically do not contain baker's yeast.

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.

www.nytimes/cooking.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

Foodditive
Seafood Watch
EWG Shopper's Guide
Non-GMO Project Shopping Guide
ShopNOGMO
ECO-Labels
Food Intolerances
Food Allergy Detective

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.

Our Registered Dietitians are available to answer your questions Tuesday through Friday, 11:30AM–4:30PM EST.

You may also email your questions to: nutritionist@foodallergy.com

If our telephone hours are inconvenient, please leave a voicemail with a convenient time to call back or email us with your request indicating your preferred time and time zone.

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

Important: If you have a classic food allergic response (immediate IgE reaction) do not consume the food.

Patient: Sample Report

Doctor: Live Lean Rx Chicago, D.O.

You Tested Positive For These Foods

| | | | | |
|---------------|----------------|---------|------------|------------------|
| Barley | Bay leaf | Bran | Carrot | Cheese (Cottage) |
| Cinnamon | Clam | Coconut | Cola | Egg white |
| Gluten | Kelp | Malt | Milk (Cow) | Mushroom |
| Mustard | Oats | Oregano | Peanut | Potato |
| Rye | Safflower | Salmon | Scallop | Sesame |
| Sole | Sunflower | Tuna | Walnut | Wheat |
| Yeast (Baker) | Yeast (Brewer) | Yogurt | | |

WE WISH YOU THE GREATEST SUCCESS TOWARDS BETTER HEALTH!

