

# Wellness Plan



Prepared for  
**Sample Patient**

Requested by  
**Sample Doctor, M.D.**

Prepared by  
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Alletess Medical Laboratory  
14 Howard Street  
Rockland, MA 02370

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 1721979. 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 22 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
<b>Apple</b>	All forms, all varieties, apple juice, applesauce	Matzos, jams, jellies, pie fillings
<b>Barley</b>	Pearled barley, barley malt	Baked goods, casseroles, stews
<b>Black Pepper</b>	Ground and whole, white pepper, peppercorns	
<b>Bran</b>	Wheat bran	Processed cereals with added fiber
<b>Carrot</b>	All forms, all varieties, carrot juice, carrot syrup	Juices, salads, soups, stews
<b>Clam</b>	All forms, Mussels, raw or cooked, freshwater and saltwater, frozen	Seafood chowder, seafood stuffing
<b>Egg (Chicken)</b>	See Special Considerations	Mayonnaise, aioli, baked goods, egg substitutes, fresh pasta, lecithin, marshmallows, marzipan, nougat
<b>Gluten</b>	All foods made with gluten containing grains, See gluten insert	
<b>Grape</b>	All forms, all varieties, currants, sultanas, grape seed oil*, raisins, wine vinegar	Jams, jellies, juices
<b>Honey</b>	All forms, creamed, crystallized, dried, raw	Baked goods, confectionary, energy bars
<b>Kelp</b>	All forms, kombu	Dashi, salads, soups
<b>Lettuce</b>	Bibb, Iceberg, Romaine, Butterhead, Oakleaf, Escarole	Salads, sandwiches
<b>Malt</b>	All forms, barley malt, malt vinegar, malted shakes	Hot beverages, baked goods, cereals, confectionary
<b>Mushroom</b>	All varieties, all forms, mushroom extract	Vegetarian oyster sauce
<b>Rice</b>	All varieties, rice noodle, rice bran, rice bran oil*, rice flour, rice milk, white rice	Cereals, Congee, cookies, pasta, pudding, baked goods, crackers, sushi
<b>Rye</b>	All varieties, all forms, pumpernickel, Triticale, rye berries, rye flour, kvass	Crackers, breads, cereals
<b>Safflower</b>	Safflower oil*	Mayonnaise, tartar sauce, cookies, fried foods, nut butters, margarine, salad dressing
<b>Tarragon</b>	All forms, all varieties	Vinegar, mustard, soups
<b>Wheat</b>	All forms, all varieties including durum, spelt, einkorn, wheatberry, and farro	Baked goods
<b>Yeast (Baker)</b>	See Yeast Information page	
<b>Yeast (Brewer)</b>	See Yeast Information page	

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

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## 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

## Protein Sources

Abalone  
Beef  
Bonito  
Chicken  
Crab  
Egg (Turkey)  
Goat cheese  
Hake  
Lamb  
Mackerel  
Ostrich  
Perch  
Rabbit  
Sardine  
Soy cheese  
Tofu  
Turkey  
Whitefish

Almond butter  
Bison  
Buffalo  
Chickpea  
Crayfish  
Fava beans  
Greek yogurt  
Halibut  
Lentil  
Milk (Sheep)  
Ostrich egg  
Pinto Bean  
Red Bean  
Scallop  
Soybean  
Tofu yogurt  
Venison  
Yogurt

Arctic char  
Black beans  
Cashew butter  
Coconut yogurt  
Duck  
Flounder  
Grouper  
Hemp seed  
Lima Bean  
Moose  
Oyster  
Pistachio butter  
Ricotta  
Shrimp  
Swordfish  
Trout  
Walleye Pike

Bass  
Black-eyed Peas  
Catfish  
Codfish  
Egg (Duck)  
Goat  
Haddock  
Kidney Bean  
Lobster  
Navy Bean  
Pea butter  
Pork  
Salmon  
Sole  
Tilapia  
Tuna  
Walnut butter

## Grains & Starches

Amaranth  
Coconut flour  
Corn meal  
Groats  
Jobs Tears  
Malanga flour  
Oats (Gluten free)  
Quinoa  
Soybean flour  
Wild rice

Amaranth flour  
Coffee flour  
Corn tortillas  
Hemp  
Kaniwa  
Manioc  
Pistachio flour  
Sago flour  
Tapioca

Buckwheat  
Corn  
Garbanzo flour  
Hominy  
Kasha  
Millet  
Poi flour  
Soba noodles  
Teff

Cellophane noodles  
Corn flour  
Grits  
Jerusalem artichoke flour  
Lotus root flour  
Oatmeal  
Popcorn (Plain)  
Soy flour  
Water chestnut flour

## Vegetables

Agar  
Baby spinach  
Bell pepper  
Brussel sprouts  
Cauliflower  
Chicory  
Fennel  
Kai-lan  
Leeks  
Peas  
Radish  
Seaweed  
Swiss Chard  
Watercress

Artichoke  
Bamboo shoots  
Bokchoy  
Cabbage  
Celeriac  
Collard greens  
Green Bean  
Kale  
Lotus root  
Potato, Sweet  
Rhubarb  
Shallot  
Tomato  
Wax beans

Arugula  
Beet greens  
Broccoflower  
Capsicum  
Celery  
Cucumber  
Heart of Palm  
Kohlrabi  
Onion  
Pumpkin  
Rutabaga  
Spinach  
Turnip  
Yucca

Asparagus  
Beets  
Broccoli  
Cassava  
Chard  
Eggplant  
Jerusalem artichoke  
Lambs quarters  
Parsnip  
Radicchio  
Scallion  
Squash  
Water chestnut  
Zucchini

## Fruits

Acai berry  
Blueberry  
Chokeberry  
Guava  
Lime  
Nectarine  
Pear  
Plum  
Strawberry

Apricot  
Casaba melon  
Coconut  
Kiwi  
Loganberry  
Orange  
Persimmon  
Pomegranate  
Tangerine

Avocado  
Chayote  
Cranberry  
Kumquat  
Mango  
Papaya  
Pineapple  
Quince

Blackberry  
Cherry  
Grapefruit  
Lemon  
Medlar Fruit  
Peach  
Plantain  
Raspberry

## Fats & Oils

# Your Shopping List

Acai oil  
Babassu oil  
Cocoa butter  
Ghee  
Olive oil  
Sesame oil

## Nuts & Seeds

Almond  
Chia seed  
Hazelnut  
Pecan  
Pumpkin seed  
Walnut

## Spices, Herbs & Flavorings

Anise  
Caraway  
Celery seeds  
Cloves  
Dill  
Ginger  
Lemon juice  
Marjoram  
Oregano  
Pepper (Chili)  
Sage  
Thyme

## Beverages

Almond nut milk  
Club soda  
Fennel tea  
Hazelnut milk  
Milk (Sheep)  
Soy milk

Amaranth oil  
Butter  
Coconut oil  
Hazelnut oil  
Pea butter  
Soy oil

Brazil nut  
Cola  
Hemp seed  
Pine nut  
Sesame

Basil  
Caraway seed  
Chives  
Coriander  
Fennel seed  
Ginseng  
Licorice  
Mustard seed  
Paprika  
Peppermint  
Savory  
Turmeric

Artichoke water  
Coconut milk  
Ginger tea  
Hemp milk  
Mint tea  
Spring water

Apricot oil  
Canola oil  
Corn oil  
Mustard oil  
Pistachio oil  
Sunflower oil

Cashew  
Filbert  
Lotus seeds  
Pistachio  
Soy nuts

Bay leaf  
Cardamom  
Cilantro  
Cream of tartar  
Fenugreek  
Lavender  
Lime juice  
Nutmeg  
Parsley  
Rosemary  
Spearmint  
Vanilla bean

Cashew nut milk  
Coconut water  
Ginseng tea  
Milk (Cow)  
Pistachio milk  
Tomato juice

Avocado oil  
Cinnamon oil  
Flaxseed oil  
Nutmeg butter  
Pumpkin seed oil  
Walnut oil

Chestnut  
Flaxseed  
Macadamia  
Poppy seed  
Sunflower seed

Caper  
Carob  
Cinnamon  
Cumin  
Garlic  
Lemon grass  
Lovage  
Oil of Wintergreen  
Pepper (Cayenne)  
Saffron  
Stevia

Cinnamon tea  
Coffee  
Green tea  
Milk (Goat)  
Seltzer water



# Your 4-Day Rotation

Day 1	Day 2	Day 3	Day 4
<b>Protein Sources</b> Arctic char, Black-eyed Peas, Chicken, Chickpea, Duck, Egg (Duck), Pea butter, Pinto Bean, Salmon, Sardine, Trout	<b>Protein Sources</b> Black beans, Catfish, Coconut yogurt, Codfish, Crab, Crayfish, Haddock, Hake, Kidney Bean, Lobster, Milk (Sheep), Perch, Pork, Rabbit, Red Bean, Shrimp, Walleye Pike	<b>Protein Sources</b> Abalone, Bass, Cashew butter, Egg (Turkey), Flounder, Grouper, Halibut, Hemp seed, Lentil, Moose, Oyster, Pistachio butter, Scallop, Sole, Turkey, Venison, Walnut butter, Whitefish	<b>Protein Sources</b> Almond butter, Beef, Bison, Bonito, Buffalo, Fava beans, Goat, Goat cheese, Greek yogurt, Lamb, Lima Bean, Mackerel, Navy Bean, Ostrich, Ostrich egg, Ricotta, Soy cheese, Soybean, Swordfish, Tilapia, Tofu, Tofu yogurt, Tuna, Yogurt
<b>Grains &amp; Starches</b> Cellophane noodles, Garbanzo flour, Jerusalem artichoke flour, Malanga flour, Poi flour, Wild rice	<b>Grains &amp; Starches</b> Coconut flour, Millet, Oatmeal, Oats (Gluten free), Sago flour, Teff	<b>Grains &amp; Starches</b> Coffee flour, Corn, Corn flour, Corn meal, Corn tortillas, Grits, Hemp, Hominy, Kaniwa, Manioc, Pistachio flour, Popcorn (Plain), Tapioca	<b>Grains &amp; Starches</b> Amaranth, Amaranth flour, Buckwheat, Groats, Jobs Tears, Kasha, Lotus root flour, Quinoa, Soba noodles, Soy flour, Soybean flour, Water chestnut flour
<b>Vegetables</b> Artichoke, Broccoflower, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Celeriac, Celery, Collard greens, Fennel, Jerusalem artichoke, Kai-lan, Kale, Parsnip, Peas	<b>Vegetables</b> Arugula, Asparagus, Bamboo shoots, Cucumber, Leeks, Onion, Pumpkin, Radish, Scallion, Shallot, Squash, Watercress, Yucca, Zucchini	<b>Vegetables</b> Agar, Bell pepper, Bokchoy, Capsicum, Cassava, Eggplant, Green Bean, Heart of Palm, Kohlrabi, Radicchio, Rutabaga, Seaweed, Tomato, Turnip, Wax beans	<b>Vegetables</b> Baby spinach, Beet greens, Beets, Chard, Chicory, Lambs quarters, Lotus root, Potato, Sweet, Rhubarb, Spinach, Swiss Chard, Water chestnut
<b>Fruits</b> Grapefruit, Kumquat, Lemon, Lime, Orange, Papaya, Plantain, Tangerine	<b>Fruits</b> Casaba melon, Chayote, Coconut, Persimmon, Pineapple, Pomegranate	<b>Fruits</b> Acai berry, Blackberry, Blueberry, Chokeberry, Cranberry, Kiwi, Loganberry, Mango, Medlar Fruit, Pear, Quince, Raspberry, Strawberry	<b>Fruits</b> Apricot, Avocado, Cherry, Guava, Nectarine, Peach, Plum
<b>Fats &amp; Oils</b> Flaxseed oil, Hazelnut oil, Pea butter, Sesame oil, Sunflower oil	<b>Fats &amp; Oils</b> Babassu oil, Coconut oil, Olive oil, Pumpkin seed oil	<b>Fats &amp; Oils</b> Acai oil, Corn oil, Mustard oil, Nutmeg butter, Pistachio oil, Walnut oil	<b>Fats &amp; Oils</b> Amaranth oil, Apricot oil, Avocado oil, Butter, Canola oil, Cinnamon oil, Cocoa butter, Ghee, Soy oil
<b>Nuts &amp; Seeds</b> Filbert, Flaxseed, Hazelnut, Sesame, Sunflower seed	<b>Nuts &amp; Seeds</b> Pine nut, Poppy seed, Pumpkin seed	<b>Nuts &amp; Seeds</b> Cashew, Chia seed, Hemp seed, Pecan, Pistachio, Walnut	<b>Nuts &amp; Seeds</b> Almond, Brazil nut, Chestnut, Cola, Lotus seeds, Macadamia, Soy nuts
<b>Spices, Herbs &amp; Flavorings</b> Anise, Caraway, Caraway seed, Carob, Celery seeds, Coriander, Cumin, Dill, Fennel seed, Fenugreek, Lemon juice, Licorice, Lime juice, Lovage, Oil of Wintergreen, Parsley, Stevia, Vanilla bean	<b>Spices, Herbs &amp; Flavorings</b> Cardamom, Chives, Cilantro, Garlic, Ginger, Lemon grass, Saffron, Turmeric	<b>Spices, Herbs &amp; Flavorings</b> Basil, Ginseng, Lavender, Marjoram, Mustard seed, Nutmeg, Oregano, Paprika, Pepper (Cayenne), Pepper (Chili), Peppermint, Rosemary, Sage, Savory, Spearmint, Thyme	<b>Spices, Herbs &amp; Flavorings</b> Bay leaf, Caper, Cinnamon, Cloves, Cream of tartar
<b>Beverages</b> Artichoke water, Fennel tea, Green tea, Hazelnut milk, Spring water	<b>Beverages</b> Coconut milk, Coconut water, Ginger tea, Milk (Sheep)	<b>Beverages</b> Cashew nut milk, Club soda, Coffee, Ginseng tea, Hemp milk, Mint tea, Pistachio milk, Tomato juice	<b>Beverages</b> Almond nut milk, Cinnamon tea, Milk (Cow), 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.

*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.

*I tested positive to gluten, why are oats on my shopping list?*

You may consume oats as they do not contain gluten. We recommend that you look for oats that have been processed in a gluten free facility.

# Frequently Asked Questions

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*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.

*What type of lettuce do I need to avoid?*

Iceberg, Romaine, Boston bib, and Butterhead lettuce.

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:

10 / 2	Lunch	Carrots, roasted	1 cup	bloating	10 / 4 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

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## 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.

**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](mailto: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 Patient**

Doctor: **Sample Doctor M.D.**

### You Tested Positive For These Foods

Apple	Barley	Black Pepper	Bran	Carrot
Clam	Egg (Chicken)	Gluten	Grape	Honey
Kelp	Lettuce	Malt	Mushroom	Rice
Rye	Safflower	Tarragon	Wheat	Yeast (Baker)
Yeast (Brewer)				

**WE WISH YOU THE GREATEST SUCCESS TOWARDS BETTER HEALTH!**

