

Provider:
Patient:
Accession #:
Collected: 2025-02-10

Sex: F
Age: 16
Received: 2025-02-17

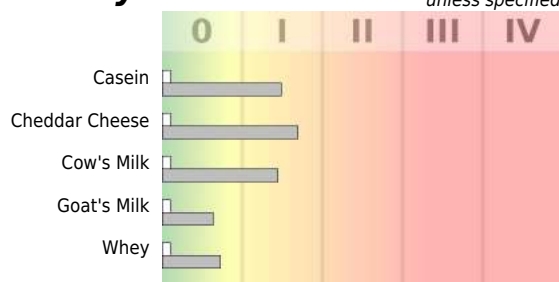
External ID:
Sample Type:
Date of Birth:
Completed: 2025-02-21

IgA ☐
IgG ☐

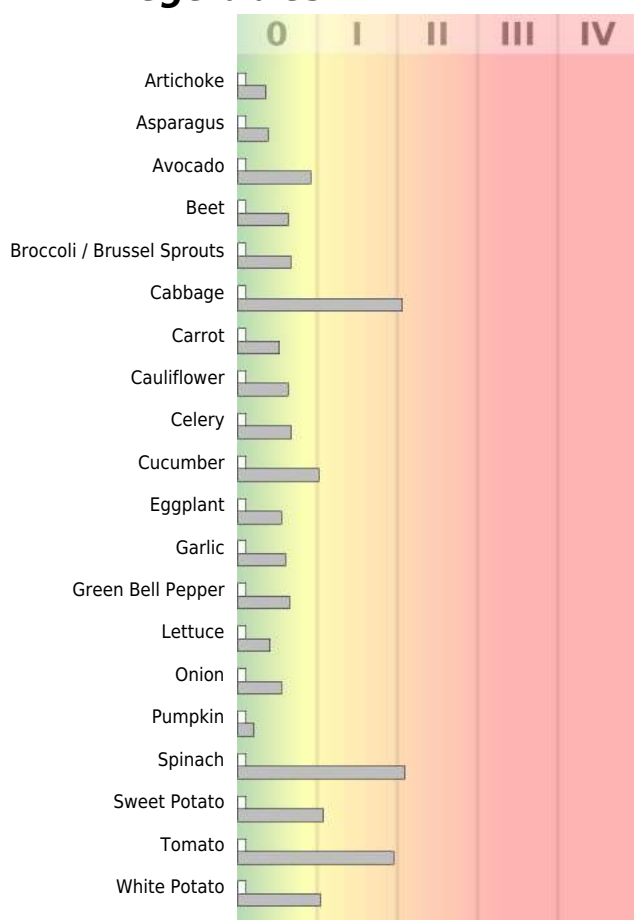
CLIA #: 50D0965661
CAP accredited

Dairy

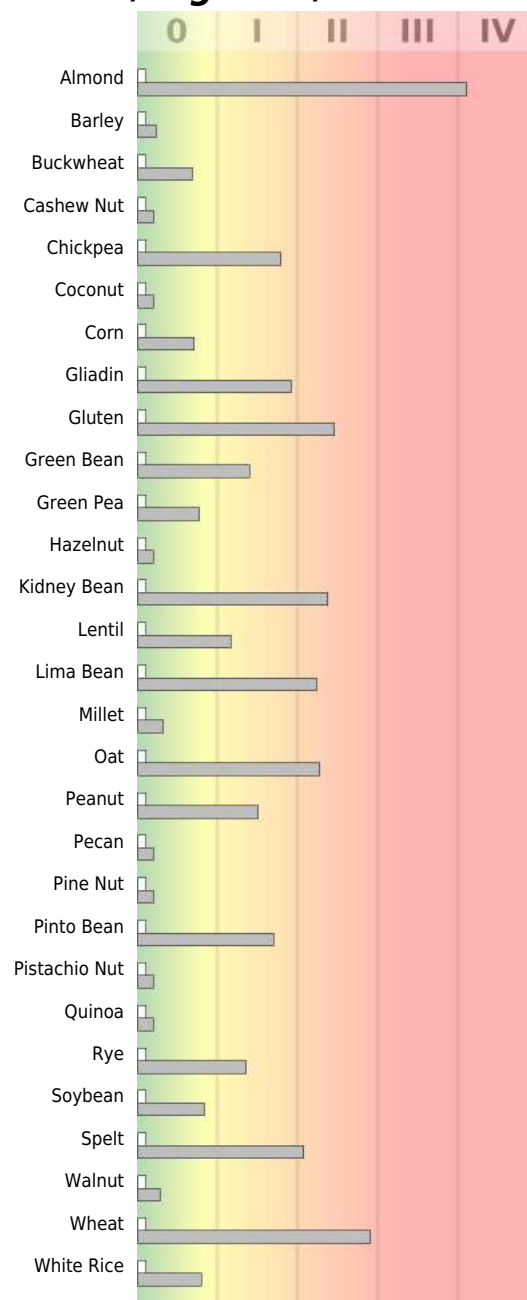
*Bovine-derived
unless specified*



Vegetables

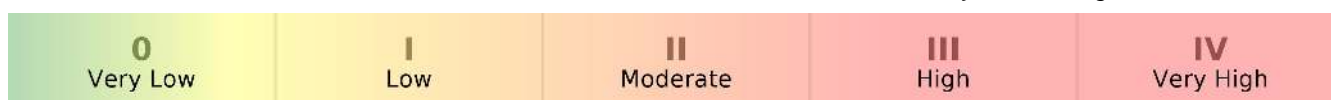


Grains/Legumes/Nuts



Reaction Class

Director: Jillian Harrington, PhD, HCLD (ABB)



Provider:
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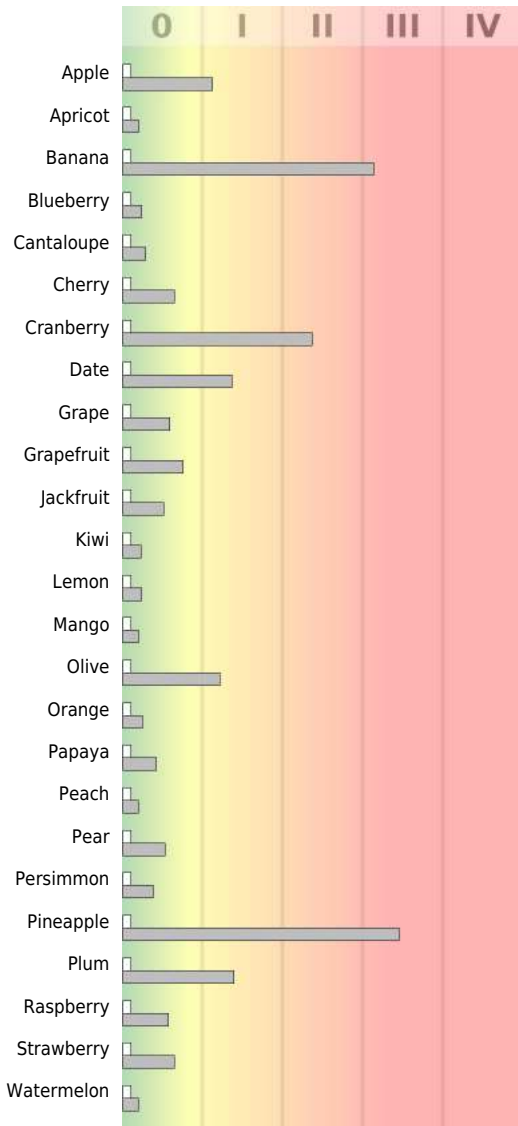
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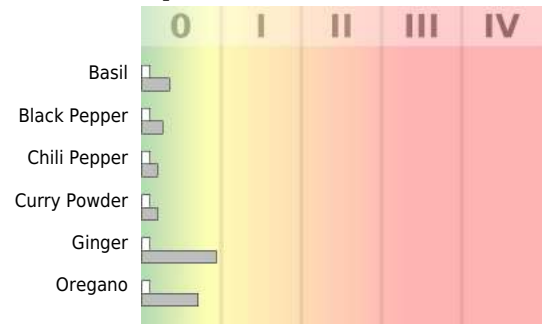
IgA ☐
IgG ☐

CLIA #: 50D0965661
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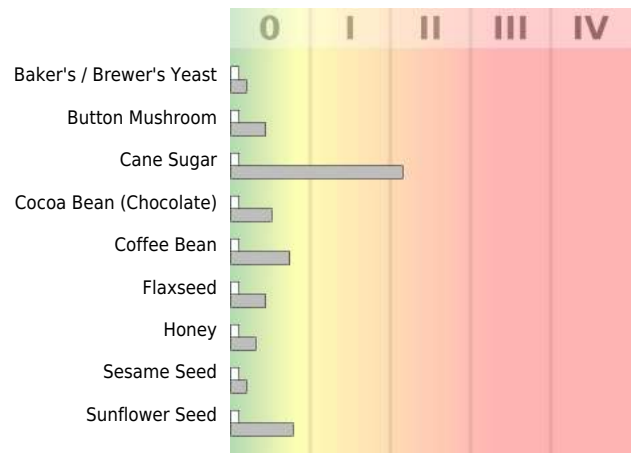
Fruits



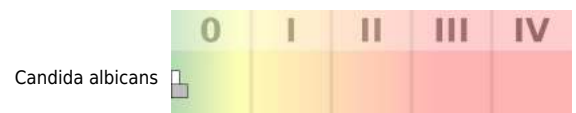
Herbs/Spices



Miscellaneous



Candida Screen



Egg



Reaction Class

Director: Jillian Harrington, PhD, HCLD (ABB)



Provider:
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Sex: F
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External ID:
Sample Type: Serum
Date of Birth:
Completed: 2025-02-21

IgA
IgG

CLIA #: 50D0965661
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Candida Screen

Antigen Name	Analyte	Class	Value	Very Low Range
Candida albicans	IgA	Very Low	0.00 mg/L	<2.75 mg/L
Candida albicans	IgG	Very Low	0.00 mg/L	<25 mg/L

Dairy

Antigen Name	Analyte	Class	Value	Very Low Range
Casein	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Casein	IgG	Low	2.96 mg/L	<2 mg/L
Cheddar Cheese	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cheddar Cheese	IgG	Low	3.39 mg/L	<2 mg/L
Cow's Milk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cow's Milk	IgG	Low	2.90 mg/L	<2 mg/L
Goat's Milk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Goat's Milk	IgG	Very Low	1.26 mg/L	<2 mg/L
Whey	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Whey	IgG	Very Low	1.45 mg/L	<2 mg/L

Egg

Antigen Name	Analyte	Class	Value	Very Low Range
Chicken Egg White	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chicken Egg White	IgG	High	14.86 mg/L	<2 mg/L
Chicken Egg Yolk	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chicken Egg Yolk	IgG	High	14.13 mg/L	<2 mg/L
Duck Egg Whole	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Duck Egg Whole	IgG	High	10.59 mg/L	<2 mg/L

Fruits

Antigen Name	Analyte	Class	Value	Very Low Range
Apple	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Apple	IgG	Low	2.24 mg/L	<2 mg/L
Apricot	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Apricot	IgG	Very Low	0.21 mg/L	<2 mg/L
Banana	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Banana	IgG	High	25.71 mg/L	<6 mg/L
Blueberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Blueberry	IgG	Very Low	0.72 mg/L	<3 mg/L
Cantaloupe	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cantaloupe	IgG	Very Low	3.55 mg/L	<12 mg/L
Cherry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cherry	IgG	Very Low	1.30 mg/L	<2 mg/L
Cranberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cranberry	IgG	Moderate	8.54 mg/L	<2 mg/L
Date	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Date	IgG	Low	6.89 mg/L	<5 mg/L
Grape	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Grape	IgG	Very Low	2.97 mg/L	<5 mg/L
Grapefruit	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Grapefruit	IgG	Very Low	1.52 mg/L	<2 mg/L
Jackfruit	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Jackfruit	IgG	Very Low	1.02 mg/L	<2 mg/L
Kiwi	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Kiwi	IgG	Very Low	0.93 mg/L	<4 mg/L
Lemon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lemon	IgG	Very Low	0.49 mg/L	<2 mg/L
Mango	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Mango	IgG	Very Low	0.18 mg/L	<2 mg/L
Olive	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Olive	IgG	Low	2.44 mg/L	<2 mg/L
Orange	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Orange	IgG	Very Low	0.51 mg/L	<2 mg/L
Papaya	IgA	Very Low	0.00 mg/L	<1.95 mg/L

Fruits (Continued)

Antigen Name	Analyte	Class	Value	Very Low Range
Papaya	IgG	Very Low	0.85 mg/L	<2 mg/L
Peach	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Peach	IgG	Very Low	0.26 mg/L	<2 mg/L
Pear	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pear	IgG	Very Low	1.07 mg/L	<2 mg/L
Persimmon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Persimmon	IgG	Very Low	1.93 mg/L	<5 mg/L
Pineapple	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pineapple	IgG	High	27.75 mg/L	<8 mg/L
Plum	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Plum	IgG	Low	2.80 mg/L	<2 mg/L
Raspberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Raspberry	IgG	Very Low	1.14 mg/L	<2 mg/L
Strawberry	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Strawberry	IgG	Very Low	1.30 mg/L	<2 mg/L
Watermelon	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Watermelon	IgG	Very Low	0.75 mg/L	<4 mg/L

Grains/Legumes/Nuts

Antigen Name	Analyte	Class	Value	Very Low Range
Almond	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Almond	IgG	Very High	26.80 mg/L	<2 mg/L
Barley	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Barley	IgG	Very Low	1.91 mg/L	<8 mg/L
Buckwheat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Buckwheat	IgG	Very Low	1.36 mg/L	<2 mg/L
Cashew Nut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cashew Nut	IgG	Very Low	0.00 mg/L	<2 mg/L
Chickpea	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chickpea	IgG	Low	3.58 mg/L	<2 mg/L
Coconut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Coconut	IgG	Very Low	0.27 mg/L	<2 mg/L
Corn	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Corn	IgG	Very Low	2.85 mg/L	<4 mg/L
Gliadin	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Gliadin	IgG	Low	9.61 mg/L	<5 mg/L
Gluten	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Gluten	IgG	Moderate	5.88 mg/L	<2 mg/L
Green Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Bean	IgG	Low	9.64 mg/L	<8 mg/L
Green Pea	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Pea	IgG	Very Low	1.55 mg/L	<2 mg/L
Hazelnut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Hazelnut	IgG	Very Low	0.39 mg/L	<2 mg/L
Kidney Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Kidney Bean	IgG	Moderate	13.53 mg/L	<8 mg/L
Lentil	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lentil	IgG	Low	2.34 mg/L	<2 mg/L
Lima Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lima Bean	IgG	Moderate	6.99 mg/L	<2 mg/L
Millet	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Millet	IgG	Very Low	1.31 mg/L	<4 mg/L
Oat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Oat	IgG	Moderate	5.13 mg/L	<2 mg/L
Peanut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Peanut	IgG	Low	3.04 mg/L	<2 mg/L
Pecan	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pecan	IgG	Very Low	0.35 mg/L	<2 mg/L
Pine Nut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pine Nut	IgG	Very Low	0.35 mg/L	<2 mg/L

Provider:

Patient:

Accession #:

Collected:

Sex: F

Age: 16

Received: 2025-02-17

External ID:

Sample Type: Serum

Date of Birth:

Completed: 2025-02-21

IgA

IgG

CLIA #: 50D0965661

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Grains/Legumes/Nuts (Continued)				
Antigen Name	Analyte	Class	Value	Very Low Range
Pinto Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pinto Bean	IgG	Low	6.82 mg/L	<4 mg/L
Pistachio Nut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pistachio Nut	IgG	Very Low	0.00 mg/L	<2 mg/L
Quinoa	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Quinoa	IgG	Very Low	0.40 mg/L	<2 mg/L
Rye	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Rye	IgG	Low	5.46 mg/L	<4 mg/L
Soybean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Soybean	IgG	Very Low	1.67 mg/L	<2 mg/L
Spelt	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Spelt	IgG	Moderate	10.52 mg/L	<6 mg/L
Walnut	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Walnut	IgG	Very Low	0.56 mg/L	<2 mg/L
Wheat	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Wheat	IgG	Moderate	7.66 mg/L	<2 mg/L
White Rice	IgA	Very Low	0.00 mg/L	<1.95 mg/L
White Rice	IgG	Very Low	1.60 mg/L	<2 mg/L

Herbs/Spices				
Antigen Name	Analyte	Class	Value	Very Low Range
Basil	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Basil	IgG	Very Low	2.83 mg/L	<8 mg/L
Black Pepper	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Black Pepper	IgG	Very Low	3.93 mg/L	<15 mg/L
Chili Pepper	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Chili Pepper	IgG	Very Low	0.00 mg/L	<2 mg/L
Curry Powder	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Curry Powder	IgG	Very Low	0.99 mg/L	<5 mg/L
Ginger	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Ginger	IgG	Very Low	11.26 mg/L	<12 mg/L
Oregano	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Oregano	IgG	Very Low	4.26 mg/L	<6 mg/L

Miscellaneous				
Antigen Name	Analyte	Class	Value	Very Low Range
Baker's / Brewer's Yeast	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Baker's / Brewer's Yeast	IgG	Very Low	0.07 mg/L	<3.5 mg/L
Button Mushroom	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Button Mushroom	IgG	Very Low	3.55 mg/L	<8 mg/L
Cane Sugar	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cane Sugar	IgG	Moderate	25.27 mg/L	<16 mg/L
Cocoa Bean (Chocolate)	IgA	Very Low	0.00 mg/L	<5 mg/L
Cocoa Bean (Chocolate)	IgG	Very Low	3.10 mg/L	<6 mg/L
Coffee Bean	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Coffee Bean	IgG	Very Low	4.44 mg/L	<6 mg/L
Flaxseed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Flaxseed	IgG	Very Low	1.33 mg/L	<3 mg/L
Honey	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Honey	IgG	Very Low	0.63 mg/L	<2 mg/L
Sesame Seed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sesame Seed	IgG	Very Low	1.42 mg/L	<8 mg/L
Sunflower Seed	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sunflower Seed	IgG	Very Low	1.57 mg/L	<2 mg/L

Vegetables				
Antigen Name	Analyte	Class	Value	Very Low Range
Asparagus	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Artichoke	IgG	Very Low	2.15 mg/L	<6 mg/L
Asparagus	IgA	Very Low	0.00 mg/L	<1.95 mg/L

Vegetables (Continued)				
Antigen Name	Analyte	Class	Value	Very Low Range
Asparagus	IgG	Very Low	1.91 mg/L	<5 mg/L
Avocado	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Avocado	IgG	Very Low	1.83 mg/L	<2 mg/L
Beet	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Beet	IgG	Very Low	1.26 mg/L	<2 mg/L
Broccoli / Brussel Sprouts	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Broccoli / Brussel Sprouts	IgG	Very Low	5.00 mg/L	<7.5 mg/L
Cabbage	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cabbage	IgG	Moderate	4.82 mg/L	<2 mg/L
Carrot	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Carrot	IgG	Very Low	4.23 mg/L	<8 mg/L
Cauliflower	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cauliflower	IgG	Very Low	1.27 mg/L	<2 mg/L
Celery	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Celery	IgG	Very Low	1.34 mg/L	<2 mg/L
Cucumber	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Cucumber	IgG	Low	2.03 mg/L	<2 mg/L
Eggplant	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Eggplant	IgG	Very Low	1.08 mg/L	<2 mg/L
Garlic	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Garlic	IgG	Very Low	1.19 mg/L	<2 mg/L
Green Bell Pepper	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Green Bell Pepper	IgG	Very Low	1.28 mg/L	<2 mg/L
Lettuce	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Lettuce	IgG	Very Low	0.81 mg/L	<2 mg/L
Onion	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Onion	IgG	Very Low	1.09 mg/L	<2 mg/L
Pumpkin	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Pumpkin	IgG	Very Low	0.00 mg/L	<2 mg/L
Spinach	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Spinach	IgG	Moderate	5.19 mg/L	<2 mg/L
Sweet Potato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Sweet Potato	IgG	Low	2.14 mg/L	<2 mg/L
Tomato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
Tomato	IgG	Low	9.80 mg/L	<5 mg/L
White Potato	IgA	Very Low	0.00 mg/L	<1.95 mg/L
White Potato	IgG	Low	2.07 mg/L	<2 mg/L

Provider:
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External ID:
Sample Type: Serum
Date of Birth:
Completed: 2025-02-21

IgE XXXXXXXXXX

CLIA #: 50D0965661
CAP accredited

Dairy

Bovine-derived unless specified

		O	O/I	I	II	III	IV	V	VI
Cow's Milk	<0.10								

Egg

		O	O/I	I	II	III	IV	V	VI
Chicken Egg White	<0.10								

Grains/Legumes/Nuts

		O	O/I	I	II	III	IV	V	VI
Almond	<0.10								
Brazil Nut	<0.10								
Buckwheat	<0.10								
Coconut	<0.10								
Corn	<0.10								
Green Pea	<0.10								
Hazelnut	<0.10								
Oat	<0.10								
Peanut	<0.10								
Rice	<0.10								
Soybean	<0.10								
Wheat	<0.10								
White Bean	<0.10								

Fruits

		O	O/I	I	II	III	IV	V	VI
Apple	0.114								
Banana	0.112								
Orange	0.125								
Peach	<0.10								

Miscellaneous

		O	O/I	I	II	III	IV	V	VI
Sesame Seed	<0.10								

Fish/Crustacea/Mollusk

		O	O/I	I	II	III	IV	V	VI
Blue Mussel	<0.10								
Cod	<0.10								
Salmon	<0.10								
Shrimp	<0.10								
Tuna	<0.10								

Vegetables

		O	O/I	I	II	III	IV	V	VI
Carrot	<0.10								
White Potato	<0.10								

Total IgE*: 30.5 IU/mL

Reference Range:

≥10 years: ≤87.0 IU/mL

<10 years: Not available

Reaction Class

Director: Jillian Harrington, PhD, HCLD (ABB)

O	O/I	I	II	III	IV	V	VI
<0.10 Absent or Not Detectable	0.10-0.24 Very Low	0.25-0.39 Low	0.40-1.29 Moderate	1.30-3.89 High	3.90-14.99 Very High	15-24.99 Very High	≥25 Very High



FoodStats Antibody Assessment

Test Results & Personalized Elimination/Rotation Diet Guideline

Prepared for:

SAMPLE REPORT

Accession:

Practitioner:

Guideline Prepared:

February 21st, 2025



Dear Healthcare Practitioner: [REDACTED]

Thank you for allowing NutriPATH to assist you in helping your patients towards a healthier lifestyle.

The enclosed report consists of information regarding your patient's immune system's response to certain foods, spices, herbs and/or inhalants. Depending on which test(s) you ordered, three antibody types: IgA, IgE, and IgG may have been measured in our laboratory utilizing an Enzyme-linked Immunosorbent Assay (ELISA).

Also attached is a rotation diet guideline. The concept behind rotation-style eating is to eliminate foods that scored high for reactivity on the ELISA and to rotate consumption of foods that scored mild-moderate reactivity. The rotation diet guideline is designed so the patient does not consume the same food more than once every four days and no foods of the same family more than once every two days. Rotation-style eating is designed to encourage diversification of the diet.

The guideline excludes all tested foods on which your patients scored Class IV or greater for IgA and/or IgG antibody analysis and/or Class I and greater for IgE antibody analysis.

The guideline includes all tested foods on which your patient scored Class 0 to Class III. These foods are rotated throughout a 4-day cycle by their food families (groups of foods that are biologically or botanically related). The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle. Patients may move any food through days 1 to 4 as long as members of the same family are not consumed on consecutive days, and any particular food is not consumed more than once every four days.

Health care practitioners are responsible for interpreting the profile of test results provided by NutriPATH, applying those results to your patient and recommending dietary changes based on these and other data available to you. NutriPATH provides this rotation diet guideline for your consideration only. This is just one suggested rotation schedule. You may prefer a different, but similar, diet guideline for your patients, such as a 7-day plan. Also, you may want to modify the guideline by limiting a particular food family to one day of the rotation cycle vs. two days. If you have any questions about the attached guideline, please let us know.

We wish you and your patient all the best,
NutriPATH Integrative Pathology Services

Diet Report Summary

The following classifications correspond to the Reaction Class noted on your Food Antibody Assessment report. The classification of 0 to IV identifies the level of food-specific-antibodies measured from your blood sample via US BioTek Laboratories' semi-quantitative ELISA (Enzyme-linked Immunosorbent Assay) and quantitative Chemiluminescent Assay. Not all antibody tests (i.e.: IgA, IgE and IgG) may have been ordered by your practitioner.

These foods are **omitted** from the 4-day rotation guideline:

IgE: Class 0/I and greater
Apple, Banana, Orange

If IgE was tested along with IgA and/or IgG, any food that scored Class 0/I and greater for IgE is *listed above* irrespective of IgA or IgG antibody levels.

High to Very High antibody levels	
Class III/IV IgA	Class III/IV IgG
(none)	Almond, Chicken Egg White, Chicken Egg Yolk, Duck Egg Whole, Pineapple

Low to Moderate antibody levels	
Class I/II IgA	Class II IgG
(none)	Cabbage, Cane Sugar, Cranberry, Gluten, Kidney Bean, Lima Bean, Oat, Spelt, Spinach, Wheat

These foods are **included** in the 4-day rotation guideline. Consult with your practitioner on the exclusion of these foods from your diet:

Low antibody levels
Class I IgG
Casein, Cheddar Cheese, Chickpea, Cow's Milk, Cucumber, Date, Gliadin, Green Bean, Lentil, Olive, Peanut, Pinto Bean, Plum, Rye, Sweet Potato, Tomato, White Potato

Class 0 foods may be freely eaten, or included in the four-day rotation. Consult with your health-care provider to see which strategy is right for you.

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner). IgE antibody testing is not available through the Dried Blood Spot Collection Kit.

Your Personal Rotation Diet Guideline

All of the tested foods are listed excluding Class I and greater for IgA and/or Class II and greater for IgG antibody analysis. Also excluded is Class 0/I and greater for IgE antibody analysis, as identified on your Food-Specific Antibody Assessment graph.

The 4-day rotation plan alternates the food families based on a day 1 and 3, or day 2 and 4 cycle, where no particular food item is eaten more than once every 4 days. This is not a mandatory food menu. Pick, choose and improvise as you like for a nutritionally balanced and varied diet.

	Day 1	Day 2	Day 3	Day 4
Dairy	Casein, Cheddar Cheese, Cow's Milk, Whey		Goat's Milk	
Fruits	Kiwi, Olive, Papaya, Raspberry, Strawberry	Grapefruit, Jackfruit, Lemon	Apricot, Cantaloupe, Cherry, Peach, Pear, Plum, Watermelon	Blueberry, Date, Grape, Mango, Persimmon
Grains, Legumes, Nuts	Barley, Brazil Nut, Gliadin, Rye, Walnut	Green Bean, Green Pea, Pinto Bean, White Bean	Buckwheat, Corn, Hazelnut, Millet, Pecan, Pine Nut, White Rice	Cashew Nut, Chickpea, Coconut, Lentil, Peanut, Pistachio Nut, Quinoa, Soybean
Miscellaneous	Baker's / Brewer's Yeast, Button Mushroom, Cocoa Bean (Chocolate), Flaxseed, Sesame Seed	Sunflower Seed	Coffee Bean, Honey	
Spices	Black Pepper, Chili Pepper	Basil, Oregano	Curry Powder, Ginger	
Vegetables	Asparagus, Avocado, Eggplant, Green Bell Pepper, Tomato, White Potato	Artichoke, Broccoli / Brussel Sprouts, Cauliflower	Cucumber, Garlic, Onion, Pumpkin	Beet, Carrot, Celery, Lettuce, Sweet Potato

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).

NOTE: At the clinician's discretion, IgG class II foods may be included in the rotation diet. The FoodStats Food Family Guide can ensure that foods added to the rotation are placed on the appropriate day (with their food families) to minimize any immune system responses.

For Your Convenience

Food Antibody Assessment

IgE: Class 0/I and greater – Apple, Banana, Orange

IgA/IgG: Class III and IV – Almond, Chicken Egg White, Chicken Egg Yolk, Duck Egg Whole, Pineapple

IgA/IgG: Class II – Cabbage, Cane Sugar, Cranberry, Gluten, Kidney Bean, Lima Bean, Oat, Spelt, Spinach, Wheat

IgA: Class I – (none)



