



# Understanding Your Alcat Test Results

*Optimal Wellness Through Customized Nutrition*





Today in the industrialized world, we face vastly different threats to our health and well-being as compared to threats imposed on our grandparents and those who came before us. In past years, infection was the greatest cause of death. Today it is cancer, heart disease, diabetes and other degenerative, chronic diseases associated with aging.

Recent scientific discoveries have revealed increasingly deeper levels of understanding of how food interacts with the immune system affecting metabolism in ways that can be either beneficial

or detrimental. Chronic activation of the immune system and the chronic inflammation that it produces is not only the common feature of modern diseases of aging, but also its major underlying cause.

The “wrong” food, although it may be “healthful” for most people, will induce inflammation. The immune system aims to damage the food, which it mistakes as a harmful invader, such as a bacteria, parasite or virus, but also ends up damaging our own bodies. Long-term exposure can even trigger autoimmunity, where the immune system actively attacks our own tissues and bodily structures.

It has been known for ages that food can be either the best medicine or a strong poison. The ancient Greeks like Hippocrates and Lucretius expressed this clearly in their writings which have been maintained, “Let thy food be thy medicine and thy medicine be thy food” and “One man’s meat is another man’s poison.”

The Alcat Test can tell you which food is your ‘meat’ and which is your ‘poison’. It is not a substitute for medical care, but it can be extremely helpful if incorporated into a healthy lifestyle and as an aid in disease prevention. If a medical condition exists, the Alcat Test is helpful used in conjunction with the advice of a qualified health practitioner. The following pages will give you the information that is required to do so.

To your health,

Roger Davis Deutsch- Owner/Founder, Cell Science Systems

## Why is it important to have the Alcat Test?

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## Congratulations!

You have made a positive step toward improving your health with the Alcat Food and Chemical Sensitivity Test. Now that you have utilized the most sophisticated laboratory technology to identify your sensitivities, you can begin to take a fresh look toward improving your health. Your Alcat Test results will help you select an interesting and varied eating program based on foods that are compatible with your unique biochemical makeup. To gain the most benefit, study this booklet carefully and begin your personal food plan as soon as possible. The Alcat Test is for food sensitivities that cause chronic inflammation. This booklet contains valuable information and practical advice to help you safely change your eating pattern and lifestyle while still maintaining a balanced nutritional intake.

# Understanding the Difference Between Food Allergies, Food Sensitivities, and Intolerances

Adverse reactions to foods and chemicals are often called hypersensitivities.

There are many different hypersensitivities to foods. You may hear the terms “allergy,” “sensitivity,” and “intolerance” being used interchangeably and also incorrectly. The following clarification reflects how most health experts are trained to use these terms.

Allergy	Sensitivity	Intolerance
<p>A type 1 hypersensitivity, the IgE (Immunoglobulin E) mediated immune response, is immediate and usually produces symptoms minutes after ingesting the offender, and up to hours later. This is a true allergic reaction. The allergic response to a food, chemical, mold or herb can be life threatening. Even small amounts of a food to which a person is truly allergic, are likely to trigger the immune system response. The immune system attacks a specific protein as if it were a harmful pathogen. Signs and symptoms can vary and may include a tingling in the mouth, hives, rash, immediate vomiting, wheezing, edema- swelling of parts of the body, such as the throat, tongue and face. When an IgE allergic reaction is severe and life-threatening, it is known as anaphylaxis.</p> <p>If this type of reaction is suspected, it is crucial that a physician or allergist be consulted for the diagnosis. If diagnosed with food allergies, it is <u>very important</u> to continue to avoid these allergens to avoid a potentially life-threatening situation. Type 1 allergies are much less common than sensitivities.</p>	<p>Sensitivities cause a chronic inflammatory process. Symptoms related to sensitivities could occur hours after ingesting the offenders, or even days later. Those with symptoms of food sensitivities, may experience them chronically, and may struggle with digestive issues such as loose stools, constipation, flatulence, feeling bloated, headaches, migraines, fatigue, skin issues, arthritis, focus and attention issues, irritability, and the list goes on. It is also possible to have food sensitivities without noticing symptoms. The inflammation created by the cellular response may be occurring, but symptoms may not be detected.</p> <p>Food sensitivities, unlike IgE mediated allergies, do not always require exposure to a food to “prime” them and sometimes individuals can handle small amounts of the food to which they are sensitive.</p> <p>The Alcat Test is a highly sensitive, objective test for assessing the <u>innate</u> immune cell response to foods, food sensitivities. Remember, symptoms occurring from true allergies tend to be immediate, and symptoms occurring from sensitivities tend to be delayed.</p> <p>Please be aware that the Alcat test does not identify food allergies. Again, if known food allergies exist, please understand those foods must be avoided, even if they appear in the green box or acceptable nonreactive foods list on the Alcat Test.</p>	<p>The word “intolerance” can be confusing because if we are sensitive to something, we’re not tolerating it. But an adverse reaction classified as an intolerance does not involve the immune system and is the result of insufficient production of enzymes necessary to digest particular components in foods. For example, the intolerance that most people are familiar with, a lactose intolerance, is actually the lack of or insufficient availability of the enzyme lactase, which is necessary to digest the naturally occurring sugar in milk, lactose. The Alcat Test does not test for this type of adverse reaction. The Alcat Test is measuring <u>sensitivities</u>, not allergies or intolerances.</p>

Patient Information: PATIENT II, PRETEND Date of Birth: 11/04/1977 Gender: F  
 Lab Information: Date Received: 02/11/2010 Date Collected: Date Reported: 05/10/2017  
 HCP: Sample Physician Clinic ID: 10804 Lab ID: 68220

Lab Director David Dittmar, Ph.D.

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	VEGETABLES / LEGUMES	EGGS	LEGUMES	
BAKER'S YEAST BASIL OREGANO SWISS CHARD WHITE POTATO	ACORN SQUASH APRICOT BAY LEAF BOK CHOY BREWER'S YEAST BTRNUT SQUASH CARROT CASHEW CHIVES FAVA BEAN GLUTEN HOPS MILLET ONION	ASPARAGUS* AVOCADO* BLACK CURRANT* BLUEBERRY* BROCCOLI* BRUSSELS SPROUT* CANNELINI BEANS* CAPERS* CASEIN* CAULIFLOWER* CELERY* CHAMOMILE* CHERRY* COCOA* COFFEE* CUCUMBER* CURRY* DANDELION LEAF* EGGPLANT* FLAXSEED* GARLIC* GINGER* GLIADIN* KALE* LEEK* LICORICE* MULBERRY* OAT (GLUTEN FREE)* OLIVE* PARSLEY* PINE NUT* PSTACHIO* RADISH* SAFFRON* SESAME* SOYBEAN* SPINACH* STRAWBERRY* THYME* TURP* VANILLA* WAKAME SEAWEED* YELLOW SQUASH* ZUCCHINI SQUASH*	ADZUKI BEANS BLACK BEANS CABBAGE ENDIVE ICEBERG LETTUCE LEAF LETT (RED/GR) MUSTARD GREENS PORTOBELLO MUSHRM RHUBARB SHALLOTS SWEET POTATO	ARTICHOKE BLACK-EYED PEA CHICKPEA CHOCORRY ESCAROLE JALAPENO PEPP LENTIL BEAN NAVY BEAN RHUBARB SHITAKE MUSHRM WATER CHESTNUT	ARUGULA BOSTON BIBB LETTU CHICORY FENNEL SEED KELP LIMA BEAN OKRA ROMAINE LETT SHIITAKE MUSHRM WATER CHESTNUT	ARTICHOKE BLACK-EYED PEA CHICKPEA CHOCORRY ESCAROLE JALAPENO PEPP LEAF LETT (RED/GR) LENTIL BEAN NAVY BEAN RHUBARB SHIITAKE MUSHRM WATER CHESTNUT	BELL PEPPER MIX BUTTON MUSHROOM COLLARD GREENS GREEN PEA KIDNEY BEAN LIMA BEAN MUNG BEAN PARSNIP SCALLION STRING BEAN YAM

# Understanding Your Alcat Results

**Food Sensitivities Test Report** Platinum Plus

Patient Information: PATIENT II, PRETEND Date of Birth: 11/04/1977 Gender: F  
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Lab Director David Dittmar, Ph.D.

SEVERE	MODERATE	MILD*	ACCEPTABLE / NO REACTION	Item Count: 237
BAKER'S YEAST BASIL OREGANO SWISS CHARD WHITE POTATO	ACORN SQUASH APRICOT BAY LEAF BOK CHOY BREWER'S YEAST BTRNUT SQUASH CARROT CASHEW CHIVES FAVA BEAN GLUTEN HOPS MILLET ONION PINEAPPLE PINTO BEAN RED BEET / SUGAR TARO ROOT TOMATO TUNA	ASPARAGUS* AVOCADO* BLACK CURRANT* BLUEBERRY* BROCCOLI* BRUSSELS SPROUT* CANNELINI BEANS* CAPERS* CASEIN* CAULIFLOWER* CELERY* CHAMOMILE* CHERRY* COCOA* COFFEE* CUCUMBER* CURRY* DANDELION LEAF* EGGPLANT* FLAXSEED* GARLIC* GINGER* GLIADIN* KALE* LEEK* LICORICE* MULBERRY* OAT (GLUTEN FREE)* OLIVE* PARSLEY* PINE NUT* PSTACHIO* RADISH* SAFFRON* SESAME* SOYBEAN* SPINACH* STRAWBERRY* THYME* TURP* VANILLA* WAKAME SEAWEED* YELLOW SQUASH* ZUCCHINI SQUASH*	<b>VEGETABLES / LEGUMES</b> ADZUKI BEANS BLACK BEANS CABBAGE ENDIVE ICEBERG LETTUCE LEAF LETT (RED/GR) MUSTARD GREENS PORTOBELLO MUSHRM RHUBARB SHALLOTS SWEET POTATO ARTICHOKE BLACK-EYED PEA CHICKPEA CHOCORRY ESCAROLE JALAPENO PEPP LENTIL BEAN NAVY BEAN RHUBARB SHITAKE MUSHRM WATER CHESTNUT ARUGULA BOSTON BIBB LETTU CHICORY FENNEL SEED KELP LIMA BEAN OKRA ROMAINE LETT SHIITAKE MUSHRM WATER CHESTNUT BELL PEPPER MIX BUTTON MUSHROOM COLLARD GREENS GREEN PEA KIDNEY BEAN LIMA BEAN MUNG BEAN PARSNIP SCALLION STRING BEAN YAM	<b>FRUITS</b> APPLE CRANBERRY GRAPEFRUIT LEMON NECTARINE PEAR PUMPKIN WATERMELON BANANA DATE GUAVA LIME ORANGE PERSIMMON RASPBERRY BLACKBERRY FIG HONEYDEW MLN LYCHEE PAPAYA PLUM STAR FRUIT CANTALOUPE GRAPE KIWI MANGO PEACH POMEGRANATE TANGERINE <b>MEAT</b> BEEF DUCK VEAL BISON LAMB VENISON CHICKEN PORK CHICKEN LIVER TURKEY <b>DAIRY / EGGS</b> EGG WHITE EGG YOLK <b>SEAFOOD</b> ANCHOVY CRAB LOBSTER OYSTER SEA BASS SQUID CATFISH FLounder MACKEREL SALMON SHRIMP SWORDFISH CLAM HADDOCK MAHI MAHI SARDINE SNAPPER (RED) TILAPIA CODFISH HALIBUT MUSSEL SCALLOP SOLE TROUT <b>GRAINS / STARCHES</b> AMARANTH QUINOA TEFF ARROWROOT RICE (BROWN/WHIT) MILD RICE BUCKWHEAT SORGHUM CORN TAPIOCA <b>HERBS / SPICES</b> ANCHO CHILI PEPP CILANTRO CUMIN PAPRIKA TARRAGON CAYENNE PEPPER CARDAMOM CLOVE HORSERADISH ROSEMARY CAYENNE PEPPER CARDAMOM CLOVE HORSERADISH ROSEMARY NUTS / OILS AND MISC. FOODS ALMOND CAROB HEMP PEANUT SPEARMINT BLACK TEA CHIA MACADAMIA PECAN SUNFLOWER BRAZIL NUT COCONUT MUSTARD SEED PSYLLIUM WALNUT CARAWAY HAZELNUT NUTRITIONAL YEAST SAFFLOWER

**ALCAT**

Reported: 05/10/2017

Item Count: 110

**COLORING/ENVIRONMENTAL CHEMS**

ACID RED #16  
BENZOCIC ACID  
BLUE #2 INDIGO CAR  
DELTA METHRIN  
POLYORBATE 60  
SODIUM SULFITE  
YELLOW 5 TARTRAZIN  
 AMMONIUM CHLORIDE  
BHA  
BRILLIANT BLACK  
ERYTHRITOL  
RED 40 CARMINE  
SODIUM SORBIC ACID  
YELLOW 6 SUNSET Y  
 ANNATTO  
BHT  
CHLORINE  
MSG  
RED 40 ALLURA RED  
SUCRALOSE

**INFLAMMATORY AGENTS**

AMPICILLIN  
AMPROXEN  
PENICILLIN  
SULINDAC  
 DIFLUNISAL  
NEOMYCIN  
PROXICAM  
TETRACYCLINE  
 GENTAMICIN  
MYSTATIN  
STREPTOMYCIN

**ASPERGILLUS**  
 ASPERGILLUS  
CURY SPECIFERA  
HELMINTHOSPORUM  
FENICILLIUM  
RHODOTORULA  
RUBRA  
 BOTRYTIS  
EPICOCCUM NIGRUM  
HORMOBENSIUM  
PHOMA DESTRUCTIVA  
SPONDYLOCLADIUM

**CEPHALOSPORIUM**  
 FUSARIUM OXYSPORU  
MONILIA STIPHILA  
PULLULARIA

**EXPANDED ADDITIVES**

ADIPIC ACID  
CYCLODEXTRIN  
HEXYLRESORCINOL  
Lecithin (Soy)  
MALTODEXTRIN  
POLYDEXTROSE  
POTASSIUM TARTRAT  
SODIUM BISULFATE  
SODIUM PYROPHOSPH  
 ASCORBIC ACID  
DLACTITOL  
INVERTASE  
LYSOZYME  
MANNITOL  
POTASH  
RED 40 AMARANTH  
SODIUM LACTATE  
SODIUM TRIPOLYPHO  
 BETA-CAROTENE  
EDTA  
GLUCAMALT  
MAGNESIUM PHOSPHA  
METHENAMINE  
POTASSIUM PHOSPHA  
SODIUM ACETATE  
SODIUM LAURYL SUL  
SUCRONIC ACID

**BLACK COHOSH**  
 BUTELERIUM  
CHAPARRAL ROOT  
DONG QUAI  
IRISH MOSS  
MYRRH  
SARSAPARILLA  
YARROW  
 BLUE COHOSH  
BUTELERIUM  
GLUCOSAMINE  
HAWTHORN BERRY  
LUTEN  
PAU D'ARCO BARK  
RHODIOLA  
STEVIA LEAF  
WORMWOOD

**CANDIDA ALBICANS**  
 You have a mild reaction to Candida Albicans, also limit these foods:  
 CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLASSES

**GLUTEN**  
 You have a mild reaction to Gliadin and moderate reaction to Gluten, eliminate these foods:  
 BARLEY, MALT, RYE, SPELT, WHEAT

**GLIADIN**

**CASEIN**  
 You have no reaction to Whey and mild reaction to Casein, limit these foods:  
 COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

**WHEY**

**CANDIDA ALBICANS**  
 You have a mild reaction to Candida Albicans, also limit these foods:  
 CANE SUGAR, FRUCTOSE (HFCS), HONEY, MAPLE SUGAR, MOLASSES

**GLUTEN**  
 You have a mild reaction to Gliadin and moderate reaction to Gluten, eliminate these foods:  
 BARLEY, MALT, RYE, SPELT, WHEAT

**GLIADIN**

**CASEIN**  
 You have no reaction to Whey and mild reaction to Casein, limit these foods:  
 COW'S MILK, GOAT'S MILK, LACTOSE, SHEEP'S MILK

**WHEY**



## Red – Severe

The column with the red band indicates a severe reaction. We recommend the foods from this list be avoided for 6 months or longer.

Note: The practitioner providing guidance with regard to the nutrition plan, may recommend the avoidance of these reactive foods for a different duration.

This screenshot shows a food sensitivity test report for Patient S. PRETEND. The report is categorized into four columns: SEVERE (red band), MODERATE (orange band), MILD (yellow band), and ACCEPTABLE / NO REACTION (white band). The SEVERE column lists various food items such as ALMOND, ANISE, APPLE, and many others. The report also includes a legend at the bottom for allergen groups like DAIRY, GLUTEN, and EGGS.

This screenshot shows a food sensitivity test report for Patient S. PRETEND. The report is categorized into four columns: SEVERE (red band), MODERATE (orange band), MILD (yellow band), and ACCEPTABLE / NO REACTION (white band). The MODERATE column lists various food items such as ALMOND, ANISE, APPLE, and many others. The report also includes a legend at the bottom for allergen groups like DAIRY, GLUTEN, and EGGS.

## Orange - Moderate

The column with the orange band indicates a moderate reaction. We recommend the foods from this list be avoided for 3 months- 6 months.

Note: The practitioner providing guidance with regard to the nutrition plan, may recommend the avoidance of these reactive foods for a different duration.

## Yellow- Mild

The column with the yellow band indicates a mild reaction. Our recommendation is to limit the consumption of the foods in this list to no more than 2 days per week and preferably not two days in a row. It's best to limit consumption of them to one day out of every four days. However, it might be best to take a look at this list and determine the foods that were being consumed daily or just about daily prior to having this test done. For those foods, we may recommend completely avoiding them for 3 months or longer.

You may notice these foods that have asterisks (\*) placed next to them. The asterisk (\*) indicates a mild reaction. You will see how the asterisks are helpful when we discuss the rotation plan.

The ordering practitioner may have another preference regarding whether or not this list be included in the eating pattern.

This screenshot shows a food sensitivity test report for Patient S. PRETEND. The report is categorized into four columns: SEVERE (red band), MODERATE (orange band), MILD (yellow band), and ACCEPTABLE / NO REACTION (white band). The MILD column lists various food items such as ALMOND, ANISE, APPLE, and many others. The report also includes a legend at the bottom for allergen groups like DAIRY, GLUTEN, and EGGS.



# Rotation Plan

You will notice a four day rotation plan included in your test results. This plan includes the non-reactive foods, as well as the mildly reactive foods indicated by asterisks- spread out over four days. If it was decided to eliminate, rather than limit, any of the foods from the mildly reactive list, remember to eliminate them from the rotation plan as well.

As mentioned previously, it would be best that we consume a variety of nonreactive foods to nourish our bodies properly. Eating in a rotation pattern can help achieve that variety and can help limit the mild list of foods to no more than 2 days per week, or one day in a four day period. A rotation pattern of eating also decreases the likelihood that the immune system will be overwhelmed with the same foods. An overload may contribute to further sensitivities. The basic principle of the rotation plan is this: by eating foods one day and then omitting them for at least 3 days, you avoid a cumulative sensitizing effect. This period of time allows the particular food molecules to “clear” from the system so they do not cause an overload. Ideally the 4 day rotation plan would work this way- on day one, only the foods that are listed on day one would be consumed. No foods from days two, three, or four would be consumed on day one. On day two, only the foods that are listed for that day would be consumed. Day one foods would not be consumed again until day five, day two foods would not be consumed again until day six, and so on. If need be, the rotation can be changed by moving foods from one day to another to make the plan more realistic.

The strict four day rotation plan may be realistic and appropriate. It is a good idea to check with the practitioner who is providing advice in this regard, to determine if proceeding this way is necessary.

Please bear in mind that the top priority is to eliminate the severely and moderately reactive foods and ingredients, to limit the mildly reactive list of foods, consume a variety of the nonreactive foods, and to avoid eating the same foods day after day. Perhaps an every other day rotation plan is more realistic right now and that plan can be implemented first. You can always revisit the four day rotation plan later if it is determined to be necessary.



Personalized Rotation Diet

4 Day Rotation



<b>Patient Information</b>	PATIENT II, PRETEND	Date of Birth:	11/04/1977	Gender:	F
<b>Lab Information</b>	Date Received: 02/11/2010	Date Collected:		Date Reported:	05/10/2017
<b>HCP:</b>	Sample Physician	Clinic ID:	10804	Lab ID:	68220

Lab Director  
David Dittmer, Ph.D

	DAY 1	DAY 2	DAY 3	DAY 4
<b>GRAINS / STARCHES</b>	ARROWROOT OAT (GLUTEN FREE)* TAPIOCA	WILD RICE	CORN QUINOA SORGHUM SWEET POTATO TEFF	AMARANTH BUCKWHEAT RICE (BRWN/WHT)
<b>VEGETABLES / LEGUMES</b>	ARTICHOKE BLACK-EYED PEA CELERY* CHICKPEA CHICORY EGGPLANT* KALE* LEAF LETT (RED/GRN) MUSTARD GREENS PARSLEY* ROMAINE LETT WAKAME SEAWEED* YAM YELLOW SQUASH*	BELL PEPPER MIX BOSTON BIBB LETTUCE BROCCOLI* BRSSLS SPROUT* BUTTON MUSHROOM CABBAGE CAULIFLOWER* ENDIVE ESCAROLE KELP LENTIL BEAN SHALLOTS SHITAKE MUSHRM ZUCCHINI SQUASH*	ARUGULA ASPARAGUS* BLACK BEANS COLLARD GREENS FENNEL SEED GREEN PEA HORSERADISH ICEBERG LETTUCE KIDNEY BEAN LEEK* LIMA BEAN MUNG BEAN NAVY BEAN RADISH* STRING BEAN WATERCRESS	ADZUKI BEANS CANNELLINI BEANS* CUCUMBER* DANDELION LEAF* JALAPEÑO PEPP* OKRA PARSNIP PORTOBELLO MUSHRM RHUBARB SCALLION SPAGHETTI SQUASH SPINACH* TURNIP* WATER CHESTNUT
<b>Fruit</b>	BANANA BLACK CURRANT* CAPERS* DATE FIG GUAVA KIWI LEMON MANGO PAPAYA STRAWBERRY*	APPLE AVOCADO* BLUEBERRY* CRANBERRY PEAR POMEGRANATE TANGERINE	BLACKBERRY CHERRY* GRAPE LIME NECTARINE PEACH PLUM RASPBERRY STAR FRUIT	CANTALOUPE GRAPEFRUIT HONEYDEW MLN LYCHEE MULBERRY* OLIVE* ORANGE PERSIMMON PUMPKIN WATERMELON
<b>Protein</b>	BEEF BISON CODFISH CRAB FLOUNDER LAMB OYSTER SARDINE SEA BASS SNAPPER (RED) SWORDFISH VEAL	CATFISH CHICKEN EGG WHITE EGG YOLK MACKEREL MAHI MAHI SQUID TILAPIA	ANCHOVY DUCK HALIBUT PORK SOLE SOYBEAN*	CHICKEN LIVER CLAM HADDOCK LOBSTER MUSSEL SALMON SCALLOP SHRIMP TROUT TURKEY VENISON
<b>MISCELLANEOUS</b>	ANCHO CHILI PEPP CARAWAY CHAMOMILE* CHIA COCONUT* CORIANDER SEED CUMIN FLAXSEED* LICORICE* PISTACHIO* ROSEMARY SAFFLOWER TURMERIC	CAYENNE PEPPER CINNAMON CLOVE GARLIC* GINGER* HAZELNUT HEMP MUSTARD SEED PAPRIKA PEPPERMINT SAFFRON*	ALMOND BRAZIL NUT CARDAMOM CILANTRO COCOA COFFEE* DILL MACADAMIA PEANUT PSYLLIUM TARRAGON THYME*	BLACK PEPPER BLACK TEA CAROB CURRY* NUTMEG NUTRITIONAL YEAST PECAN PINE NUT* SAGE SESAME* SPEARMINT SUNFLOWER VANILLA* WALNUT

# Sensitivity to *Candida*

SEVERE	MODERATE	WILD?	ACCEPTABLE / NO REACTION	NEW COUNT
MEATS	WHEAT	WHEAT	VEGETABLES / LEGUMES	NEW COUNT: 2/27
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	VEGETABLES / LEGUMES: ARTICHOKES, ASPARAGUS, BEANS, BEETROOTS, BROCCOLI, BRUSSELS SPROUTS, CAULIFLOWER, CUCUMBERS, EGGPLANT, GREEN BEANS, GREEN PEAS, KALE, LENTILS, MUSHROOMS, ONIONS, PARSNIPS, PEAS, PUMPKIN, RADISHES, SWEET POTATOS, TOMATOES, ZUCCHINI	
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	FRUITS: APPLE, BANANA, BLUEBERRIES, CHERRY, COCONUT, DATE, FIG, GUAVA, LEMON, LIME, MANGO, ORANGE, PINEAPPLE, RASPBERRY, RICE, STRAWBERRY, TARTAR, WHEAT	
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	MEAT: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	DAIRY / EGGS: BUTTER, CHEESE, EGGS, MILK, YOGURT	
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	SEAFOOD: CRAB, FISH, LOBSTER, MUSHRIMS, OYSTERS, SCALLOPS, SHRIMP, TUNA	
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	GRAINS / STARCHES: CORN, RICE, WHEAT	
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	HERBS / SPICES: BLACK PEPPER, CAYENNE PEPPER, GARLIC, GINGER, MUSTARD, ONION, SALT, SERRANO PEPPER, TURMERIC	
MEATS: BEEF, BISON, BUCKLE, CHICKEN, CORN, COUNTRY, DEER, DUCK, FISH, GOAT, GUANACO, HAMBURGER, LAMB, PORK, PRAWNS, RABBIT, RICE, SALMON, TURKEY, VENISON	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	WHEAT: ALL GRAIN PRODUCTS, BREAD, CEREALS, CRACKERS, PASTA, PILLS, RICE, TARTAR, WHEAT	MUFFS / OILS AND MISC. FOODS: ALMOND OIL, AVOCADO, BUTTER, COCONUT OIL, CORN OIL, OLIVE OIL, PINEAPPLE, RICE, TARTAR, WHEAT	

*Candida albicans* is a naturally occurring yeast present in various various mucus membranes in the body. Most of the time, we can keep the growth of *Candida albicans* in check, but an overgrowth of *Candida*, most commonly occurring in the gut- also known as *Candida* Related Complex- can be an underlying contributing factor to gut permeability also known as leaky gut, digestive issues, feeling unwell or a general feeling of malaise, brain fog, fatigue, headaches, and more. A reaction to *Candida* identified in the Alcat test does not serve as a diagnosis of *Candida* overgrowth nor does a non-reaction to it rule out *Candida* related foods complex. A reaction to *Candida* may be considered as sort of a screening tool and a possible indication that *Candida* overgrowth is occurring. Therefore, it would be best to seek advice from a physician experienced in testing for and treating *Candida* related complex to be certain.

## Starve the Yeast

If *Candida* overgrowth exists, our recommendation is to avoid foods that encourage the growth of *Candida*. These foods include any sugar, maple sugar, fructose (in excess), high fructose corn syrup, and honey. We also recommend the avoidance of fruit juice, agave, molasses, and alcohol.

Due to the high sugar content of fruit juice and the rapid impact it has on the blood glucose response, whether it is added or naturally occurring, it is best to completely eliminate fruit juice consumption as well.

In addition to sugar and alcohol, refined starchy carbohydrates-white rice, white flour, and instant cereals are to be avoided as well.

It may be best to limit fresh fruit to no more than two servings per day. Consuming fresh/frozen fruits, and any other carbohydrate along with a good source of protein and a healthy source of fat may slow the rise in blood glucose. The practitioner providing nutrition guidance can determine what is necessary.

In addition, it is very important to prevent constipation especially when *Candida* overgrowth is an issue. When fecal matter remains in the colon for too long it becomes the perfect breeding ground for *Candida*. Plenty of fiber and fluid, preferably filtered water, are recommended to help prevent constipation.



# Sensitivity to *Candida*



Beyond just the avoidance of sugar, many different diets targeting *Candida* related complex, exist. Avoidance of the following foods may be suggested: dairy, mushrooms, peanuts, pistachios, cashews, vinegar, corn, corn products, dried fruit, baker's and brewer's yeast, tempeh, miso, fermented vegetables, deli meats, legumes, oat, rice, pork, shellfish, potatoes, carrots, yams, beets, peas, parsnips, black and green tea, canola oil, condiments, citric acid, additives, and coffee,. The nutrition practitioner uses his/her judgement in this regard. These **additional** recommendations may or may not help.

and erythritol are sugar alcohols naturally derived from fruits and vegetables. Although these sugar alcohols provide a sweet taste, they do not affect our blood glucose in the same way sugar does and they have not been found to foster further growth of *Candida*. Lo Han is a sweetener naturally derived from the monk fruit and stevia is naturally derived from the stevia rebaudiana plant. Although these sweeteners are much sweeter than sugar, they do not tend to trigger an insulin response or foster the growth of *Candida*.

## Encourage Yeast Die Off

In general, a plant based, whole foods pattern of eating, consisting of non-reactive organic vegetables, whole grains, lean grass fed meats, free range chicken, wild caught fish, certain nuts, seeds, nut butters, oils and some organic fresh fruit is certainly what is recommended for this situation. But antifungals may be helpful to encourage yeast die-off.

Garlic, cinnamon, coconut oil, coconut milk, thyme, sage, clove, yogurt and kefir with live cultures, oil of oregano and green tea are all naturally occurring antifungals, meaning they can help "kill the yeast" should this be an issue. Feel free to use them as a regular part of the eating pattern, as long as the Alcat results do not reveal sensitivity to these foods. It is best to rotate these and not use one or all daily. For example, use coconut one day, garlic the next, and cinnamon the next. It would be best to further discuss the use of these natural antifungals with your nutrition practitioner.

Also, be aware that there are supplements available to aid in eliminating the *Candida* overgrowth. These options can be discussed with the practitioner providing nutrition guidance.

Keep in mind there are many differing opinions and suggestions from practitioners regarding the best way to manage a *Candida* related complex. Managing *Candida* overgrowth is not a "one size fits all" approach, individualization is key to successfully combating *Candida* overgrowth. Remember that the sensitivity to *Candida* albicans revealed by the Alcat test does **NOT** mean that *Candida* **overgrowth** is definitely an issue. Further testing to rule out or rule in this complex is important.



# Sensitivity to Gluten and Gliadin



## Gluten Free Choices

If you have an adverse reaction to gluten and/or gliadin, here are some basic guidelines about shopping gluten free.

For just about any product that may seem obvious to contain gluten—bread, cereal, pasta, crackers, pizza crust, bagels, pretzels, English muffins, (etc.) there is almost always a “gluten free” counterpart. For example, many stores now carry gluten free breads, gluten free cereals, gluten free crackers, gluten free pasta, gluten free pretzels, etc.

When looking for gluten free items, look for a “certified gluten free” claim or seal on the package. For less obvious foods, like sauces, dressing, yogurt, be on the look-out for the other gluten based ingredients. When you do see the words “gluten free” on the package, **remember to read the ingredient list to make sure there are no other offending ingredients within the food or beverage.** Manufacturers can change the ingredients in your familiar favorites at any time without any announcement, so it is important for you to read the label and ingredients **EVERY** time you purchase.

Be aware that oats, unless specified gluten free, may contain gluten due to the risk of cross-contamination when processed in the same facilities that process gluten-containing grains or growing in fields adjacent to gluten containing grains. Otherwise, it does not contain gluten. If there was no reaction to oats, but there was a reaction to gluten, gluten-free oats may be consumed. However, if there is a diagnosis of celiac disease, whether or not gluten free oats can be consumed should be discussed with the physician.

Offending ingredients to watch out for could be your other reactive foods according to the Alcat test, any food allergies, additives, artificial sweeteners or preservatives.



# Sensitivity to Gluten and Gliadin

There are many gluten free grains and flour substitutes available such as those listed here. Consult with the nutrition expert advising you regarding your eating pattern for the flours that would be most appropriate for you to use to prepare your favorite recipes.

- almond flour
- amaranth
- buckwheat
- chickpea flour
- coconut flour
- cornmeal
- millet
- garfava flour
- gluten-free oats
- potato flour
- quinoa
- quinoa flour
- rice
- rice flour
- sorghum
- soy flour
- tapioca flour

You may feel that eating gluten free is extremely challenging. Try to stay encouraged and make changes gradually.

Start off by looking at all the foods in your eating pattern that are naturally gluten free such as fruits, vegetables, meat and poultry to name a few. Choose plenty of whole, unprocessed foods and remember to choose gluten free whole grains whenever possible.

Next, take small steps toward eliminating gluten from your eating pattern. Start with a simple dish, something that will not need much customization. An example would be noodles and tomato sauce where only the noodles need a gluten free replacement. You can try different gluten-free pastas, like corn, quinoa or rice pasta. Discover through trial and error which pasta will work best for your taste buds.



Progressively work toward more complex meals and continue to experiment to learn new dishes. If you do not always have the time to cook, check out your local grocery store, health store, or specialty food store to see what kind of gluten free items are available. Remember to continue to look out for any other offending ingredients. Keep in mind that “gluten free” products are not necessarily more nutritious! Make an effort to carefully read the nutrition facts panel and ingredients. Also note that wheat is a major allergen so it will be listed clearly as an ingredient, but the claim “gluten free” will not always appear on the food or beverage label clearly. Before going shopping, you could also research gluten-free manufacturers online. Your nutrition practitioner can provide additional suggestions for you as well.

# Sensitivity to Gluten and Gliadin



## Gluten in Supplements

It is important to review the ingredient information in supplements as you would with any food product. In addition to looking at the active ingredients, also check the inactive ingredients for fillers which may contain gluten. Remember to review your supplements for other potentially reactive foods based on your Alcat results as well. If you are not sure whether or not your supplement is gluten-free, contact the supplement manufacturer directly for more information.

## Gluten in Medications

Because prescriptions and over-the-counter drugs are not covered under the gluten and allergen labeling regulations, it is important to be proactive about finding out which prescriptions and over-the-counter drugs do contain gluten.

Don't be afraid to contact your pharmacist or call the pharmaceutical company that manufactures the prescription in question. Also remember that inactive ingredients and their sources can vary between the brand name drug and the generic version.

Although implementing a gluten-free lifestyle can be challenging at first, you'll find that it becomes easier as you build a repertoire of foods that work for you. Work with your nutrition practitioner to help you implement the avoidance of gluten as well as any other sensitivities/intolerances you may have. In addition to the resources, meal planning tools and recipes that may be provided by your nutritionist, also look into gluten-free websites and cookbooks. Gluten-free eating has become pretty popular nowadays, so chances are that someone else has already tried a gluten-free version of your favorite recipe.



# Sensitivity to Milk, Casein, and Whey

Bath products and cosmetics may also contain dairy as an ingredient. It is important to check the ingredients of all products you use or come in contact with.

Keep in mind that for every obvious dairy containing food or beverage, like milk, yogurt, cheese, and ice cream, there are dairy free alternatives available. For example, there are dairy free milks made from almonds, cashews, rice, soy, coconut, and flax, and the same holds true for cheeses, yogurts, and ice cream. Be careful to be on the lookout for any other ingredients that you may be allergic or sensitive to when selecting dairy free alternatives.

When cooking dairy free, substitute dairy free products for: milks, creams, butters, and chocolate.

You can substitute dairy free milks for regular milk easily because they have a 1 to 1 ratio. Use dairy free butter/trans- fat free margarine for regular butter/margarine, and dairy free or vegan chocolate for regular chocolate in cooking or baking recipes.

You may also make your own homemade evaporated or condensed dairy free milks.

We typically think of dairy products as our number one source of calcium. There are many other sources of calcium that we can incorporate into our eating patterns. Collard greens, sesame seeds, canned sardines, and fortified orange juice are a few examples of good sources of calcium. It would be best to address your nutrient needs with your nutrition practitioner for other nutrients you may not be getting in sufficient quantities.



The naturally occurring sugar in mammal's milk is called lactose. A **lactose intolerance**, does not involve an immune response. Individuals with lactose intolerance lack sufficient amounts of the lactase enzyme that is required to digest lactose. Up to 75% of the world's population is lactose intolerant, especially those of Asian, African, Arab, and Italian descent. Symptoms of lactose intolerance can include gas, bloating, diarrhea, and nausea. Taking a lactase supplement or a dairy product that has been treated with the lactase enzyme, when dairy is consumed may resolve symptoms of lactose intolerance. It will not help if you have a dairy sensitivity or a true milk allergy.

The Alcat Test tests for the delayed immune response to lactose which is not the same response that would occur in lactose intolerance. An individual may be intolerant to lactose due to the insufficient availability of the lactase enzyme, but they may not be sensitive (immune response) to dairy proteins, lactose, casein and/or whey.



# Living with Food Sensitivities

Food sensitivities can be challenging to manage and things become more difficult as the number of sensitivities increase.

When dealing with food sensitivities, shopping can quickly become a challenge, especially if there are multiple foods you are avoiding. Fortunately, a number of supermarkets have broadened their selection of specialty items that are appropriate for food allergies and sensitivities, especially those with sensitivities to gluten, wheat, dairy, eggs, soy, peanuts, and tree nuts. If your local supermarket does not have enough options available for your needs, many suitable foods can be found at specialty stores, ethnic markets, health food stores, and even online.

## Eating Away from Home

Whether it's a special occasion or a busy weeknight, eating out with friends and family is one of life's great pleasures. But for those with food sensitivities, enjoying food prepared by others can present a challenge. This does not mean that you cannot have a meal out every now and then.

It may take some thinking and planning ahead but your time will be well spent and help you enjoy both food and fun.

Before you go out to eat, think ahead a bit so that you can have a comfortable and enjoyable dining experience. Choose the restaurant wisely. Many restaurants today have special menus or notations on their regular menus for those with food allergies or sensitivities. This is particularly true for gluten, dairy, soy, or nuts.

*Though currently there are no universal symbols for allergens or sensitivities, the following are used frequently:*

**GF** = Gluten-free   **WF** = Wheat-free  
**DF** = Dairy-free   **SF** = Sugar free   **NF**=Nut-free  
**SY** = Soy-free   **V** = Vegetarian  
**VN**= Vegan   **AF** = allergy friendly in general

If someone else chooses the restaurant, check the menu on the restaurant's web site (if available) for appropriate options. Call ahead to discuss your particular sensitivities to ensure the restaurant can meet your needs. Ideally, it's best to speak with the manager or the chef.

Ask questions about the ingredients in the dishes that you've chosen from the menu. Make a reservation earlier in the evening or another time that is typically less busy. For example, dining at 6 p.m. on a Tuesday instead of 8 p.m. on a Saturday will increase the likelihood that your

Remember that you are the customer and restaurant owners are often eager to answer your questions and retain your business. Restaurants are increasingly aware of food allergies, however, few people understand sensitivities. To ensure that both the wait staff and kitchen staff take the proper precautions with your food, do not hesitate to tell your waiter that you have an allergy to the foods to which you are sensitive.



Be aware that many restaurants use outside vendors for their desserts and may not be knowledgeable about all of the ingredients used. Desserts, even those that are made in-house, often contain gluten, wheat, dairy, eggs, nuts, and assorted fruits. When in doubt, skip dessert and enjoy a safe treat once you get home.

As joyous as a dinner party or potluck can be, for those with food sensitivities, it can also be a significant challenge. The best way to ensure a pleasant evening is to let your host or hostess know about your sensitivities well in advance. Also, don't be afraid to ask questions.

If you are unsure of what will be served at the gathering, have a small meal or hearty snack before the event just in case there are no appropriate foods for you. Offer to bring a dish that is not only safe for you, but also something delicious that can be shared. Bringing a dish to a dinner party is not only polite but is especially important if you have food sensitivities. Consider a one-pot dish that can suffice in case there is little else that you feel comfortable eating. It's also a good idea to consider what the cook is serving as well as what the other guests might enjoy when deciding what to bring.

There is no question that avoiding foods to which you are sensitive can be a challenge. However, making some changes to your shopping habits, the way you organize the kitchen, and planning your meals ahead of time for the week can make it much easier. Before you know it, you will become an expert and

these changes will become a regular part of your routine.

## Feeling Worse Before Feeling Better

Responses to new eating patterns differ tremendously. Some report being symptom free within days of eliminating their reactive foods. Others may experience symptoms of "detoxification" or "withdrawal" in as little as 12 hours after eliminating reactive foods (particularly coffee or tea). Symptoms may include a dull headache, joint pain, muscle aches, fatigue, sinus discomfort or even back pain. These withdrawal symptoms may last a few days or in extreme cases they can last up to a few weeks.

If these symptoms persist, the practitioner advising you regarding your food elimination plan may suggest you proceed more slowly with the food avoidance. Getting enough rest, drinking plenty of filtered water, consuming a variety of non-reactive foods, fruits and vegetables, and taking a high quality multivitamin/mineral supplement to support the body's detoxification processes, is also recommended.

## Consult with Your Physician

The Alcat Test is not to be used in place of a medical check-up or diagnosis. Not all symptoms are necessarily related to food sensitivities. Report bothersome symptoms to your physician who can do further testing to rule out health problems.

# Reference Descriptions: What You Need to Know

The Alcat Test determines your food sensitivities using a pure extract of each item tested. Most foods that are consumed are not pure and come in prepared dishes and may be found in foods you wouldn't expect. It is important to read the ingredient labels carefully as recipes change and foods can be listed under several different names.

It is important that you maintain a varied eating pattern based upon the foods not causing you adverse reactions. Wherever feasible, it is best to consume fresh, whole, organic foods. Avoid packaged and processed foods such as those found in bottles, tins, jars and boxes. Be aware that manufacturers of processed foods do not always label every ingredient and source because they can contain many different foods grouped together.



An often-overlooked aspect of food preparation is the use of any oils in cooking. It is important to remember that if you are using oil to cook with, it must be derived from foods on your green list. Be aware some cooking oils have extra ingredients that may be listed on the label.

## Untested Foods and Ingredients

Since it is not known how the body would react, it may be best to avoid any foods that were not included in the Alcat Test. However, the nutrition practitioner providing the guidance in this regard may suggest a different approach.

## When in Doubt

If you have questions regarding ingredients and what their sources are, do not hesitate to contact the manufacturer. Our recommendation is, when in doubt, it's best to avoid it until the source is determined. The ideal approach would be to make recipes from scratch and to avoid packaged, processed foods. Even making cosmetics, lotions, soaps from non-reactive ingredients would be best.

To get the most from implementing the results of the food sensitivity testing, a nutrition expert trained in the management of adverse food reactions should be consulted.



# Reference Descriptions

## Alcat Food Descriptions

You will find descriptions of all of the Alcat tested foods, common uses for them, words that may indicate the foods' presence in ingredient lists, and important facts to be aware of. Information regarding the foods' health promoting characteristics is also included to encourage a consumption of a variety of the foods that were non-reactive.

[Vegetables & Legumes](#)

[Fruits](#)

[Meats](#)

[Dairy & Eggs](#)

[Seafood](#)

[Grains & Starches](#)

[Herbs & Spices](#)

[Nuts, Oils & Miscellaneous](#)

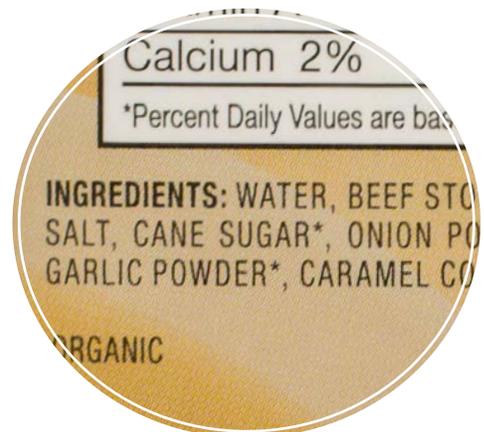


## Food Additives & Preservatives

If the testing included additives and colorings, you will see an additional page in your results packet titled Food Sensitivity Test Chemical Report. Using the color coding system discussed previously, you can interpret the results of the chemical report the same way. Descriptions of each additive tested can be found in the following pages. It may be challenging to find a large variety of convenience packaged and processed foods that will only contain acceptable ingredients. Therefore, most of these food additives and colorings will be avoided anyway. While not always convenient, a whole foods plan with recipes prepared from scratch, so that you can control what is consumed, is what will reap the most health benefit.

[Food Additives & Preservatives](#)

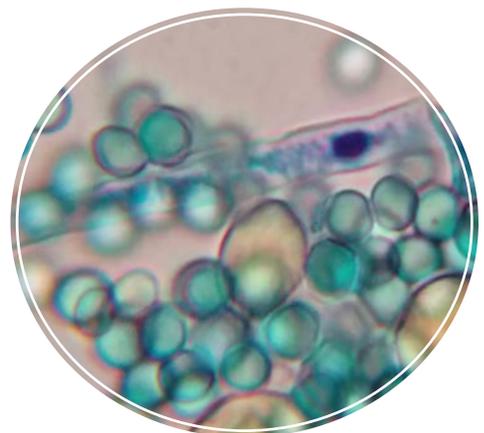
[Food Colorings](#)



## Molds

Sensitivity testing for molds is a screening tool only, and treatment for molds is best done with immunotherapy from an allergist. In addition to understanding where particular molds would occur, we recommend doing all possible to control exposure to them by washing and rinsing all fresh produce, whether "certified organic" or not, using a HEPA micron filter in the home, and cleaning heating and air conditioning filters every 4 weeks.

[Molds](#)



# Reference Descriptions



## Environmental Chemicals

If the testing included environmental chemicals, you can interpret the environmental chemical sensitivity results using the color coded system discussed previously.

[Environmental Chemicals](#)



## Antibiotics & Anti-Inflammatory Agents

If the testing included antibiotics and anti-inflammatory agents, you will see the results reported using the same color coding system described previously. It is important to consult your prescribing physician for guidance with regard to your medication routine. Do not attempt to discontinue medications on your own without your practitioner's direction.

[Antibiotics & Anti-Inflammatory Agents](#)



## Functional Foods & Medicinal Herbs

If the testing included functional foods and medicinal herbs, you will see the results in the same color coded system on a sheet entitled Functional Foods and Medicinal Herbs Test Results as you see here. It is important that anything that was reactive be avoided in food products and supplements.

[Functional Foods & Medicinal Herbs](#)

# Vegetables & Legumes

**Adzuki Beans** DESCRIPTION: A small red bean that is often used in east Asian cuisine. It is commonly boiled with sugar resulting in red bean paste that is a very common ingredient in Chinese dishes | COMMONLY FOUND IN: Japanese desserts, Chinese desserts, soups, bean dips, salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Anko, bean dip, bean salad, meatless burger | POTENTIAL HEALTHFUL PROPERTIES: Good source of phosphorus, potassium, and copper. Very good source of dietary fiber, folate, and manganese.

**Acorn Squash** DESCRIPTION: A small squash with golden flesh and dark green skin, shaped like an acorn | COMMONLY FOUND IN: Soups, stews, sauces, and purees | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Winter squash, gourd | BE AWARE: There are many varieties of winter squash | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin B6, manganese, copper, complex carbohydrates, fiber, pectin, and phenolic compounds. Supports antioxidant activity, eye health, and helps regulate inflammation and blood sugar.

**Artichoke (globe)** DESCRIPTION : The globe artichoke is a perennial thistle that is green in color. The heart is most often consumed, although the leaves can be as well if prepared in the right way. The leaves can be very sharp | COMMONLY FOUND IN: Stews, soups, salads and dips | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Artichoke crowns, artichoke bottoms, vegetable pizza, poivrade | BE AWARE: Can be found in some herbal teas and the Italian liqueur Cynar | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, vitamin K, folate, copper, magnesium, manganese, phosphorus, potassium, phytonutrients (e.g. quercetin, rutin, gallic acid, cynarin), and fiber. Supports blood clotting, and cardiovascular, liver, and gastrointestinal (GI) health.

**Arugula** DESCRIPTION : Arugula is an early summer vegetable. It is a green leaf with a long stem that is known for it's somewhat peppery flavor COMMONLY FOUND IN: Salads, sandwiches, burgers, soups, stews, pastas, sauces, juices, cooked | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Salad rocket, rucola, rucoli, rugula, colewort, roquette | BE AWARE: Can be in pre-mixed salad blends | POTENTIAL HEALTHFUL PROPERTIES: Good source of protein, thiamin, riboflavin, vitamin B6, pantothenic acid, zinc and copper. Very good source of dietary fiber, vitamin A, vitamin C, vitamin K, folate, calcium, iron, magnesium, phosphorus, potassium, and manganese.

**Asparagus** DESCRIPTION: Asparagus is a woody, stalk like vegetable that can be green, purple or white in color | COMMONLY FOUND IN: Pickled mixtures, mixed vegetables, soups, stews and sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed vegetables, primavera | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, folate, C, E, K, copper, selenium, and fiber. Supports antioxidant activity, regulation of inflammation, blood clotting, intestinal bacteria, and GI health.

**Bell Pepper** DESCRIPTION: Shaped somewhat like a bell, bell peppers come in a variety of colors such as red, green, yellow and orange | COMMONLY FOUND IN: Rice dishes, salads, soups, stews, kebabs, mixed vegetables, jarred, roasted | BE AWARE: Can be found in frozen/canned bean mixes. Part of the nightshade family along with white potatoes, eggplant, tomato, and tobacco | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, vitamin C, folate, phytonutrients (e.g. carotenoids, flavonoids, hydroxycinnamic acids), and fiber. Supports antioxidant activity and cardiovascular health.

**Black Bean** DESCRIPTION: Small beans that are black in color and a member of the legume family | COMMONLY FOUND IN: Ethnic rice dishes, chili, soups, dips, salads, canned and bagged bean mixtures, hummus, meat substitute, dessert substitution | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Chili beans, mixed beans, turtle bean, bean paste, "healthy dessert option" | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, folate, iron, magnesium, phosphorus, copper, manganese, potassium, phytonutrients (e.g. flavonoids, hydroxycinnamic acids, triterpenoids), complex carbohydrates, fiber, and protein. Supports gastrointestinal and cardiovascular health, healthy blood sugar levels, and protein metabolism.

**Black-Eyed Pea** DESCRIPTION: A small, pale colored bean with a prominent black spot | COMMONLY FOUND IN: The southern "Hoppin' John" dish, Texas Caviar, in rice dishes, stews and soups | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cowpea, purple hull pea, yellow eyed pea | BE AWARE: In many cultures this pea is a sign of good luck and will be incorporated into traditional dishes on holidays such as New Years or Rosh Hashanah | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamins B1, B2, B3, K, folate, calcium, magnesium, potassium, manganese, molybdenum, phytonutrients (e.g. isoflavones, phytosterols), complex carbohydrates, and fiber. Supports blood clotting, blood sugar regulation, cardiovascular, eye, and GI health.

# Vegetables & Legumes

**Butternut Squash** DESCRIPTION: A large winter squash with yellow skin and golden orange pulp | COMMONLY FOUND IN: Soups, pies, casseroles, and some baked goods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Winter squash | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, magnesium, potassium, manganese, complex carbohydrates, and fiber. Carotenoids lutein, zeaxanthin, and beta-carotene support eye health.

**Button Mushrooms** DESCRIPTION: Mushrooms are a fungal growth that typically consist of a stalk and a cap. | COMMONLY FOUND IN: Soups, stews, sauces, stuffings, salads, pre packaged foods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Crimini, Paris mushrooms, champignons de Paris | BE AWARE: There are thousands of varieties of mushrooms | POTENTIAL HEALTHFUL PROPERTIES: Good source of copper, selenium, phosphorus, vitamin B2, niacin, pantothenic acid, potassium, zinc, vitamin B1, manganese, vitamin B6, folate, choline, protein, and vitamin B12

**Cabbage** DESCRIPTION: A vegetable that comes in a head with thick leaves; in a variety of colors and is much more dense | COMMONLY FOUND IN: Coleslaw, salads, soups, stews, German and Polish dishes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sauerkraut, purple cabbage, red cabbage, white cabbage, green cabbage | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B6, C, K, manganese, potassium, phytonutrients (e.g. polyphenols, glucosinolates), and fiber. Supports blood clotting, regulation of inflammation, antioxidant activity, detoxification, and GI and cardiovascular health. Possesses anticancer benefits. Red cabbage has significantly more vitamin C and anthocyanin polyphenols than green.

**Cannellini Beans** DESCRIPTION: Known as the white kidney bean | COMMONLY FOUND IN: Salads, soups, chili, bean dip, canned, and bagged mixtures | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: White kidney bean, white bean, pasta e fagioli soup, minestrone soup | POTENTIAL HEALTHFUL PROPERTIES: Excellent source of molybdenum. Very good source of folate, dietary fiber, and copper.

**Capers** DESCRIPTION: Small green berries that are typically pickled and have a very distinct briny flavor | COMMONLY FOUND IN: Jars, remoulade, antipasto salads, pizza topping, salads, tartare | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Caper berries, pickled capers, caper blossom, picatta, puttanesca | BE AWARE: May act as a blood thinner | POTENTIAL HEALTHFUL PROPERTIES: Good source of protein, vitamin A, vitamin E, niacin, calcium, and manganese. Very good source of dietary fiber, vitamin C, vitamin K, riboflavin, folate, iron, magnesium, and copper.

**Carrot** DESCRIPTION: A root vegetable that can vary in colors but the most common is orange | COMMONLY FOUND IN: Salads, sauces, soups, stews, juices, smoothies | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vegetable medley, mixed vegetables, vegetable juices | BE AWARE: Often found within mixed vegetable dishes and in many prepackaged vegetable juices; comes in many different colors | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A (1 c. provides 428% DV vit. A), biotin, vitamin C, vitamin K, potassium, phytonutrients (e.g. hydroxycinnamic acids, anthocyanins, polyacetylenes), and fiber. Supports antioxidant activity, blood clotting, cardiovascular health, and eyesight.

**Cauliflower** DESCRIPTION: Similar in physical appearance to broccoli but much more dense with stiff florets. Typically found in white but also can be found in green | COMMONLY FOUND IN: Mixed vegetables (frozen and fresh) and very common in Indian cuisine | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vegetable medley, mixed vegetables, "fauxtatoes" | BE AWARE: Mashed cauliflower can be used in place of potatoes is popular among carbohydrate conscious consumers | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B6, C, K, folate, choline, phytonutrients (e.g. glucosinolates, cinnamic acid, flavonoids). Supports cardiovascular, gastrointestinal, and liver health; blood clotting; antioxidant activity; detoxification; and regulation of inflammation.

**Celery** DESCRIPTION: Long fibrous stalks that are green in color and crunchy with flavorful leaves that can be eaten | COMMONLY FOUND IN: Soups, soup mixes, stews, salads, poultry seasoning, V-8 juice, mixed juices, broths, bouillon cubes. Celery seed is used as a flavoring or spice and mixed with salt as celery salt commonly found in coleslaw | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Celery root, celery seed, celery salt, broth, soup | BE AWARE: Like many produce items, pesticides are a concern; the leaves may be found in salads | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin K, molybdenum, pectin, and phytonutrients (e.g. phenolic acids, flavones, flavonols, dihydro stilbenoids, phytosterols, furanocoumarins). Supports blood clotting, antioxidant activity, and regulation of inflammation (especially of the GI tract).

# Vegetables & Legumes

**Chickpea** DESCRIPTION: A small, round bean that is pale in color and often used in Mediterranean cooking | COMMONLY FOUND IN: Salads, stews, hummus, dips; can also be ground into a flour or roasted | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Garbanzo bean, bengal gram, besan, falafels, hummus, ceci, gluten-free flour blend | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, folate, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, molybdenum, phytonutrients (e.g. flavonoids), fiber, complex carbohydrates, and protein. Supports antioxidant activity, healthy blood lipid and blood sugar levels, GI health, and regulation of inflammation.

**Chicory** DESCRIPTION: A woody herbaceous plant whose roots are roasted and ground. Often used as a coffee substitute and an additive | COMMONLY FOUND IN: Yogurt, tea, coffee, gum, high fiber processed foods, ice cream, cereals, granola bars, gluten free breads, prebiotic and probiotic supplements, protein shakes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Achicoria, Barbe de Capucin, Blue Sailors, Cheveux de Paysans, Chicorée, Chicorée Amère, Chicorée Sauvage, Cichorii Herba, Cichorii Radix, Common Chicory Root, Écoubette, Hendibeh, Herbe à Café, Hinduba, Kasani, Kasni, Racine de Chicorée Commune, Succory, Wild Chicory, Wild Endive, Yeux de Chat, inulin | BE AWARE: May have slight laxative effect if consumed in high amounts; is used as inulin in many products. | POTENTIAL HEALTHFUL PROPERTIES: Good source of thiamin, niacin, and zinc. Very good source of dietary fiber, vitamin A, vitamin C, vitamin E, vitamin K, riboflavin, vitamin B6, folate, pantothenic acid, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese.

**Collard greens** DESCRIPTION: A dark green leafy cruciferous vegetable that is best cooked due to its bitterness tough leaves | COMMONLY FOUND IN: Salads, soups, cooked and raw | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Berza, Chou Cavalier, Collard Greens, Cow Cabbage, Dalmatian Cabbage, Morris Heading, Spring Heading Cabbage, Tall Kale, Tree Kale, Winter Greens | POTENTIAL HEALTHFUL PROPERTIES: Good source of protein, thiamin, niacin, and potassium. Very good source of dietary fiber, vitamin A, vitamin C, vitamin E, vitamin K, riboflavin, vitamin B6, folate, calcium, and manganese.

**Cucumber** DESCRIPTION: A long, thin, smooth skinned variety of squash that is eaten raw or cooked. The outer skin is dark green while the flesh is light green and has a high water content | COMMONLY FOUND IN: Salads, dips, sauces, cold soups, smoothies, and juice | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Pickles, tzatziki, raita | BE AWARE: Can be found in many fragrances and beauty products | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin K, molybdenum, and phytonutrients (e.g. polyphenols, lignans, flavonoids, quercetin, triterpenes). Supports blood clotting, antioxidant activity, and regulation of inflammation. Appears to have specific anticancer benefits.

**Eggplant** DESCRIPTION: An oval shaped vegetable that comes in different sizes with dark purple skin and creamy flesh that oxidizes quickly once exposed to oxygen | COMMONLY FOUND IN: Ratatouille, melanzane alla parmigiana, moussaka, baba ghanoush | BE AWARE: Comes in many different varieties, colors, and sizes; also avoid japanese eggplant | POTENTIAL HEALTHFUL PROPERTIES: Good source of fiber and phytochemicals (e.g. phenolic acids, flavonoids). Supports antioxidant activity, cardiovascular health, and cell membrane integrity.

**Endive (Belgian)** DESCRIPTION: A green leaf vegetable that belongs to the daisy family | COMMONLY FOUND IN: Salad green mixes, soups, stews; can be raw or cooked. | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Frisee | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin K, and folate. Supports blood clotting, eye health, and antioxidant activity.

**Escarole** DESCRIPTION: Escarole has broad, curly green leaves and a slightly bitter flavor | COMMONLY FOUND IN: Salads, salad green mixes, soups, stews; can be eaten raw or cooked. | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Frisee | BE AWARE: Related to Belgian endive and curly endive, but is not the same thing | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin K, and folate. Supports blood clotting, eye health, and antioxidant activity.

**Fava Bean** DESCRIPTION: A green kidney shaped bean that is a member of the pea family | COMMONLY FOUND IN: Soups, salads, dips | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Broadbean, faba bean, horse bean, field bean, tic bean, habas | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, folate, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, complex carbohydrates, fiber, and protein. Supports gastrointestinal health, and protein metabolism.

# Vegetables & Legumes

**Green Pea** DESCRIPTION: Green peas are small, round, starchy vegetables; fresh peas come in a pod and must be removed to consume | COMMONLY FOUND IN: Vegetarian dishes; used in pot pies, soups, salads and casseroles; also used to make pea protein powder | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Split peas, snow peas, field peas | BE AWARE: Can be found in gluten-free products as a protein | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamins B1, B2, B3, B6, folate, C, K, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, phytonutrients (e.g. polyphenols, coumestrol, saponins, flavonols), complex carbohydrates, fiber, protein, and omega-3 and omega-6 fatty acids. Supports blood clotting, antioxidant activity, eye health, and regulation of inflammation.

**Iceberg Lettuce** DESCRIPTION: Pale Green head of lettuce that is commonly used for salads | COMMONLY FOUND IN: Salads, burgers and sandwiches | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Crisphead | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin K. Supports blood clotting.

**Jalapeño Pepper** DESCRIPTION: A medium to large size chili pepper | COMMONLY FOUND IN: Nachos, in hot sauce and many Spanish or Mexican dishes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Chili pepper | BE AWARE: Come in different colors and forms-pickled, chipotle, sauces | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, and phytonutrients (e.g. capsaicin). Possesses analgesic properties, helps regulate inflammation, and supports antioxidant activity and eye health.

**Kale** DESCRIPTION: A form of cabbage that is green in color and slightly bitter in flavor. Comes in a few different varieties | COMMONLY FOUND IN: Salads, stews, soups, stuffings | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Borecole | BE AWARE: Can be found in mixed green salads in the form of baby kale | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, calcium, iron, magnesium, potassium, copper, manganese, phytonutrients (e.g. glucosinolates, flavonoids, kaempferol, quercetin), and fiber. Supports antioxidant activity, blood clotting, detoxification, and eye health. Possesses anticancer properties.

**Kelp** DESCRIPTION: Alginate, a kelp-derived carbohydrate, is used to thicken products such as ice cream, jelly, salad dressing, and toothpaste, as well as an ingredient in exotic dog food and in manufactured goods. Several Pacific species of kelp are very important ingredients in Japanese cuisine. It is used to flavor broths and stews, as a savory garnish for rice and other dishes, as a vegetable. Transparent sheets of kelp are also used as an edible decorative wrapping for rice and other foods | COMMONLY FOUND IN: Japanese cooking and as a condiment when pickled | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Kombu | POTENTIAL HEALTHFUL PROPERTIES: Good source of iodine. Supports thyroid health.

**Kidney Bean** DESCRIPTION: Red beans that resemble the shape of a kidney | COMMONLY FOUND IN: Bean dips, bean flour, chili, beans and rice | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cannellini (white kidney bean), flageolets | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, folate, K, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, molybdenum, phytonutrients (e.g. flavonoids, phytosterols), complex carbohydrates, fiber, and protein. Supports GI health, blood clotting, protein metabolism, and healthy blood sugar and cholesterol levels.

**Leek** DESCRIPTION: Resembles a large green onion, more mild in flavor. Only the white portions are edible; the green parts are tough and dry. Must be cleaned well prior to eating as they accumulate sand. Typically eaten cooked | COMMONLY FOUND IN: Soups, broths, stews, salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vichyssoise | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, folate, vitamin K, manganese, phytonutrients (e.g. flavonoids, polyphenols, organosulfur compounds). Supports antioxidant activity, detoxification, regulation of inflammation, blood clotting, and cardiovascular and eye health.

**Lentil Bean** DESCRIPTION: A small disk like legume that comes in many colors, with the most common being red and green | COMMONLY FOUND IN: Soups, salads, stews, meat substitutes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Veggie Burger, meatless | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, folate, pantothenic acid, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, molybdenum, phytonutrients (e.g. triterpenoids, flavonoids, inositol, sterols), complex carbohydrates, fiber, and protein. Supports blood sugar regulation, cardiovascular health, and GI regularity.

# Vegetables & Legumes

**Lima Bean** DESCRIPTION: Flat, primarily green kidney shaped beans that have a starchy like taste and a grainy texture | COMMONLY FOUND IN: Succotash, spreads, hummus, dips, soups and salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Butter beans, Madagascar beans, fordhook | BE AWARE: Can be found in many different colors | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, folate, vitamin C, vitamin K, iron, magnesium, phosphorus, potassium, copper, manganese, molybdenum, complex carbohydrates, fiber, and protein. Supports antioxidant activity, blood clotting, and regulation of blood sugar and blood lipids.

**Mung Bean** DESCRIPTION: Small brownish green beans that look similar to a pea and have small sprouts | COMMONLY FOUND IN: Asian and Indian cuisine, in pastes, soups, stews, salads, desserts; used to make cellophane noodles and crepes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Moong bean, green gram, golden gram, cellophane noodles | BE AWARE: Also come in sprout form | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin K and copper. Supports blood clotting.

**Mustard Greens** DESCRIPTION: The peppery leafy greens of the mustard plant and are used frequently in Chinese, Japanese, and Indian cooking. Cooked, they taste a lot like spinach, but with more body. Young mustard greens make great additions to salads but can also be served cooked | COMMONLY FOUND IN: Salads, soups, stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mustard powder | POTENTIAL HEALTHFUL PROPERTIES: Good source of folate, pantothenic acid, vitamin B3, magnesium, vitamin B1, and potassium. Very good source of iron, vitamin B2, protein, vitamin B6, phosphorus, and dietary fiber. Excellent source of calcium, vitamin E, manganese, copper, vitamin C, vitamin A, and vitamin K. Hydroxycinnamic acid, quercetin, isorhamnetin, and kaempferol are among the key antioxidant phytonutrients provided by mustard greens. This broad spectrum antioxidant support helps lower the risk of oxidative stress in our cells. May help reduce cholesterol levels.

**Mustard Seeds** DESCRIPTION: The seed of the mustard plant, used whole or ground; used to make the condiment mustard | COMMONLY FOUND IN: Mustard and common in honey mustard, dijon, dressings, sauces, seasonings, dry rubs, spicy foods, pickling | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mustard powder | BE AWARE: Three different types are typically used to make the mustard condiment. Black mustard (*Brassica nigra*) is the most pungent. White mustard (*Brassica alba*) is the most mild and is used to make traditional American yellow mustard. Brown mustard (*Brassica juncea*) is dark yellow, has a pungent taste, and is used to make Dijon mustard. It is easier to harvest the brown mustard seed than the black mustard seed, so many mustard condiments now contain brown mustard seed instead of black mustard seed. Used in many food preparations, read labels | POTENTIAL HEALTHFUL PROPERTIES: Good source of manganese, selenium, phosphorus, magnesium, phytonutrients (e.g. glucosinolates), and omega-3 fatty acids. In addition, mustard greens are a good source of carotenoids/vitamin A, folate, vitamin C, vitamin K, and fiber. Support antioxidant activity, detoxification, cancer prevention, regulation of inflammation, and cardiovascular health.

**Navy Bean** DESCRIPTION: A small white bean that is typically used in baked bean recipes | COMMONLY FOUND IN: Baked beans, spreads, dips, salads, soups, stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Pearl haricot, pea bean, yankee bean | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, folate, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, phytonutrients (e.g. saponins), complex carbohydrates, fiber, and protein. Support cardiovascular and GI health, antioxidant activity, detoxification, and blood sugar regulation.

**Okra** DESCRIPTION: Okra is a long, ridged edible seed pod that grows on a plant. Okra is one of the most widely used vegetables throughout the Caribbean countries, and the southern United States. Okra naturally gelatinizes making it a very effective thickening agent | COMMONLY FOUND IN: Gumbo, soups and stews; used as a thickening agent | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Lady finger, bamia | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, vitamin K, folate, magnesium, manganese, and fiber. Supports antioxidant activity, blood clotting, and cardiovascular health.

**Onion** DESCRIPTION: A base of flavor in cooking all over the world. Come in many different colors that range in flavor from sweet to pungent | COMMONLY FOUND IN: Soups, stews, relish, stuffing, salads, salsa, dips, mixed vegetables | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Dry rub | BE AWARE: Comes in the form of powder, salt, flakes, and flavoring cubes | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, biotin, vitamin C, manganese, sulfur compounds, phytonutrients (e.g. organosulfides, polyphenols, flavonoids, quercetin). Supports cardiovascular and bone health, antioxidant activity, detoxification, and regulation of inflammation.

# Vegetables & Legumes

**Parsnip** DESCRIPTION: The parsnip is a starchy root vegetable related to the carrot that is pale in color | COMMONLY FOUND IN: Soups, stews, casseroles, purees, sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Root vegetables | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, folate, magnesium, potassium, manganese, complex carbohydrates, and fiber. Supports antioxidant activity, cardiovascular and GI health.

**Pinto Bean** DESCRIPTION: Pinto Bean is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. Rice and pinto beans served with cornbread or corn tortillas are often a staple meal | COMMONLY FOUND IN: Burritos, savory dishes, refried beans, chili con carne | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Red Mexican Bean | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, folate, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, molybdenum, selenium, phytonutrients (e.g. flavonoids), complex carbohydrates, fiber, and protein. Supports GI health, antioxidant activity, and healthy blood lipid and blood sugar levels.

**Portobello Mushroom** DESCRIPTION: A large mushroom that is popular in vegetarian dishes. It is high in fiber and low in calories | COMMONLY FOUND IN: Vegetarian dishes as a substitute for hamburger; used in stews, soups, salads, pizza and casseroles | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Crimini mushrooms | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B2, B3, folate, pantothenic acid, phosphorus, potassium, copper, selenium, fiber, and protein. Supports antioxidant activity, GI health, and protein metabolism.

**Radish** DESCRIPTION: A bulb type vegetable that is reddish in color with white crisp meat. They have a high water content, and are firm to the bite | COMMONLY FOUND IN: Salads, soups, dips, spreads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Crudite | BE AWARE: Can also be consumed in sprout form | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, folate, potassium, phytonutrients (e.g. flavonoids, anthocyanins), and fiber. Supports antioxidant activity and GI health.

**Red Beet/Beet Sugar** DESCRIPTION: A deep red root vegetable that can be eaten boiled either as a cooked vegetable or cold as a salad. A large proportion of the commercial production is processed into boiled and sterilized beets or into pickles | COMMONLY FOUND IN: Pickled beet mixtures, beet juice, soups (borscht), salads, natural food coloring | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Beet sugar, natural food coloring, beet greens, remolacha, beetroot, betarraga, betterave, fodder beet, garden beet, mangel, mangold | BE AWARE: Items may be sweetened with beet sugar that is found in yellow and red varieties. In the United States, most sugar beets are genetically engineered | POTENTIAL HEALTHFUL PROPERTIES: Good source of folate, manganese, potassium, copper, phytonutrient betalains, and fiber. Supports antioxidant activity, regulation of inflammation, and detoxification.

**Red leaf/Green Leaf lettuce** DESCRIPTION: A lettuce that can vary in color but always is deep red to purple in color at the top of the leaves or green | COMMONLY FOUND IN: Prepackaged greens, mixed greens salads | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, folate, vitamin K, and manganese. Supports antioxidant activity and blood clotting.

**Rhubarb** DESCRIPTION: The stalk is used in mostly sweet preparations and is a vibrant red/ruby in color | COMMONLY FOUND IN: Sauces, preserves, jellies, jams, syrups, sorbets, juices, pies, tarts, puddings, crumbs, pancakes, muffins, strudel | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Da Huang, Rhei | BE AWARE: Top greens of rhubarb should be avoided in cooking. | POTENTIAL HEALTHFUL PROPERTIES: Good source of magnesium. Very good source of dietary fiber, vitamin C, vitamin K, calcium, potassium, and manganese.

**Romaine lettuce** DESCRIPTION: A green lettuce that is hardy and comes in a tall head, with the center being the heart and much more tender | COMMONLY FOUND IN: Caesar salad, mixed greens salads, and sandwiches | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Salads, Caesar, mixed greens | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, folate, manganese, molybdenum, phytonutrients (e.g. flavonoids, saponins, lutein, zeaxanthin), and fiber. Supports antioxidant activity, and cardiovascular and GI health.

# Vegetables & Legumes

**Scallions** DESCRIPTION: A long, thin stalk that is a member of the onion family and is white at the root end and gradually becomes green at the top. All parts are edible, but the pale white end is stronger in onion flavor while the green tops are used more for garnish giving a slight onion flavor | COMMONLY FOUND IN: Salads, soups, seafood dishes, Latin food and as garnish | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Green onion, spring onion, salad onion, table onion, long onion | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, folate, phytonutrients (e.g. allium compounds) and fiber. Supports antioxidant activity, blood clotting, and is protective against prostate cancer.

**Shallots** DESCRIPTION: Small and light purple in color, shallots are favored for their mild onion flavor and can be used in the same manner as onions | COMMONLY FOUND IN: Salads, curries, gravy, chutney, soups, stews, pastes, burger garnish, pickled | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: eschalots, parathas, kachori, pakore | BE AWARE: Raw shallots can cause irritation to skin, mucus membranes, and eyes. This is due to release of allyl sulfide gas while chopping or slicing them which when comes in contact with wet surface becomes sulfuric acid. Allyl sulfide is concentrated more at the ends, especially at the root end. Its effect can be minimized by immersing the trimmed bulbs in cold water for a few minutes before you chop or slice them. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, folate, and potassium. Very good source of vitamin A, vitamin B6, and manganese.

**Shiitake Mushrooms** DESCRIPTION: Shiitake mushrooms are an edible mushroom from Asia | COMMONLY FOUND IN: Stir-fries, soups, meat substitute, broths, and stocks | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Forest mushroom, lentin, snake butter, miso soup, golden oak, Chinese black mushrooms | BE AWARE: Shiitake mushroom extracts might stimulate immune function. Theoretically, shiitake mushroom extracts might exacerbate autoimmune diseases by stimulating disease activity. | POTENTIAL HEALTHFUL PROPERTIES: Good source of dietary fiber, riboflavin, niacin, vitamin B6, zinc, and manganese. Very good source of pantothenic acid, copper, and selenium.

**Soybean** DESCRIPTION: Soybeans come in green pods and must be removed to eat. They are firm and shaped like a kidney. | COMMONLY FOUND IN: Prepackaged and processed foods and is a major protein source for oriental cooking and vegetarian dishes; found in casseroles, soups and stews; comes in the form of oil, paste, cheese, milk, yogurt, nuts, sauce, flours and more | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vegetarian or vegan, edamame, tofu, miso, tempeh, gluten-free, yuba, soja, tamari | BE AWARE: Most US soybean products are GMO; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain soy as an ingredient must list the word "soy" in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B6, folate, vitamin K, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, phytonutrients (e.g. inositol, flavonoids, isoflavones, phytosterols), omega-3 and omega-6 fatty acids, and fiber. Supports antioxidant activity, cardiovascular and bone health, and regulation of inflammation; may have cancer-preventative properties.

**Spaghetti Squash** DESCRIPTION: Spaghetti Squash is a yellow and mildly flavored winter squash. After cooking, it's flesh separates into spaghetti like strands. It is often used as a substitute for pasta. | COMMONLY FOUND IN: Casseroles and as pasta substitute | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vegetable spaghetti | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, niacin, vitamin B6, pantothenic acid, and manganese.

**Spinach** DESCRIPTION: A green leafy vegetables that comes in fresh or frozen form. It can be eaten in salads raw or cooked | COMMONLY FOUND IN: Salads, soups, stews, stuffing, creamed dishes; eaten cooked and raw | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: "Florentine", vegetable soup | BE AWARE: Boiling for 1 minute is recommended to reduce concentration of oxalic acid | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamins B1, B2, B6, folate, vitamins C, E, and K, calcium, iron, magnesium, potassium, copper, manganese, phytonutrients (e.g. glycolipids, flavonoids), and fiber. Supports GI, cardiovascular, and bone health, and antioxidant activity. May have specific anticancer effects.

# Vegetables & Legumes

**Squash (yellow)** DESCRIPTION: Yellow squash is harvested while the skin is still tender and the fruit relatively small; they are consumed almost immediately and require little or no cooking. Squash seeds can be eaten directly, ground into paste or pressed for vegetable oil | COMMONLY FOUND IN: Stir fries, soups, stews, casseroles, sauces, salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Crook neck squash, ratatouille, summer squash | BE AWARE: Much of the yellow summer squash and zucchini in US is genetically engineered. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, magnesium, manganese, phytonutrients (e.g. carotenoids, lutein, zeaxanthin, beta-cryptoxanthin), fiber, and pectin. Supports antioxidant activity, eye health, and regulation of inflammation and blood sugar.

**String Bean (Green Bean)** DESCRIPTION: There are many varieties e.g. runner, lima and french or haricot beans. French beans need only be topped and tailed before cooking; runner beans must have their tough skins stripped off even when they are very young. There is a yellow variety known as wax bean, popular in North America | COMMONLY FOUND IN: Soups, stews, salads, casseroles | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Runner bean, French bean, haricot vert, snap bean | BE AWARE: The yellow wax bean is a variety of green bean | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, manganese, silicon, phytonutrients (e.g. lutein, violaxanthin, neoxanthin, flavonoids, catechins), and fiber. Supports antioxidant activity, blood clotting, and GI health.

**Sweet Potato** DESCRIPTION: A root vegetable with skin that is brown/orange in color with bright orange flesh; although it can be found in the white flesh variety. Sweet potatoes are most commonly boiled, baked, roasted or fried | COMMONLY FOUND IN: Baked goods, pies, casseroles, mashes, purees, soups, stews; not related to the white potato | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Root vegetables, yams (used interchangeably but yam is a different species), boniato | BE AWARE: Can also be found in white or purple color | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamins B1, B2, B3, B6, pantothenic acid, biotin, vitamin C, magnesium, phosphorus, potassium, copper, manganese, phytonutrients (e.g. cyanidins, anthocyanin, batatins, batatosides), complex carbohydrates, and fiber. Supports cardiovascular and GI health, antioxidant activity, and regulation of inflammation and blood clotting.

**Swiss chard** DESCRIPTION: Chard is a relative of the beet, grown for its white, fleshy chard and its greens, which resemble spinach | COMMONLY FOUND IN: Gratins, omelettes, soups, stews, salads, sauces, pasta dishes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed greens (baby chard), leafy greens | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, choline, iron, magnesium, potassium, copper, manganese, phytonutrients (e.g. polyphenols, flavonoids, lutein, zeaxanthin, betalains, quercetin, kaempferol, syringic acid), and fiber. Supports antioxidant activity, detoxification, blood clotting, and regulation of inflammation and blood sugar.

**Taro Root** DESCRIPTION: Taro is a root vegetables that looks similar to a sweet potato but with a rough outer skin. It is primarily grown for its edible starchy corm and as a leaf vegetable | COMMONLY FOUND IN: Chips, can be mashed, roasted, Hawaiian poi, boiled, stewed | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Kaulau, dasheen, satoimo, miso, root vegetable, corm | BE AWARE: Can be highly toxic raw, so always consume after cooking. | POTENTIAL HEALTHFUL PROPERTIES: Good source of dietary fiber, vitamin E, vitamin B6, and manganese.

**Tomato** DESCRIPTION: Tomatoes can vary in color, shape and size, but the most common variety are red and the size of a fist. They have a high water content and can be tart in flavor unless cooked for long periods of time which enhances their sweetness | COMMONLY FOUND IN: Pizza, salsa, soups, stews, sauces, casseroles, sandwiches, and salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Marinara, picante, ketchup, chutney, sundried | BE AWARE: Comes in many different varieties, colors and in many forms; always read ingredient labels. | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, phytonutrients (e.g. flavonoids, glycosides, carotenoids, flavonols, flavanones, hydroxy- acids, lycopene), and serotonin. Supports antioxidant activity, cardiovascular health, blood clotting, and healthy blood lipid levels.

# Vegetables & Legumes

**Turnip** DESCRIPTION: Turnips are a starchy root vegetable whose leaves are also consumed | COMMONLY FOUND IN: Stir fry, casseroles, salads, mashes, purees; turnip greens can be found in the same manner as other greens | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Root vegetable | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, phytonutrients (e.g. indoles, isothiocyanates, glucosinolate), and fiber. Supports antioxidant activity and detoxification. Turnip greens provide carotenoids/vitamin A, vitamin C, vitamin K, folate, and manganese.

**Wakame Seaweed** DESCRIPTION: Wakame seaweed is commonly used either dried or salted, and used in soups (particularly miso soup), and salads (tofu salad), or often simply as a side dish to tofu and a salad vegetable like cucumber. These dishes are typically dressed with soy sauce and vinegar/rice vinegar. Goma wakame, also known as seaweed salad, is a popular side dish at American and European sushi restaurants | COMMONLY FOUND IN: Sushi, as crackers, seaweed salad, miso soup, wrap, seaweed noodles, dulse flakes, seaweed broth | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sea vegetable, edible seaweed | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin A, vitamin C, vitamin E, vitamin K, niacin, pantothenic acid, and phosphorus. Very good source of riboflavin, folate, calcium, iron, magnesium, copper, and manganese.

**Water Chestnuts** DESCRIPTION: The Chinese water chestnut more often called simply the water chestnut, is a grass-like sedge grown for its edible corms. The water chestnut is actually not a nut at all, but an aquatic vegetable. They are a popular ingredient in Chinese dishes. They can also be ground into a flour form used for making water chestnut cake, which is common as part of dim sum cuisine | COMMONLY FOUND IN: Stir-fries, oriental food, juices, raw, canned, powdered | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: matai, singhara, egg roll | POTENTIAL HEALTHFUL PROPERTIES: Good source of dietary fiber, riboflavin, vitamin B6, potassium, copper, and manganese.

**Watercress** DESCRIPTION: Watercress is a fast-growing, aquatic or semi-aquatic, perennial plant native from Europe to central Asia, and one of the oldest known leaf vegetables consumed by human beings | COMMONLY FOUND IN: V8 juice, salads, soups, sandwiches, savory dishes, and used as a garnish | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed greens, microgreens | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, phytonutrients (e.g. lutein, zeaxanthin, indoles, isothiocyanates). Referred to as a “powerhouse” vegetable. Supports antioxidant activity, detoxification, cancer prevention, and blood clotting,

**White potato** DESCRIPTION: A root vegetable with brown skin and white flesh | COMMONLY FOUND IN: Potato salad, as french fried, potato chips, potato starch, hash browns, soups, stews, starches, flours; not related to the sweet potato | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Batatas, soup, stew, root vegetables, pommes, rosti, vichyssoise, gluten-free, gnocchi, modified food starch | BE AWARE: Often used in gluten-free products, and potato starch is used as a thickener for many sauces, soups and stews | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B3, B6, folate, pantothenic acid, vitamin C, iron, magnesium, potassium, copper, manganese, phytonutrients (e.g. flavonoids, caffeic acid, kukoamines), complex carbohydrates, and fiber. Supports antioxidant activity, cardiovascular health, and healthy blood pressure. Baking versus boiling retains minerals best.

**Yam** DESCRIPTION: A tuber that is rough and scaly; unlike a sweet potato which has smooth skin. Inside can be white, yellow or purple | COMMONLY FOUND IN: Casseroles, baked, fried, roasted, in salads, cake, breads, stews, soups | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fufu | BE AWARE: Should never be consumed raw due to toxins. It also must be peeled | POTENTIAL HEALTHFUL PROPERTIES: Good source of dietary fiber, vitamin B6, potassium, and manganese. Very good source of vitamin C.

**Zucchini Squash** DESCRIPTION: A green summer squash that can be eaten raw or cooked | COMMONLY FOUND IN: Casseroles, salads, soups, stews, stuffing, pasta dishes, sauces, dips, baked goods, breads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Italian squash, courgette, gratin, summer squash | BE AWARE: Much of the yellow summer squash and zucchini in US is genetically engineered | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, magnesium, manganese, phytonutrients (e.g. carotenoids, lutein, zeaxanthin, beta-cryptoxanthin), fiber, and pectin. Supports antioxidant activity, eye health, and regulation of inflammation and blood sugar.

# Fruits

**Apple** DESCRIPTION: Apples come in many sizes and colors and are considered a fall and winter fruit | COMMONLY FOUND IN: Juice, cider, fruit cocktails, juice blends, yogurt, desserts, salads, pie, crisps, cake, apple butter, apple jelly | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Pectin, cider, fruit juice blend, waldorf salad | BE AWARE: Items labeled no added sugar might be sweetened with apple | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, fiber, pectin, and phytonutrients (e.g. quercetin, chlorogenic acid, anthocyanins, kaempferol, myricetin). Supports healthy blood sugar and blood lipid levels; cardiovascular health; and maintenance of intestinal bacteria. Helps regulate inflammation and may reduce risk of cancer, asthma, and age-related degenerative diseases.

**Apricot** DESCRIPTION: Apricots are small, golden orange fruits with smooth, sweet but firm flesh | COMMONLY FOUND IN: Juice, fruit cocktails, juice blends, jam/jelly, yogurt, desserts, Middle Eastern/Moroccan stews and soups | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Chutney, nectar, fruit preserves | BE AWARE: Dried apricots may be treated with sulfites to extend shelf life | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, potassium, phytonutrients (e.g. carotenoids, xanthophylls), and fiber. Supports eye health, antioxidant activity, and regulation of inflammation.

**Avocado** DESCRIPTION: Haas avocados have a dark, leathery skin and a creamy green flesh. Florida avocados are larger with a bright green shiny skin and a green flesh that is a bit more firm than a Haas avocado | COMMONLY FOUND IN: Sandwiches, salads, in sushi, baby food, and dips, sauces, and smoothies; also an oil | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Guacamole, avocaditos (cocktail avocado), alligator pear, oil blends | BE AWARE: May be used in milkshakes, ice cream, and other desserts/baked goods. Associated with latex-fruit allergy syndrome and may cause cross-reaction | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B6, C, E, K, folate, pantothenic acid, copper, potassium, fiber, phytonutrients (e.g. carotenoids, phytosterols, flavonoids), monounsaturated fats, and omega-3 fatty acids. Supports regulation of inflammation, blood clotting, and cardiovascular health. Promotes healthy blood sugar levels and assists in absorption of fat-soluble nutrients. May have unique anticancer benefits.

**Banana** DESCRIPTION: Bananas are a tropical fruit with green to yellow skin and a creamy white flesh | COMMONLY FOUND IN: Pastries, cakes, quick breads, baby food, pancakes, desserts, cereals, granola; also ground into a flour | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Extract, fruit salad | BE AWARE: Associated with latex-fruit allergy syndrome and may cause cross-reaction | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, manganese, potassium, serotonin, and fiber. Supports cardiovascular health and blood pressure, promotes healthy intestinal bacteria growth.

**Blackberry** DESCRIPTION: A large, soft berry that is dark purple/black in color | COMMONLY FOUND IN: Jams, jellies, preserves, yogurt, pie, pastries, frozen yogurt, smoothies, teas, sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed berries, bramble | BE AWARE: Commonly used as a natural flavoring | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins C and K, copper, manganese, phytonutrients (e.g. polyphenols), omega-3 fatty acids, and fiber. Very concentrated source of antioxidants, supports blood clotting and cardiovascular health.

**Black Currant** DESCRIPTION: A small dark blue berry that grows in clusters and somewhat resembled a blueberry. Rarely found fresh in the US | COMMONLY FOUND IN: Preserves, liqueurs, and syrups | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Black currant leaf, black currant seed oil | BE AWARE: Commonly used as a natural flavoring | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, iron, potassium, manganese, phytonutrients (e.g. flavonoids), gamma linolenic acid, and omega-3 and omega-6 fatty acids. Provides five times more vitamin C by weight than oranges. Supports antioxidant activity and cardiovascular health, and helps regulate inflammation.

**Blueberry** DESCRIPTION: A small dark blue berry that is mildly sweet and tart; it is very popular in American cuisine | COMMONLY FOUND IN: Jellies, jams, pies, muffins, yogurt, snack foods, cereals, smoothies, and some wines and alcoholic beverages | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed berries, berries, berry flavor | BE AWARE: May be used as a natural coloring, flavoring, or sweetener | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, vitamin K, manganese, phytonutrients (e.g. anthocyanins, hydroxy- acids, flavonols, pterostilbene, resveratrol), and fiber. Supports antioxidant activity, cardiovascular health, blood clotting, cognitive function, and healthy blood sugar levels.

# Fruits

**Cantaloupe** DESCRIPTION: Cantaloupe is a melon that has thick, rough, veiny looking skin and a bright orange flesh | COMMONLY FOUND IN: Fruit salads, soups, sauces, smoothies | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Melon, fruit salad, muskmelon | BE AWARE: Often found in prepared fruit salads | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, potassium, and phytonutrients (e.g. flavonoids, organic acids, cucurbitacins). Supports antioxidant systems, eye health, and regulation of inflammation.

**Cherry** DESCRIPTION: Fresh cherries are deep red, have a stem attached to them, and still retain the pit | COMMONLY FOUND IN: Pies, jams, baked goods, juice and liqueurs, ice cream, and yogurts | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sweet cherry, sour cherry, strawberry cherry | BE AWARE: Often used in fragrances, lotions and soaps | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, fiber, and phytonutrients (e.g. anthocyanins, hydroxycinnamic acid, perillyl alcohol). Supports antioxidant activity and regulation of inflammation.

**Cranberry** DESCRIPTION: Cranberries are bright red berries that are very firm and are typically only eaten when they are cooked | COMMONLY FOUND IN: Beverages, sauces, trail mixes, chutneys, pies, cobblers, desserts, preserves | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed berries, dried fruit, bounceberries, craneberries (early name) | BE AWARE: Used in some beauty products and fragrances-read labels | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, phytonutrients (e.g. anthocyanins, flavonols, urolic acid, benzoic acid, hydroxycinnamic acid), and fiber. Supports antioxidant activity and urinary health. Cranberry is believed to reduce incidence of recurrent urinary tract infection.

**Date** DESCRIPTION: Dates are typically dried, brown in color and very sweet | COMMONLY FOUND IN: Sweet and savory dishes and desserts; common vegan sweetener | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Stoned dates, degle noor, medjool, vegan | BE AWARE: High in sugar | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, magnesium, potassium, copper, manganese, and fiber. Supports gastrointestinal regularity.

**Fig** DESCRIPTION: Fresh figs are very perishable and best eaten a day or two after purchase. They come in a variety of colors, and before eating the stem should be removed. The skin is edible | COMMONLY FOUND IN: Cakes, candies, syrups, glazes, jams, sauces, beverages, prepackaged cookies | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fruit cake, fruit pudding | POTENTIAL HEALTHFUL PROPERTIES: Good source of potassium and fiber. Fig leaves support blood sugar regulation and cardiovascular health.

**Grape** DESCRIPTION: Grapes are small fruits that grow on a vine and are high in water content. They vary in color and sweetness | COMMONLY FOUND IN: Salads, pies, jams, jellies, juice, balsamic vinegar, and wine. Raisins are dried grapes found in baked goods, cereals, granola, trail mix, etc. | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Trail mix, vinaigrette | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, vitamin K, copper, and phytonutrients (e.g. polyphenols, proanthocyanidins, resveratrol – especially red/purple grapes). Supports blood clotting, eye health, and antioxidant activity. Reduces chronic venous insufficiency, vascular fragility, and edema.

**Grapefruit** DESCRIPTION: A tart citrus fruit with a thick yellow to pink skin and a white to pink flesh | COMMONLY FOUND IN: Juices and salads; common in skin care products | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Grapefruit seed extract, melogold | BE AWARE: Contains a substance that interacts with a number of medications | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, potassium, phytonutrients (flavonoids, limonoids, lycopene-in pink grapefruit), and fiber. Supports antioxidant activity, detoxification, healthy blood lipid levels, and cardiovascular health. Possesses anticancer properties, prevents scurvy.

**Guava** DESCRIPTION: Guava has a bright green skin with a white to pink colored flesh. They can be consumed raw but are preferred seeded and served sliced as dessert or in salads; however more commonly the fruit is cooked | COMMONLY FOUND IN: Beverages, jams, and other foods. Large quantities of the guava fruit are produced in Brazil, Colombia, Venezuela, and Mexico | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Amrood, Guajava, Guava Leaf, Guava Peel, Guava Pulp, Guava Seed Guayaba, Guayabo, Guayave, Koejawel | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin A, folate, potassium, copper, and manganese. Very good source of dietary fiber and vitamin C. Orally, guava is used for colic, diarrhea, diabetes, cough, cataracts, hyperlipidemia, cardiovascular disease, and cancer.

# Fruits

**Honeydew (melon)** DESCRIPTION: A large melon with white skin and green flesh that is mildly sweet | COMMONLY FOUND IN: Fruit salads, cold soups, desserts, sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: honeymelon | BE AWARE: Can be found in some beauty products | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, folate, potassium, phytonutrients (e.g. lutein). Very good source of vitamin C. Supports antioxidant activity.

**Kiwi** DESCRIPTION: A small, sweet, green fruit with black seeds and a brown, fuzzy skin. The skin must be peeled to consume | COMMONLY FOUND IN: Jellies, fruit smoothies, desserts and tropical drinks | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Chinese gooseberries, pavlova | POTENTIAL HEALTHFUL PROPERTIES: Good source of folate, vitamins C, E, K, potassium, copper, phytonutrients (e.g. carotenoids, flavonoids, polyphenols), serotonin, and fiber. Supports antioxidant activity, blood clotting, GI health, and respiratory health. Has the highest concentration of vitamin C of any fruit.

**Lemon** DESCRIPTION: A yellow citrus fruit with thick skin and tart yellow flesh | COMMONLY FOUND IN: Sweet and savory dishes; spreads, dressings, waters, drinks | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Citrus flavor, lemon flavoring | BE AWARE: Used for many non culinary purposes such as fragrance, beauty products; used to prevent enzymatic browning. Read labels. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, copper, phytonutrients (e.g. flavonoids, limonoids) Supports antioxidant activity, blood vessel health, and immunity. Prevents scurvy, has an alkalizing effect on body chemistry, may have anticancer effects.

**Lime** DESCRIPTION: A green citrus fruit with thick skin and tart green flesh | COMMONLY FOUND IN: Dressings, drinks, marinades, desserts, ceviche | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Citrus flavoring | BE AWARE: Used for many non culinary purposes such as fragrance, beauty products; used to prevent enzymatic browning. Read labels. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, phytonutrients (e.g. flavonoids, limonoids). Supports antioxidant activity, blood vessel health, and immunity. Prevents scurvy, has an alkalizing effect on body chemistry, may have anticancer effects.

**Lychee** DESCRIPTION: Lychee is a small reddish skinned fruit with a white translucent flesh | COMMONLY FOUND IN: Alcoholic beverages, fresh, canned, dried, juices | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: litchi, liechee, lizhi, li zhi, litchi nuts, lychee nuts, Chinese cherry, leechee | BE AWARE: Can potentially interact with antidiabetes medications and immunosuppressants | POTENTIAL HEALTHFUL PROPERTIES: Good source of copper. Very good source of vitamin C. Orally, lychee fruit is used for cough, fever, pain, and as a tonic and diuretic.

**Mango** DESCRIPTION: Mangos are a medium sized fruit with varying color skin from green to red and a mix of both. The flesh is vibrant orange and sweet, revealing a large pit inside that must be delicately cut around | COMMONLY FOUND IN: Chutney, salsa, jams, preserves, smoothies, desserts, sauces, salads, teas | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Amchoor | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamins A, vitamin B12, vitamin C, phytonutrients (e.g. phenols), and fiber. Supports antioxidant activity and possesses anticancer properties.

**Mulberry** DESCRIPTION: Mulberries resemble a blackberry but longer in length | COMMONLY FOUND IN: Jams, jellies, salads, desserts, teas, and pies | BE AWARE: Can potentially interact with antidiabetes medications | POTENTIAL HEALTHFUL PROPERTIES: Good source of dietary fiber, riboflavin, magnesium, and potassium, Very good source of vitamin C, vitamin K, and iron.

**Nectarine** DESCRIPTION: Nectarines resemble a peach but are smaller with a smooth red skin and more golden flesh | COMMONLY FOUND IN: Jams, jellies, salads, desserts and pies | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fruit salad | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin B3, vitamin C, potassium, and fiber. Supports antioxidant activity, and cardiovascular and eye health.

# Fruits

**Olive** DESCRIPTION: Olives are small fruits that grow on trees that come in a variety of colors such as black, green, and brown | COMMONLY FOUND IN: Salads, pastas, pizzas, brines, marinades, packaged products, breads, baked items | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Puttanesca, tapenade | BE AWARE: Found in many varieties | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin E, copper, iron, fiber, monounsaturated oleic acid, phytonutrients (e.g. phenols, flavones, flavonols, triterpenes, hydroxy- acids, oleuropein, anthocyanins). Supports cardiovascular health, antioxidant activity, detoxification, and regulation of inflammation.

**Orange** DESCRIPTION: A round fruit that varies in size with bright orange thick skin and sweet orange flesh | COMMONLY FOUND IN: Salads, dressings, marmalades, desserts, sauces, marinades, liqueurs, flavoring, juices and as an aromatic oil | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Citrus flavor | BE AWARE: Commonly found in beauty products, fragrances | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, folate, vitamin C, potassium, phytonutrients (e.g. polyphenols, flavones, anthocyanins, hydroxy- acids), and fiber. Supports antioxidant activity, cardiovascular health, regulation of inflammation, and immunity. Prevents scurvy.

**Papaya** DESCRIPTION: A tropical fruit with yellow/green skin and pink flesh; contains a cluster of black seeds in the center | COMMONLY FOUND IN: Fruit juices, smoothies, desserts, salsas, and sauces | BE AWARE: The enzyme papain is extracted from papaya and used in skincare products; also used as a digestive enzyme | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, folate, potassium, phytonutrients (e.g. flavonoids, lycopene), protein-digesting enzymes, and fiber. Supports antioxidant activity, regulation of inflammation, and digestive, cardiovascular, eye, and immune health.

**Peach** DESCRIPTION: Peaches are round stone fruits with reddish orange fuzzy skin and light orange flesh. Very sweet and soft to the bite when in season | COMMONLY FOUND IN: Baked goods, pies, fruit juices, preserves, salads and sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cobbler, fruit salad | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin B3, vitamin C, potassium, and fiber. Supports antioxidant activity, and cardiovascular and eye health.

**Pear** DESCRIPTION: Pears come in many different varieties and colors such as green, brown and red. The most common is with a green outer skin (Bartlett Pear) and white juicy flesh. The flesh tends to have a grainy texture and when ripe is very soft and sweet | COMMONLY FOUND IN: Fruit juices, desserts, fruit salad, salads, sauces and preserves | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fruit cocktail | BE AWARE: Pear juice is often used as a base for other fruit juices | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, copper, phytonutrients (e.g. polyphenols, flavonoids, quercetin, epicatechin, hydroxy- acids), and fiber. Supports antioxidant activity and GI health. Possesses anticancer properties.

**Persimmon** DESCRIPTION: A small round fruit that somewhat resembles a tomato that is orange to red brown in color | COMMONLY FOUND IN: Cookies, cakes, muffins, puddings, salads, fresh, dried, and topping for cereal | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: sujeonggwa, gamsikcho | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C. Very good source of dietary fiber, vitamin A, and manganese. Anti-infective, anti-inflammatory and anti-hemorrhagic (prevents bleeding from small blood vessels) properties.

**Pineapple** DESCRIPTION: A large tropical fruit that has brown rough, thick, thorny skin that must be cut off to eat. The flesh is yellow, sweet and tangy | COMMONLY FOUND IN: Pizza, fruit salads, desserts, salads, sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fruit cocktail, fruit salad, tropical, ananas | BE AWARE: Contains enzyme bromelain which is used in skin care products, fragrances, beauty products, and digestive supplements | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, vitamin C, copper, manganese, phytonutrients (e.g. polyphenols, bromelain), serotonin, and fiber. Supports antioxidant activity and digestion.

**Plum** DESCRIPTION: A small stone fruit with deep purple waxy skin and creamy white to orange colored flesh | COMMONLY FOUND IN: Preserves, compotes, desserts, sauces, salads, and plum vinegar | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Prunes | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, potassium, phytonutrients (e.g. phenols, flavonoids, chlorogenic acid), serotonin, and fiber. Supports GI, eye, and cardiovascular health; antioxidant activity; and blood clotting. Enhances iron absorption.

# Fruits

**Pomegranate** DESCRIPTION: Pomegranate is a red colored fruit with a large amount of ruby seeds within white stringy flesh. The seeds are consumed raw and the juice can be obtained as well | COMMONLY FOUND IN: Beverages, jams, yogurts, smoothies, salads, sauces, and baked goods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Tropical, antioxidant, sweet and sour sauce, free of cane sugar sweetener, anardana | BE AWARE: Juice is reduced to make pomegranate molasses | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, C, K, folate, phosphorus, potassium, copper, manganese, phytonutrients (e.g. polyphenols, anthocyanins, ellagitannins), and fiber. Supports antioxidant activity, blood clotting, cardiovascular and GI health. May have specific anticancer properties.

**Pumpkin** DESCRIPTION: Pumpkin is a winter squash that is round with smooth, slightly ribbed deep yellow to orange skin. The inside is filled with seeds and orange flesh | COMMONLY FOUND IN: Pies, breads, sauces, desserts, and soups | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fall vegetables, squash medley, winter squash | BE AWARE: Pepitas are the seeds of pumpkin and can be found in trail mixes, granola, salads, soups | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamins B2, C, E, potassium, copper, manganese, complex carbohydrates, and fiber. Supports GI health, eye health, and antioxidant activity.

**Raspberry** DESCRIPTION: Raspberries are small, soft red berries that are very perishable while mildly sweet and tart | COMMONLY FOUND IN: Purees, juices, teas, preserves, smoothies, sauces, salads, pie fillings, desserts and yogurts | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed berries, coulis | BE AWARE: Also comes in golden and black varieties | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, vitamin K, magnesium, manganese, phytonutrients (e.g. polyphenols, flavonoids, anthocyanins, raspberry ketone), and fiber. Supports antioxidant activity, regulation of inflammation, cardiovascular health, regulation of blood sugar, and cancer prevention.

**Star Fruit** DESCRIPTION: Star fruit is a tropical fruit whose skin is waxy and yellow to green in color with five deep ridges down the sides. When sliced, the fruit is shaped like a star and is mostly eaten raw | COMMONLY FOUND IN: Salads, sorbets, drinks, to impart tart flavor in the dish, stews, curries, stir-fries, sauce, pickled, chutney, tarts, jam. Consumed fresh, canned, and dried | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Carambola, belimbing manis, mafueng, kamkrah, Chinese starfruit, star apple, five angled fruit, five lobed yellow fruit | POTENTIAL HEALTHFUL PROPERTIES: Good source of pantothenic acid and potassium. Very good source of dietary fiber, vitamin C, and copper.

**Strawberry** DESCRIPTION: A bright red berry that varies in size and is incredibly popular for its sweetness when in season | COMMONLY FOUND IN: Many dishes including preserves, baked goods, desserts, yogurts, salads, sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fruit salad, mixed berries, coulis, shortcake | BE AWARE: Sometimes a dried ingredient in cereals, granola, baked goods. Also used in fragrances and liqueurs | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, manganese, phytonutrients (e.g. polyphenols, anthocyanins, hydroxy- acids, ellagic acid, ellagitannins, flavonols, resveratrol, terpenoids), and fiber. Supports antioxidant activity, cardiovascular health, cancer prevention, and regulation of blood sugar and inflammation.

**Tangerine** DESCRIPTION: The tangerine is an orange-colored citrus fruit which is closely related to the mandarin orange. Tangerines are smaller than common oranges, and are usually easier to peel and to split into segments. The taste is considered less sour, as well as sweeter and stronger, than that of an orange | COMMONLY FOUND IN: Fresh, raw, canned | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mandarin, swatow orange, bergamota, gan ju | BE AWARE: Can be a flavoring for gums and candies | POTENTIAL HEALTHFUL PROPERTIES: Good source of dietary fiber. Very good source of vitamin A and vitamin C.

**Watermelon** DESCRIPTION: A large melon with a thick yellow and green patterned rind and juicy red flesh with black seeds | COMMONLY FOUND IN: Salad, smoothies, soups and desserts | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fruit salad, melon | BE AWARE: Often a flavoring for gums and candies; scented soaps and lotions | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, citrulline (amino acid), and phytonutrients (e.g. triterpenoids, and lycopene and beta-carotene if fully ripened). Supports antioxidant activity, regulation of inflammation, and cardiovascular health.



# Meats

**Beef** DESCRIPTION: Beef is the culinary name for meat from bovines, especially domestic cattle. Beef is one of the principal meats used in the Cuisine of Australia, European cuisine and cuisine of the Americas, and is also important in Africa, East Asia, and Southeast Asia | COMMONLY FOUND IN: Meatloaf, pot roast, short ribs, ground, hamburger, steaks, used in broth, stock, bouillon, beef franks, pastrami, brisket, corned beef, soups, stew, short ribs | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Gelatin, Bovine, sausage, hot dog, jerky | BE AWARE: Some dietary supplements use a gelatin casing; ("Gelatin" could be a beef or pork source, unless specified "vegetarian") | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B3, B6, B12, choline, iron, phosphorus, selenium, zinc, and protein. Supports protein metabolism and liver function. May have detrimental effects in excess; organic and grass-fed preferred.

**Bison (Buffalo)** DESCRIPTION: Similar to beef but much leaner | COMMONLY FOUND IN: Stews, also ground for burgers and chili, and served as grilled steaks and roasts | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Grass fed, burger, stew | BE AWARE: Buffalo is typically referring to bison | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B12 iron, and protein. Bison is often grass fed which will increase its omega-3 fatty acid content. Supports protein metabolism and regulation of inflammation.

**Chicken** DESCRIPTION: Chicken is a poultry and because of its relatively low cost, chicken is one of the most used meats in the world. Nearly all parts of the bird can be used for food, and the meat is cooked in many different ways around the world | COMMONLY FOUND IN: Soup, broths, stocks, stews, salads, bouillon, prepackaged/precooked items, read labels. Prepared in various cooking methods such as roasted, baked, grilled, fried. | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Poultry, fowl, broiler, fryer, roaster, capon Cornish hen, squab | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B2, B3, B6, pantothenic acid, choline, phosphorus, selenium, zinc, and protein. Supports protein metabolism, antioxidant activity, and liver function. Research suggests that organically-raised chickens have increased omega-3 content. Increasing pasture activity directly increases health quality of the meat as well.

**Chicken Liver** DESCRIPTION: The liver of a chicken | COMMONLY FOUND IN: Pate; often fried, chopped, sautéed or baked | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Pate, pate en croute, terrine | BE AWARE: High in cholesterol | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins A, B2, B3, B6, B12, folate, pantothenic acid, choline, iron, selenium, and protein. Supports protein metabolism, antioxidant activity, and liver function.

**Duck** DESCRIPTION: Duck is a poultry and different from chicken in that the muscle is darker with a higher fat content | COMMONLY FOUND IN: Many dishes around the world including Peking duck, Duck L'Orange | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Confit, foie gras, pate, chopped liver | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B6, pantothenic acid, iron, phosphorus, zinc, copper, selenium, and protein. Supports protein metabolism and antioxidant activity.

**Lamb** DESCRIPTION: A young sheep, tender red meat with a very distinct flavor | COMMONLY FOUND IN: Kebabs, gyros, burgers, stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mutton, spring lamb | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B12, phosphorus, zinc, selenium, and protein. If 100% grass-fed, a good source of omega-3 and conjugated linoleic acid. Supports protein metabolism, antioxidant activity, and regulation of inflammation (if grass-fed).

**Pork** DESCRIPTION: Meat that comes from a pig; one of the most regulated meats available at this time | COMMONLY FOUND IN: Soups, stews, pasta dishes, BBQ, pizza, breakfast meats, salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Bacon, ham, hot dogs, sausages, pastrami, bologna, salami, pepperoni, chorizo, sopressata, meatballs, choucroute | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B6, B12, phosphorus, potassium, zinc, selenium. Supports antioxidant activity and protein metabolism.

**Turkey** DESCRIPTION: Turkey is a poultry that is very similar to chicken but much larger | COMMONLY FOUND IN: Soups, stews, casseroles, cold cuts, sausages, bacon, salad and sandwiches, and Thanksgiving | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cold cut, turkey bacon, turkey sausage, poultry | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, choline, phosphorus, zinc, selenium, and protein. Supports antioxidant activity and protein metabolism. Pasture-raised provides increased omega-3 fatty acids.

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A photograph of a white plate containing a piece of cooked meat, likely beef or pork, served with a fresh salad of green lettuce, sliced cucumbers, and purple onions. A silver fork is placed on a white and blue striped napkin to the left of the plate. The word "Meats" is overlaid in large white text on the image.

# Meats

**Veal** DESCRIPTION: A baby cow; meat is not yet red like an adult cow and much more tender | COMMONLY FOUND IN: Soups, stews, braised dishes, grilled | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Meatloaf, meatballs, cordon bleu, marengo, osso bucco, parmigiana, piccata, scaloppine, oscar, orloff, sweetbreads | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B2, B3, B6, B12, pantothenic acid, choline, phosphorus, zinc, and selenium. Supports antioxidant activity and protein metabolism.

**Venison** DESCRIPTION: The meat of a deer or other game meat; considered very distinctive in flavor | COMMONLY FOUND IN: Soups, stews, braised dishes, roasted dishes, casseroles | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Game meat, hunting meat | BE AWARE: The name Venison is commonly associated with deer meat, but can include moose, elk, caribou and antelope | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B6, B12, iron, phosphorus, zinc, and selenium. Supports antioxidant activity and protein metabolism.



# Dairy & Eggs

**Cow's Milk** DESCRIPTION: Mammalian milk that is high in protein; very popular for human consumption for protein needs | COMMONLY FOUND IN: Plain milk, yogurt, ice cream, baked goods, desserts, sauces, soups, stews, cheese | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Lacto/lacta, cream, butter, cheese, sour cream, ice cream, cream cheese, kefir, whey, casein, lactose-free milk | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain milk as an ingredient must list the word "Milk" in plain English, on the label. Much of the milk in the US is from cows treated with genetically engineered recombinant bovine growth hormone (rBGH) although that is not revealed on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B2, B12, vitamin D (if fortified), iodine, calcium, phosphorus, and protein. If grass-fed, milk can be a good source of omega-3 fatty acids, vitamin E, beta-carotene, phytonutrients (e.g. isoflavones), short- and medium-chain fatty acids, and conjugated linoleic acid). Supports bone and thyroid health, immune function, antioxidant activity, and protein metabolism.

**Egg White** DESCRIPTION: Egg white is the common name for the clear liquid contained within an egg. Its primary natural purpose is to protect the egg yolk and provide additional nutrition for the growth of the embryo, as it is rich in proteins and is of high nutritional value | COMMONLY FOUND IN: Meringues, soufflés, mousse, quiche, omelets, baked goods, pasta, glazes and margarines, ice creams | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Albumen, powdered egg whites | BE AWARE: Used to make glazes, margarines, mayonnaise and ice cream | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B2, selenium, and protein. Supports protein metabolism and antioxidant activity. Pasture-raised are believed to be more nutritious. Raw egg white binds biotin.

**Egg Yolk** DESCRIPTION: An egg yolk is the part of an egg which serves as the food source for the developing embryo inside. It is sometimes separated from the egg white and used in cooking | COMMONLY FOUND IN: Mayonnaise, custards, mousse, hollandaise sauce, béarnaise, sauces, crème brulee, baked goods, margarine, glazes, ovalbumin, lecithin | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Powdered eggs | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B12, biotin, choline, selenium, molybdenum, iodine, and protein. May have increased content of omega-3 fatty acids if pastured or supplemented. Supports protein metabolism, antioxidant activity, thyroid health, and liver function.

**Goat's Milk** DESCRIPTION: Goat milk can successfully replace cow milk in diets of those who are allergic to cow milk. However, like cow milk, goat milk has lactose (sugar) and may cause gastrointestinal problems for individuals with lactose intolerance. It also contains a form of casein, a protein in all mammal milk | COMMONLY FOUND IN: Cheeses, butter, ice cream, yogurt and other dairy products | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Chevre, feta cheese | BE AWARE: Common in natural soaps and lotions | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B2, calcium, phosphorus, and potassium. May be tolerated by those intolerant to cow's milk.

**Lactose** DESCRIPTION: Lactose is a sugar found naturally in milk | COMMONLY FOUND IN: Milk and other dairy products, used to sweeten some items and may also be added to certain pharmaceuticals | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Lactose intolerance and lactose sensitivity are different adverse reactions. The Alcat Test detects a sensitivity to lactose not an intolerance to it, which can be tested via breath testing.

**Sheep's Milk** DESCRIPTION: Sheep's Milk is used predominantly in cheese and yogurt. Well-known cheeses made from sheep milk include the Feta of Greece, Roquefort of France, Pecorino Romano and Ricotta from Italy | COMMONLY FOUND IN: Cheeses, butter, ice cream, yogurt and other dairy products | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Ewe milk | POTENTIAL HEALTHFUL PROPERTIES: Good source of protein, riboflavin, vitamin B12, calcium, and phosphorus.

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# Seafood

**Anchovy** DESCRIPTION: Small common, saltwater forage fish that are very popular for their price. Often found packed in cans and used for their mild briny flavors in dishes | COMMONLY FOUND IN: Pizza, in salads, sauces, pastas | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fish sauce, Caesar, Worcestershire, steak sauce, fish oil, nicoise | BE AWARE: Some brands use anchovy to make fish oil supplements. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of potassium, selenium, iron, unsaturated fat, omega-3 fatty acids, and protein. Low in mercury. Supports protein metabolism, cardiovascular health, and regulation of inflammation.

**Catfish** DESCRIPTION: Catfish is a fish with "whiskers", called barbels, that varies in size. The most commonly eaten species in the United States are the channel catfish and blue catfish, both of which are common in the wild and increasingly widely farmed | COMMONLY FOUND IN: Soups and stews or cooked alone | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fried fish, hog fish | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B12, pantothenic acid, vitamin D, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports cardiovascular health, detoxification, and protein metabolism.

**Clam** DESCRIPTION: Clam is a term for any bivalve mollusk; varies in color, size and shape | COMMONLY FOUND IN: Seafood dishes, pastas, soups, and stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mollusk, shellfish, bouillabaisse | BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins A, B1, B2, B3, B12, C, folate, calcium, iron, phosphorus, potassium, zinc, copper, manganese, selenium, protein, and omega-3 fatty acids (634 mg/cup). Supports protein metabolism, antioxidant activity, and regulation of inflammation.

**Codfish** DESCRIPTION: A white fish with dense, mild flavored flaky flesh | COMMONLY FOUND IN: Fast food, frozen fish sticks, smoked fish dips; dried and salted | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Scrod | BE AWARE: Codfish is often a fish used in fish oil supplements. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B3, B6, B12, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports protein metabolism, antioxidant activity, cardiovascular health, and regulation of inflammation.

**Crab** DESCRIPTION: A crustacean that comes in many varieties that has prized white, mildly sweet flesh | COMMONLY FOUND IN: Salads, stews, soups, sushi, crab cakes, gumbo | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Shellfish, crustacean, some glucosamine and chitosan supplements are produced from crustacean shells | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain crustacean shellfish as an ingredient must list the specific species (e.g. crab, lobster, shrimp) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, E, folate, calcium, phosphorus, sodium, zinc, copper, manganese, selenium, omega-3 fatty acids, and protein. Supports protein metabolism, cardiovascular health, and regulation of inflammation.

**Flounder (left-eyed)** DESCRIPTION: Flounder are a flatfish species and encompass a variety of species of fish. They are known for their delicate, white flaky flesh | COMMONLY FOUND IN: Seafood dishes and stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Flatfish | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Low in mercury. Supports protein metabolism, cardiovascular health, and regulation of inflammation.

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# Seafood

**Grouper** DESCRIPTION: The average size of a grouper is between 5 to 15 pounds. They have a lean, firm flesh. Due to a strongly flavored skin, it is preferable to remove the skin before cooking. | COMMONLY FOUND IN: soups, stews, cooked alone | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: baked fish, broiled fish, fried fish, poached fish, steamed fish | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B12, E, magnesium, phosphorus, potassium, sodium, zinc, copper, selenium, astaxanthin, and protein. Supports antioxidant activity, cardiovascular health, and protein metabolism.

**Haddock** DESCRIPTION: Similar to cod, haddock has a dense white flaky flesh that is slightly sweet | COMMONLY FOUND IN: "Fish and Chips"; often used in omega-3 supplements | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Scrod, smoked fish dip | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports antioxidant activity, detoxification, regulation of inflammation, protein metabolism, and cardiovascular health.

**Halibut** DESCRIPTION: Halibut is a flatfish that has dense and firm texture with white flesh that is ultra low in fat content | COMMONLY FOUND IN: Entrees, soups, stews, dips, and ceviche | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Flatfish | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports protein metabolism, cardiovascular health, and regulation of inflammation.

**Lobster** DESCRIPTION: Once a peasant food, lobster is a crustacean that is prized for its firm, sweet flesh | COMMONLY FOUND IN: Lobster bisque, salads, soups, lobster roll | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Tomalley (lobster liver), coral (eggs) | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain crustacean shellfish as an ingredient must list the specific species (e.g. crab, lobster, shrimp) in plain English, on the label. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B12, E, magnesium, phosphorus, potassium, sodium, zinc, copper, selenium, astaxanthin, and protein. Supports antioxidant activity, cardiovascular health, and protein metabolism.

**Mackerel** DESCRIPTION: Mackerel is a firm fleshed oil rich fish | COMMONLY FOUND IN: Smoked fish dip, stews, soups | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Fish oil supplements | BE AWARE: Mercury can be a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B2, B3, B6, B12, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports detoxification, cardiovascular health, and regulation of inflammation. King mackerel is high in mercury.

**Mahi Mahi** DESCRIPTION: A firm white fleshed fish that is slightly sweet and extensively popular | COMMONLY FOUND IN: Entrée, in dips, spreads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Dolphin or dorado | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, pantothenic acid, iron, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports cardiovascular health, detoxification, regulation of inflammation, and protein metabolism.



# Seafood

**Mussel** DESCRIPTION: A bivalve mollusk that is commonly found with a black to dark green shell | COMMONLY FOUND IN: Seafood stews, soups, pastas | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Bouillabaisse, paëlla | BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B12, folate, iron, phosphorus, zinc, manganese, selenium, omega-3 fatty acids, and protein. Supports cardiovascular health, antioxidant activity, detoxification, and regulation of inflammation.

**Oyster** DESCRIPTION: The oyster is a mollusk that lives in long irregular shaped shells and is often eaten raw | COMMONLY FOUND IN: Soups, stews, sandwiches, stuffings | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Po Boy, Rockefeller, gumbo, fra diavolo | BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins A, B1, B2, B3, B12, C, iron, magnesium, phosphorus, potassium, zinc, manganese, selenium, and omega-3 fatty acids. Supports cardiovascular health, detoxification, and regulation of inflammation.

**Salmon** DESCRIPTION: Salmon is a very popular fish with firm, pink, flaky flesh and a very distinct flavor | COMMONLY FOUND IN: Salads, dips, spreads, sushi, entrees | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Lox, gravlax, coulbiac, roe, coho, smoked | BE AWARE: Salmon roe is becoming increasingly popular; there are many varieties of salmon. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B3, B6, B12, pantothenic acid, biotin, choline, vitamin D, phosphorus, potassium, selenium, iodine, omega-3 fatty acids, bioactive peptides, and protein. Nutrient profile varies with source and species. Supports regulation of inflammation, protein metabolism, and cardiovascular, bone, and thyroid health.

**Sardine** DESCRIPTION: Sardines are small, saltwater, oily fish that are most often found canned due to being extremely perishable | COMMONLY FOUND IN: Tomato sauces, mustard sauces, dressings | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sprat, pilchards, herring | BE AWARE: Often minced or pureed to add flavor; read labels. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B2, B3, B6, B12, vitamin D, vitamin E, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, selenium, omega-3 fatty acids, and protein. Supports cardiovascular health, bone health, antioxidant activity, regulation of inflammation, and protein metabolism.

**Scallop** DESCRIPTION: Scallops are mollusks but unlike clams, oysters and mussels are more often eaten out of their shell. Their white meat is firm and sweet when cooked | COMMONLY FOUND IN: Seafood dishes, sauces, soups, stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Bay, diver, sea scallops | BE AWARE: Also available dried to add flavor to dishes. Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B12, choline, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, selenium, iodine, omega-3 fatty acids, and protein. Supports antioxidant activity, cardiovascular, thyroid, and bone health, and regulation of inflammation.

**Sea Bass** DESCRIPTION: Many species of fish are called sea bass; all having mildly sweet, buttery flavored white flaky flesh | COMMONLY FOUND IN: Entrees, soups, stews, dips, and ceviche | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Black and striped are true sea bass; white and giant are not | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, magnesium, phosphorus, selenium, omega-3 fatty acids, and protein. Supports antioxidant activity, cardiovascular health, and protein metabolism.



# Seafood

**Shrimp** DESCRIPTION: A commonly eaten crustacean that comes in many sizes and colors; cooks quickly and the flesh is sweet and firm | COMMONLY FOUND IN: Entrees, soups, salads, sauces, stews; also comes in dried and in paste form | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Shellfish, seafood pot, boil, gumbo; sometimes used interchangeably with prawns | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain crustacean shellfish as an ingredient must list the specific species (e.g. crab, lobster, shrimp) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B12, choline, iron, phosphorus, selenium, carotenoid astaxanthin, omega-3 fatty acids, and protein. Supports antioxidant activity, cardiovascular and immune health, protein metabolism, and regulation of inflammation.

**Snapper (red)** DESCRIPTION: Snapper is a very popular fish that comes in many varieties. It's flesh is flaky and white | COMMONLY FOUND IN: Entrees, soups, stews, dips, pasta's | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Over 250 species of snapper exist | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B6, B12, pantothenic acid, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports antioxidant activity, cardiovascular health, and protein metabolism.

**Sole** DESCRIPTION: Sole is often confused with flounder; a highly prized fish that is white, flaky and light | COMMONLY FOUND IN: Entrees, soups, stews, sauces | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Flatfish, dover, thickback, partridge, sand sole are all true sole | BE AWARE: True sole is from Europe; American flounder is incorrectly labeled as sole. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, D, magnesium, phosphorus, potassium, selenium, omega-3 fatty acids, and protein. Supports antioxidant activity, cardiovascular health, and protein metabolism.

**Squid** DESCRIPTION: Most known as calamari, which is the prepared squid tentacles. They are white, firm and somewhat chewy | COMMONLY FOUND IN: Seafood dishes, soups, stews, sauces; squid ink can be used to color and flavor sauces and pastas | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Calamari, seafood chowder/gumbo | BE AWARE: Molluscan shellfish are not considered major allergens by the FALCPA and therefore not subject to allergen labeling requirements | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B2, B12, phosphorus, copper, selenium, omega-3 fatty acids, and protein. Supports cardiovascular health, antioxidant activity, protein metabolism, and regulation of inflammation.

**Swordfish** DESCRIPTION: Swordfish comes in "steaks" because their white flesh is very thick and meaty; does not flake like a mild white fish does | COMMONLY FOUND IN: Seafood dishes or cooked alone as a "steak" | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Broadbills | BE AWARE: Mercury levels are a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, phosphorus, potassium, zinc, selenium, omega-3 fatty acids, and protein. Supports cardiovascular health, antioxidant activity, protein metabolism, and regulation of inflammation.

**Tilapia** DESCRIPTION: Tilapia is a common freshwater fish with flaky white flesh that is mild in flavor | COMMONLY FOUND IN: Stews, soups, ceviche, seafood dishes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: White fish, St. Peter's fish, Hawaiian sunfish | BE AWARE: Usually aquacultured. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B3, B12, phosphorus, potassium, selenium, and protein. Supports antioxidant activity and protein metabolism.



# Seafood

**Trout** DESCRIPTION: A freshwater fish whose flesh is white to light pink in color and mild in flavor | COMMONLY FOUND IN: Seafood dishes, fried dishes, dips, smoked | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: White fish, comes in many varieties | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B6, B12, pantothenic acid, phosphorus, manganese, selenium, omega-3 fatty acids, and protein. Supports antioxidant activity, cardiovascular health, regulation of inflammation, and protein metabolism.

**Tuna** DESCRIPTION: Tuna comes in many species. When cooked, tuna is very dense and called a "steak". A delicacy eaten raw and considered a fatty fish | COMMONLY FOUND IN: Salads or snacks; used in sushi and often sold as tuna steaks; can be fresh or canned | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Albacore, bluefin, bigeye, pacific, Atlantic, blackfin, longtail or yellowfin | BE AWARE: Mercury is a concern. The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain fish as an ingredient must list the specific species (e.g. bass, flounder, cod) in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B3, B6, B12, magnesium, phosphorus, potassium, selenium, and omega-3 fatty acids. Supports antioxidant activity, cardiovascular health, and regulation of inflammation.

# Grains & Starches

**Amaranth** DESCRIPTION: A small round shaped gluten free grain that when cooked has a creamy texture and is slightly sweet | COMMONLY FOUND IN: Salads and hot/cold breakfast cereals; the seeds can be ground into flour for breads and baked goods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Whole grains, ancient grains, gluten-free | BE AWARE: May be found in pre-packaged gluten-free items and mixes | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, folate, calcium, iron, magnesium, phosphorus, zinc, copper, manganese, selenium, phytosterols, complex carbohydrates, fiber, lysine, methionine, and protein. Containing all essential amino acids, amaranth is considered a complete protein. Supports antioxidant activity, regulation of inflammation, protein metabolism, healthy blood pressure and blood lipids.

**Arrowroot** DESCRIPTION: A white starch that is very powdery and used as a thickener in gluten free cooking. | COMMONLY FOUND IN: Pre-packaged gluten-free items and mixes; may be in baby foods and infant formulas | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: arrowroot starch, arrowroot flour, uraro, arruruz, araru, cara maco, sago, yuquill | BE AWARE: Arrowroot powder is used as a thickening agent in food industries. Fresh tender arrowroot can be eaten raw and in cooking as you may use it in a way like any other tubers. However, mature roots are exceedingly fibrous and thus, less appetizing. | POTENTIAL HEALTHFUL PROPERTIES: Good source of thiamin, niacin, iron, phosphorus, potassium, manganese. Very good source of vitamin B6 and folate.

**Barley** DESCRIPTION: A gluten containing grain that is light brown in color and firm to the bite | COMMONLY FOUND IN: Flour, pasta, bread, muffins, soups, stews, hot cereal, prepared salads, candies. Used as an ingredient in beer, alcoholic beverages, coffee substitutes, hulled barley, pearl barley, pot/scotch barley, barley flakes, barley grits | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Flour, gluten, beer, scotch broth, whiskey, whole grain, hot cereal | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B3, manganese, selenium, iron, beta glucan, complex carbohydrates, and fiber. Supports healthy cholesterol levels and promotes GI regularity.

**Buckwheat** DESCRIPTION: A gluten free grain with small brown groats that have a very distinct flavor and texture | COMMONLY FOUND IN: Pancake mixes, buckwheat noodles, and buckwheat flour | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Buckwheat, kasha, gluten-free flour blends, gluten-free crackers | BE AWARE: A gluten-free seed, used as a grain | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B6, folate, pantothenic acid, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, phytonutrients (e.g. flavonoids), fiber, and protein. Supports cardiovascular health and blood sugar regulation. May reduce risk of gallstones.

**Corn** DESCRIPTION: A gluten free grain with yellow kernels that come on a cob inside of a husk | COMMONLY FOUND IN: Corn flour, corn grits, corn oil, corn meal, corn starch, popcorn; some alcohol is derived from corn; found in mixed vegetables, soups, stews, sauces, purees | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Maize, hominy, gluten-free (check labels) | BE AWARE: Most corn produced in US is genetically modified, registered as a pesticide | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B3, B6, iron, magnesium, phosphorus, zinc, copper manganese, selenium, phytonutrients (anthocyanins, lutein, zeaxanthin, and others), complex carbohydrates, fiber. Supports GI function (although GMO corn may negatively affect GI tract).

**Millet** DESCRIPTION: A gluten free small round grain that is pale yellow in color and mild in flavor much like rice | COMMONLY FOUND IN: Hot cereal, pilaf, flours, puddings, cakes, and breads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: gluten-free | BE AWARE: Can be in gluten-free flour mixes | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, B3, magnesium, phosphorus, zinc, copper, manganese, complex carbohydrates, and protein. Supports cardiovascular health, blood sugar regulation, and protein metabolism.

**Oat** DESCRIPTION: Oats can come in a processed form of rolled oats which are light brown flakes or in the less processed form of steel cut which are small and round and take longer to cook | COMMONLY FOUND IN: Breakfast foods, granola, baked goods, flour blends, crackers, and cookies | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: gluten-free, whole grain | BE AWARE: Can be processed with gluten- grains so if gluten intolerant make sure to purchase certified gluten-free oat products | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, magnesium, phosphorus, copper, zinc, chromium, manganese, molybdenum, fiber, and protein. Supports cardiovascular and GI health, and protein metabolism.

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# Grains & Starches

**Quinoa** DESCRIPTION: A red or white seed, used as a gluten free grain. It has a distinct flavor when cooked. Quinoa should be rinsed before cooking. | COMMONLY FOUND IN: Gluten-free prepackaged goods, cereals, crackers, salads, flour | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: gluten-free, whole grain, ancient grain | BE AWARE: Can be ground into flour, and may be in gluten-free flour blends | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, folate, vitamin E, iron, magnesium, phosphorus, zinc, copper, manganese, phytonutrients (e.g. hydroxy-acids, flavonoids, quercetin, saponins), protein, and fiber. Supports antioxidant activity, regulation of inflammation, and protein metabolism.

**Rice (Brown/White)** DESCRIPTION: A gluten free, oblong shaped grain that come in many colors | COMMONLY FOUND IN: Soups, stews, salads, crackers, cookies, puddings, breads, pastas, vinegars, flours, gluten free foods, rice cakes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: gluten-free, yellow rice, Spanish rice, rice syrup, brown rice syrup, rice bran, pilaf, risotto, rice flour, congee, jollof, waakye | BE AWARE: Major source of flour in gluten-free foods | POTENTIAL HEALTHFUL PROPERTIES: Brown rice is a good source of vitamins B1, B3, B6, magnesium, phosphorus, copper, manganese, selenium, phytonutrients (e.g. phenolic acids, lignans, phytoestrogens), complex carbohydrates, and fiber. Supports antioxidant activity, blood sugar regulation, gastrointestinal and cardiovascular health. Some preliminary research suggests that brown rice that is germinated to contain higher levels of gamma-aminobutyric acid (GABA) might have enhanced therapeutic effects.

**Rye** DESCRIPTION: Rye is a gluten containing grain that is small, long, thin and light brown in color with a very distinct flavor | COMMONLY FOUND IN: Bread, flour, cereals, crackers, whiskey and some vodkas | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Pumpernickel | BE AWARE: Gluten-containing grain. | POTENTIAL HEALTHFUL PROPERTIES: Good source of phytonutrients (e.g. polyphenols, flavonoids, phytic acid, phenolic lipids), complex carbohydrates, and fiber. Supports antioxidant activity and gastrointestinal health, may have cancer-preventative effects.

**Sorghum** DESCRIPTION: A gluten free grain that is off white in color, round in shape, and larger than rice or millet. Sorghum has a mild flavor similar to rice and millet | COMMONLY FOUND IN: Gluten free cereals, breads, and baked goods. More commonly seen as a flour, but does exist as a whole grain | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sorghum syrup, sorghum molasses, whole grain, ancient grain, gluten free | BE AWARE: Widely used in gluten free beers and as a "cane sugar free" sweetener, and comes in a variety of colors | POTENTIAL HEALTHFUL PROPERTIES: Good source of thiamin, niacin, riboflavin, and contains high levels of magnesium, iron, copper, calcium, phosphorus, potassium, protein and fiber; supports digestive health, bone health, a healthy metabolism, and helps controls blood sugar.

**Spelt** DESCRIPTION: Spelt is a gluten containing grain that is light brown in color, long and thin in shape | COMMONLY FOUND IN: Cereals, flours, baked goods, soups, salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Hulled wheat, whole grain, ancient grain | BE AWARE: Gluten containing grain. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, B3, iron, magnesium, phosphorus, zinc, copper, manganese, selenium, complex carbohydrates, fiber, and protein. Supports antioxidant activity, gastrointestinal health, and protein metabolism.

**Tapioca** DESCRIPTION: Tapioca is gluten free, small, white and pearl shaped | COMMONLY FOUND IN: Soups and broths; often used in prepackaged gluten-free products when ground into a flour | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Starch, yucca, cassava, manioc plant, gluten-free | BE AWARE: May be used in spray starch for ironing clothes | POTENTIAL HEALTHFUL PROPERTIES: Provides starch/complex carbohydrates.

**Teff** DESCRIPTION: Teff is a very small gluten free grain that is light brown in color and when cooked is a creamy consistency | COMMONLY FOUND IN: Ethiopian dishes, gluten free baking/cooking, tortillas, crackers | BE AWARE: Type of millet | POTENTIAL HEALTHFUL PROPERTIES: Good source of calcium, iron, magnesium, phosphorus, and copper. Very good source of manganese.

# Grains & Starches



**Wheat** DESCRIPTION: Wheat is a gluten containing grain that is light brown and when cooked oval shaped and translucent | COMMONLY FOUND IN: Breads, pastas, crackers, cookies, cereals, chips, baked goods, all purpose flour and much more | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Bread, cake, cookies, pie, sauces, stews, soups, farina, semolina, farro, couscous, roux, durum, kamut | BE AWARE: Wheat is also found in beer and certain alcohols; The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain wheat as an ingredient must list the word “wheat” in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Whole grain wheat is a good source of magnesium, phosphorus, manganese, selenium, phytonutrients (e.g. phytosterols, phenolic acids, lignans, saponins, phytic acid), complex carbohydrates, and fiber. Supports antioxidant activity, cardiovascular health, and blood sugar regulation.

**Wild rice** DESCRIPTION: Wild rice is in fact not rice, but a marsh grass. It can be black or brown in color, longer and more narrow than white rice with a distinct flavor | COMMONLY FOUND IN: Mixed with long-grain brown and/or white rice or wheat products; found in casseroles, soups, stews, stuffings | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vegetarian, Indian rice, gluten-free, rice blend | BE AWARE: Not a member of the rice family; it is a marsh grass often combined with wheat products or other grains | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B2, B6, folate, magnesium, phosphorus, zinc, manganese, fiber, complex carbohydrates, and protein. Supports cardiovascular and gastrointestinal health.

# Herbs & Spices

**Ancho Chili Pepper** DESCRIPTION: Chili peppers come in a variety of shapes, colors and sizes. The chili has a long association with Mexican cuisine as later adapted into Tex-Mex cuisine. The chili has also become a part of the Korean, Indian, Indonesian, Szechuan, Thai and other cooking traditions. Its popularity has seen it adopted into many cuisines of the World. Chili peppers are also often used around the world to make a wide variety of sauces, known as hot sauce, chili sauce, or pepper sauce | COMMONLY FOUND IN: Hot sauces, chili sauce, pepper sauces, meat rubs and so much more; hundreds of varieties | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Any food/ingredient list with chili or hot pepper, habanero, Scotch bonnet, jalapeno, Spanish pimento, Anaheim and Hungarian cherry peppers | BE AWARE: Comes in many different colors & heat levels-read labels | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, and phytonutrients (e.g. capsaicin). Possesses analgesic properties, helps regulate inflammation, supports antioxidant activity and eye health.

**Basil (sweet)** DESCRIPTION: Basil is a bright green leaf and is most commonly used fresh; in cooked recipes it is generally added at the last moment, as cooking quickly destroys the flavor. Mediterranean and Indochinese cuisines frequently use basil, the former frequently combining it with tomato | COMMONLY FOUND IN: Pesto, added to pasta dishes, soups, dips, salads | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Herbs, Italian herb blend, tomato sauce, caprese | BE AWARE: Alcoholic beverages (bitters, liquors, and spirits) may contain basil, packaged Italian herb blends may contain basil | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin K, manganese, phytonutrient flavonols, and volatile oils. Supports antioxidant activity, regulation of inflammation, and blood clotting; possesses antimicrobial properties.

**Bay Leaf** DESCRIPTION: A leaf that is mostly found dried, they can be used fresh as well. Best used whole and added at the beginning of cooking and removed before serving | COMMONLY FOUND IN: Soups, sauces, vegetables and meats as an aromatic or flavoring; used fresh or dried | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Bay leaf, laurel leaf, herbs, sachet, bouquet garni | POTENTIAL HEALTHFUL PROPERTIES: Fresh leaves contain vitamin C, folate, carotenoids, and volatile oils. Traditionally used to support healthy blood sugar levels, immunity, and GI health.

**Black Pepper** DESCRIPTION: Black pepper is used as a spice and seasoning. The same fruit is also used to produce white pepper, red/pink pepper, and green pepper. Dried ground pepper is one of the most common spices in European cuisine. The spiciness of black pepper is due to the chemical piperine | COMMONLY FOUND IN: Main dishes, side dishes, soups, stews, chips, dips, condiments, many prepackaged foods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: White pepper, green peppercorns, pepper oil, blended spices | BE AWARE: Found in most prepackaged spice mixtures and prepackaged foods; it is one of the most commonly used spices | POTENTIAL HEALTHFUL PROPERTIES: Good source of manganese and vitamin K. Supports digestion, antioxidant activity, blood clotting, and immunity.

**Caraway** DESCRIPTION: Caraway is a small thin green/brown seed with a very distinct scent and flavor | COMMONLY FOUND IN: Breads, especially rye bread; also used in desserts, liquors, casseroles, curry, stews, meats, vegetables, cheeses and sauerkraut | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Rye bread, meridian fennel, Persian cumin | BE AWARE: The caraway fruit oil is often used in soaps, lotions and perfumes as a fragrance | POTENTIAL HEALTHFUL PROPERTIES: Provides iron, phytonutrients (e.g. monoterpenes), and fiber. Supports gastrointestinal health.

**Cardamom** DESCRIPTION: Cardamom is a bright green pod with dark brown seeds inside. The most common form of cardamom is green cardamom | COMMONLY FOUND IN: Coffees and teas as a flavoring; in Northern Europe, cardamom is commonly used in sweet foods and is a common ingredient in Indian cooking; also often used for baking in Nordic countries. May be used as a flavoring in gin. | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Spices, seasonings, flavorings, chai, curries | BE AWARE: Contains large amounts may be harmful to those with gallstones. Cardamom is used for many medicinal purposes and breath fresheners | POTENTIAL HEALTHFUL PROPERTIES: Good source of manganese and phytonutrients. Supports antioxidant activity, GI health, and helps normalize blood pressure.

**Cayenne Pepper** DESCRIPTION: Cayenne is the spicy red pepper ground up to create the spice | COMMONLY FOUND IN: Chili, stews; any food to add spice | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Spice blend, spicy, buffalo wing sauce | BE AWARE: Dishes that are "spicy" may contain cayenne pepper | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin E, and phytonutrients (e.g. capsaicin). Supports cardiovascular and eye health, and regulation of inflammation. Possesses antimicrobial and analgesic properties.

# Herbs & Spices

**Chives** DESCRIPTION: Chives are long slender grass like stalks that have a mild onion flavor and are very popular as a garnish | COMMONLY FOUND IN: Soups, salads, garnish, French cuisine, Mediterranean cuisines, Vichyssoise | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: French herbs | BE AWARE: These are not the same as green onions or scallions | POTENTIAL HEALTHFUL PROPERTIES: Good source of thiamin, niacin, pantothenic acid, phosphorus, and zinc. Very good source of dietary fiber, vitamin A, vitamin C, vitamin K, riboflavin, vitamin B6, folate, calcium, iron, magnesium, potassium, copper, and manganese

**Cilantro** DESCRIPTION: An herb with wide delicate lacy green leaves and a pungent flavor. Although cilantro and coriander come from the same plant, their flavors are very different and cannot be substituted for each other | COMMONLY FOUND IN: Salsa, spice blends, Mexican food | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Spices, Coriander leaves | BE AWARE: Some countries refer to the cilantro as coriander, so any references to "fresh coriander" or "coriander leaves" refer to cilantro. Note: "Culantro" is an herb related to cilantro that is widely used in dishes throughout the Caribbean, Latin America, and the Far East. All parts of the plant are edible, but the fresh leaves and the dried seeds are the most commonly used in cooking | POTENTIAL HEALTHFUL PROPERTIES: Low in saturated fat and cholesterol. Good source of thiamin and zinc. Very good source of dietary fiber, vitamin A, vitamin C, vitamin E, vitamin K, riboflavin, niacin, vitamin B6, folate, pantothenic acid, calcium, iron, magnesium, phosphorus, potassium, copper, manganese

**Cinnamon (bark)** DESCRIPTION: Cinnamon bark is brown and comes in a roll that resembles a stick. It is widely used as a spice. Cinnamon bark is one of the few spices that can be consumed directly | COMMONLY FOUND IN: Sweet and savory dishes therefore it is important to check labels | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cassia, ceylon | BE AWARE: Also used in fragrances and beauty products | POTENTIAL HEALTHFUL PROPERTIES: Good source of manganese and phytochemicals (e.g. terpenoids). Supports healthy blood clotting and blood sugar levels, antioxidant activity, cognitive functioning, and regulation of inflammation. Possesses antimicrobial properties.

**Clove** DESCRIPTION: Cloves can be used in cooking either whole or in a ground form. If using whole, it is important to remove before serving; they slightly resemble a small twig. Clove has a very distinct flavor and can be quite strong. It is used throughout Europe and Asia | COMMONLY FOUND IN: Teas, sweet, and savory dishes; very common in Indian and Mexican cuisine | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Found in pumpkin pie spice | BE AWARE: Sometimes used in fragrances and beauty products; smoked in a type of cigarettes locally known as kretek in Indonesia. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin K, manganese, volatile oils, and phytonutrients(e.g. flavonoids). Supports antioxidant activity and regulation of inflammation. Possesses analgesic and antimicrobial properties.

**Coriander seed** DESCRIPTION: The small yellow round seed of cilantro that is very popular | COMMONLY FOUND IN: Spice rubs; soups and stews; pickling; curry blends. Coriander is commonly used in Middle Eastern, Mediterranean, Indian, South Asian, Latin American, Chinese, African and Southeast Asian cuisine. Also used in brewing certain styles of beer, particularly some Belgian wheat beers. | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cilantro | BE AWARE: Found in many curry powders; read labels | POTENTIAL HEALTHFUL PROPERTIES: Coriander seed provides minerals (e.g. iron, magnesium, manganese), phytonutrients (e.g. phenolic compounds, flavonoids), and fiber. Fresh coriander/cilantro leaf provides vitamin K, phytonutrients (e.g. phenolic compounds, flavonoids). Coriander may help chelate heavy metals, promote GI regulation, and support healthy blood sugar levels and antioxidant activity. Coriander exerts antimicrobial effects.

**Cumin** DESCRIPTION: A small brown thin seed that has a very distinct flavor and is extremely popular in many cuisines around the world | COMMONLY FOUND IN: Curry powders, soups, stews, sauces, spice rubs, and chili | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Spice blend | BE AWARE: Often used in soups, especially bean soups | POTENTIAL HEALTHFUL PROPERTIES: Good source of iron, volatile oils (e.g. cuminal, safranal, monoterpenes). Supports digestion, and antioxidant activity. May help regulate inflammation and provide antimicrobial activity.

# Herbs & Spices

**Curry** DESCRIPTION: A blend of spices that is popular in Asian and Indian cuisine | COMMONLY FOUND IN: South Asian cuisine, seasonings, spice rubs, sauces, soups, stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Spice blend | BE AWARE: The curry powder tested contains the spices turmeric, paprika, fenugreek, coriander, black pepper, cumin, ginger, celery seed, cloves, caraway, and cayenne. If reactive, it is necessary to avoid all curry powder blends since it is unknown if one ingredient or the blend is causing a reaction. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, folate, calcium, magnesium, phosphorus, potassium, and copper. Very good source of dietary fiber, vitamin E, vitamin K, iron, and manganese.

**Dill** DESCRIPTION: Dill is a short-lived annual herb. Its seeds, dill seed are used as a spice, and its fresh leaves, dill, and its dried leaves, dill weed, are used as herbs. Its fernlike leaves are aromatic, and are used to flavor many foods | COMMONLY FOUND IN: Pickles, salad dressings, salads, dips, meats, sauces and fish dishes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Tzatziki, pickles | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin A, vitamin C, phytonutrients (e.g. monoterpenes, flavonoids). Supports antioxidant activity, detoxification, and eye health. May soothe digestion.

**Fennel** DESCRIPTION: The bulb, foliage, and seeds of the fennel plant are widely used in many of the culinary traditions of the world. Fennel is most prominently featured in Italian cuisine, where bulbs and fronds appear both raw and cooked in side dishes, salads, pastas, and risottos | COMMONLY FOUND IN: Salads, pastas, risottos, soups, meats, and spice blends | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Finocchio | BE AWARE: Sometimes used in toothpastes, sausages, the seed is sometimes used in rye breads | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin C, potassium, molybdenum, phytonutrients (e.g. flavonoids, anethole), and fiber. Supports antioxidant activity, GI health, and regulation of inflammation.

**Ginger** DESCRIPTION: Fresh ginger root is a woody looking root with thin skin that resembles fingers. Ginger can be juiced, ground into powder, grated and added into beverages | COMMONLY FOUND IN: Tea, cakes, cookies, alcohol, soups, sauces, meats | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Spices, seasonings, flavorings | BE AWARE: Commonly used in fragrances and beauty products | POTENTIAL HEALTHFUL PROPERTIES: Good source of phytonutrients (e.g. gingerol, zingerone). Reduces nausea/vomiting associated with pregnancy, chemotherapy, motion sickness, indigestion, etc. Supports antioxidant activity, immune function, and regulation of inflammation.

**Horseradish** DESCRIPTION: Horseradish is a root with white flesh and brown woody skin | COMMONLY FOUND IN: Horseradish sauce, cocktail sauce, drinks, soups, meat and fish seasoning, wasabi substitute | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cranson, Raifort, Mountain Radish, Red Cole, Chrain | POTENTIAL HEALTHFUL PROPERTIES: Good source of riboflavin, vitamin B6, phosphorus, copper. Very good source of dietary fiber, vitamin C, folate, pantothenic acid, magnesium, potassium, and manganese. Orally, horseradish is used for urinary tract infection, urinary stones, edematous conditions, cough, bronchitis, for expelling afterbirth, treating gout, rheumatism, gallbladder disorders, sciatica pain, relief of colic, increasing urination, and intestinal worms in children. Topically, horseradish is used for inflamed joints or tissues and minor muscle aches. In foods, horseradish is used as a flavoring agent.

**Licorice** DESCRIPTION: Licorice is a root that has many health benefits | COMMONLY FOUND IN: Flavoring in candies, soft drinks, cough syrup, herbal teas, liqueurs | BE AWARE: Used as a flavoring agent for tobacco, found in supplements and beauty products | POTENTIAL HEALTHFUL PROPERTIES: Supports GI health and regulation of inflammation. May provide antibacterial activity.

**Nutmeg** DESCRIPTION: Nutmeg is the seed kernel of the nutmeg fruit. It is spicy, very aromatic and best used fresh by grating the outside of the nut | COMMONLY FOUND IN: Baking and flavoring drinks, soups, stews, sauces, custards, potatoes, and vegetables | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mace, "Cream of...", pumpkin pie spice blends | BE AWARE: Oil is found in some beauty products and health products | POTENTIAL HEALTHFUL PROPERTIES: Good source of manganese. May decrease blood sugar and blood pressure.

# Herbs & Spices

**Oregano** DESCRIPTION: Oregano is an important culinary herb. It is particularly widely used in Greek and Italian cuisines. It is the leaves that are used in cooking, and the dried herb is often more flavorful than the fresh | COMMONLY FOUND IN: Tomato sauces, pizza, garlic bread, dressings, vegetable seasoning, and essential in Greek cooking | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: "Mountain joy ", wild marjoram, Italian herb seasoning | BE AWARE: Oil is used for antimicrobial properties | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin K, volatile oils, phytonutrients (e.g. thymol, rosmarinic acid). Supports antioxidant activity, and possesses antibacterial properties.

**Paprika** DESCRIPTION: Paprika is a ground spice made from fruits of air dried chile peppers | COMMONLY FOUND IN: Spice blends, dry rubs, garnish for a variety of dishes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Hot, spicy, smoky, curry, seasonings, flavoring, and spices | BE AWARE: Used for color in many dishes and prepackaged goods; check labels | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin B6, vitamin E, phytonutrients (e.g. capsaicin), and fiber. Supports eye health and regulation of inflammation.

**Parsley** DESCRIPTION: Parsley comes in two varieties: curly leaf and flat leaf. Flat leaf is known for being more flavorful while curly parsley is more for garnish | COMMONLY FOUND IN: Garnish and flavoring; in smoothies, soups, sauces, stews, dips, spreads, salads and much more | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: "Rock celery", bouquet garni, sachet, Italian herb seasoning | BE AWARE: Found in many dishes and prepackaged foods for color | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamin C, vitamin K, folate, phytonutrients (e.g. volatile oils, flavonoids). Supports antioxidant activity, detoxification, blood clotting, eye health, and regulation of inflammation. May play a role in the neutralization of carcinogens.

**Peppermint** DESCRIPTION: Peppermint is a leafy herb that has a very refreshing flavor and aroma | COMMONLY FOUND IN: Beverages, baked goods, salads, sweet and savory dishes, extract | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Spearmint and wintergreen | BE AWARE: Can be found in peppermint oils, fragrances, used in chewing gums, breath fresheners, mouthwashes, toothpastes, beauty products; check labels.. | POTENTIAL HEALTHFUL PROPERTIES: Contains carotenoids/vitamin A, vitamin C, copper, manganese, and phytonutrients (e.g. volatile oils, monoterpenes). Supports GI health and comfort, and eye health. Possesses antimicrobial and analgesic properties.

**Rosemary** DESCRIPTION: Rosemary is a woody herb that has thin pine needle like leaves that are very aromatic and flavorful | COMMONLY FOUND IN: Breads, soups, stews, sauces, salads, meats (especially lamb), vegetables, stuffings | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Herb blend | BE AWARE: Often used in cosmetics and beauty products for fragrance | POTENTIAL HEALTHFUL PROPERTIES: Good source of phytonutrients (e.g. carotenoids, rosmarinic acid, carnosol, ursolic acid). Supports antioxidant activity, regulation of inflammation, and immune function. Possesses antimicrobial properties.

**Saffron** DESCRIPTION: Saffron is the dried yellow stigma of a purple crocus plant. Each flower contains three stigmas and they all must be harvested by hand | COMMONLY FOUND IN: Soups, stews, sauces, rice dishes, and baked goods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Bouillabaisse, risotto milanese, paella | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids and manganese. May support cognitive functioning and have antidepressive effects.

**Sage** DESCRIPTION: Sage is a light green soft leaf that is slightly peppery in flavor | COMMONLY FOUND IN: Rubs/spice/herb blends to flavor meats, stuffings, sausages, sauces, salads, pizzas, soups, and stews | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Herbs, seasonings, flavorings | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin K and phytonutrients (e.g. volatile oils, flavonoids, phenolic acid, rosmarinic acid). Supports antioxidant activity, blood clotting, cognitive function, and regulation of inflammation.

# Herbs & Spices

**Spearmint** DESCRIPTION: Spearmint is a green leafy herb that is similar to peppermint but more mild in flavor | COMMONLY FOUND IN: Beverages, baked goods, salads, sweet and savory dishes, extract | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Curled Mint, Fish Mint, Garden Mint, Green Mint, Lamb Mint, Mackerel Mint, Our Lady's Mint, Sage of Bethlehem, Spire Mint | BE AWARE: Can be found in spearmint oils, fragrances, used in chewing gums, breath fresheners, mouthwashes, toothpastes, beauty products; check labels.. | POTENTIAL HEALTHFUL PROPERTIES: Good source of protein, thiamin, niacin, vitamin B6, phosphorus, and zinc. Very good source of dietary fiber, vitamin A, vitamin C, riboflavin, folate, calcium, iron, magnesium, potassium, copper, and manganese.

**Tarragon** DESCRIPTION: Tarragon is a light licorice flavored leafy herb, and it is one of the four fine herbs of French cooking; particularly suitable for chicken, fish and egg dishes | COMMONLY FOUND IN: Salads, flavor base for fish and poultry, French bearnaise sauce, potica bread; commonly found paired with lobster | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Dragon wort, little dragon, mugwort, petit dragon, estragon, estragole | POTENTIAL HEALTHFUL PROPERTIES: Good source of niacin, phosphorus, and copper. Very good source of vitamin A, vitamin C, riboflavin, vitamin B6, folate, calcium, iron, magnesium, potassium, and manganese.

**Thyme** DESCRIPTION: Thyme is a woody herb with small, fragrant green leaves. It is one of the most widely used herbs in cooking | COMMONLY FOUND IN: Rubs/spice/herb blends to flavor meats, vegetables, soups, stews, sauces, even desserts | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Herbs, flavorings, bouquet garni | POTENTIAL HEALTHFUL PROPERTIES: Provides carotenoids/vitamin A, vitamin C, iron, manganese, phytonutrients (e.g. volatile oils, flavonoids, carvacrol, thymol). Supports antioxidant activity and possesses antimicrobial properties.

**Turmeric** DESCRIPTION: Turmeric is a root that resembles ginger. Most often found in its ground spice form | COMMONLY FOUND IN: Curry powders, soups, stews, mayonnaise, mustard and dressings, dry rubs; also sold as a supplement | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Curry powder, mustard | BE AWARE: Many items that have a yellow color to them and are colored "naturally" could contain turmeric | POTENTIAL HEALTHFUL PROPERTIES: Good source of iron, manganese, and phytonutrients (e.g. curcumin, volatile oils). Supports liver health, antioxidant activity, regulation of inflammation, and healthy circulation. May have specific anticancer effects.



# Nuts, Oils, & Miscellaneous

**Almond** DESCRIPTION: Almonds are tree nuts that are oval in shape with brown skin and creamy white flesh | COMMONLY FOUND IN: Granola, cereals, baked goods, nut butters, gluten-free products, baklava, dairy free products | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Dairy free, tree nut, gluten-free (flour mixtures), nut butter, extracts, oils, paste, marzipan, amaretto, praline | BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of manganese, copper, magnesium, molybdenum, phosphorus, vitamin E, monounsaturated fat, omega-6 fatty acids, phytonutrients (e.g. flavonoids, phytosterols), and protein. Supports antioxidant activity, helps regulate inflammation, cholesterol levels, weight, blood sugar, and protein metabolism. Helps reduce glycemic index of a meal. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Baker's Yeast** DESCRIPTION: A leavening agent that must be activated. Found as a active dry yeast (looks like pellets), live yeast (moist and doughy looking), and instant yeast (which is a powder) | COMMONLY FOUND IN: Baked goods such as breads, pastries, rolls, biscuits, doughs and crackers | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Bread, rolls, crust, active dry yeast, fresh yeast, leavening | BE AWARE: Gluten-free bread products may contain bakers yeast | POTENTIAL HEALTHFUL PROPERTIES: A fungus that feeds on sugars/carbohydrates at the right temperature, emits carbon dioxide to make baked goods rise.

**Black Tea** DESCRIPTION: Black tea leaves are leaves from their respective plants that are dried and commonly steeped in hot water. Black tea leaves are first spread on withering racks and air-blown to remove about a third of their moisture. Then they are rolled to break their cell walls to release juices to aid in fermentation. They are then spread out and kept under high humidity to promote the fermentation. The final step is to immerse the leaves in hot water. | COMMONLY FOUND IN: The leaves of the camellia sinensis plant are boiled in water to produce tea; this drink is used for varying medicinal and health reasons | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: White tea, black leaf tea, Chinese tea, English tea, theaflavin | BE AWARE: Remember most iced teas include these varieties, although herbal teas are usually made from herbs, plants, and flowers of different species | POTENTIAL HEALTHFUL PROPERTIES: Good source of phytonutrients (e.g. polyphenols, catechins). Supports antioxidant activity and immunity. Possesses anticancer properties.

**Brazil Nut** DESCRIPTION: Brazil nuts are very large nuts that are the seeds of a South American tree. They have brown skin that peels easily with off white flesh | COMMONLY FOUND IN: Mixed Nuts | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Tree nut, trail mix, mixed nuts | BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, vitamin E, magnesium, phosphorus, potassium, copper, manganese, selenium (537 mcg/oz), and omega-6 fatty acids. Supports antioxidant activity, detoxification, and regulation of inflammation. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Brewer's Yeast** DESCRIPTION: A yeast that has been instrumental in fermenting over a long period of time | COMMONLY FOUND IN: Vinegar, apple cider, apple cider vinegar (unless Bragg's Apple Cider or other vinegars naturally brewed). Also can be found in alcoholic beverages, processed juices, processed meats, tomato ketchup, salad dressings & soy sauce. May also be used as an ingredient in vitamin tablets | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vinegar, salad dressing, cider, alcohol, ketchup, mustards | BE AWARE: Can cause headaches, stomach discomfort and gas. If a person has yeast allergies brewer's yeast is to be avoided | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, folate, pantothenic acid, chromium, phosphorus, and amino acids. Supports blood sugar regulation and energy generation

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# Nuts, Oils, & Miscellaneous

**Candida Albicans** DESCRIPTION: This is a yeast that is part of your normal gut flora. High levels of healthy bacteria in the gut will generally keep this yeast under control. If overgrowth does occur, excessive amounts of sugars and carbohydrates may promote further growth and dysbiosis | COMMONLY FOUND IN: Found in the mucus membranes of the body. A reaction to Candida albicans with the Alcat test is not a diagnosis of yeast overgrowth | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Yeast or bacterial overgrowth; leaky gut | BE AWARE: Avoid all sweeteners: maple syrup, molasses, invert sugar, sugar, granulated sugar, cane sugar, brown sugar, raw sugar, cane syrup, or evaporated cane juice, brown rice syrup, agave, corn syrup, high fructose corn syrup

**Cane Sugar** DESCRIPTION: Cane sugar comes in many forms such as granulated, powdered, and liquid | COMMONLY FOUND IN: Sweets, candy, ice cream, chocolate, juices, soft drinks and most pre-packaged products, breads, and crackers | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sugar, granulated sugar, cane sugar, brown sugar, raw sugar, invert sugar, cane syrup, or evaporated cane juice | BE AWARE: Cane sugar is a very common ingredient, even in foods that are not sweet. Juice that is not 100% juice often contains added sugar | POTENTIAL HEALTHFUL PROPERTIES: Cane sugar may be listed as dried cane syrup or evaporated cane sugar and may retain a negligible amount of vitamins and minerals but is not considered a good source of nutrients. If only listed as "sugar" on the label then the ingredient likely comes from genetically engineered sugar beets.

**Carob** DESCRIPTION: Carob pods grow on the carob tree, are dark brown in color and contains the carob beans inside. Carob is technically a legume | COMMONLY FOUND IN: Cakes, cookies, and soft drinks; used as a chocolate replacement and is popular in the baking and confectionary industry | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Saint John's bread or locust bean | BE AWARE: Used as a flavoring in baking | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B2, calcium, copper, potassium, manganese, and fiber. Supports antioxidant activity and GI health.

**Casein** DESCRIPTION: A protein found in cow's and goat's milk | COMMONLY FOUND IN: Cheese, milk, yogurt, all dairy products | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Dairy, milk, cheese, butter, goat cheese, yogurt | BE AWARE: Dairy is found in baked goods, packaged foods, and many sauces, may be listed as caseinate | POTENTIAL HEALTHFUL PROPERTIES: Provides all essential amino acids.

**Cashew** DESCRIPTION: Cashews are kidney shaped seeds that adhere to the bottom of the fruit on the cashew tree. Cashews are always sold shelled because the inside of their shell contains a resin that is not fit for consumption | COMMONLY FOUND IN: Asian and Indian cuisine; used in mixed nuts, for cashew butter, cashew oil, and cashew milk; a common vegan cooking ingredient | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Mixed nuts, nut butter, nut milk, nut oil, vegan cream/cheese substitute | BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label. | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, K, iron, magnesium, phosphorus, zinc, copper, manganese, selenium, phytosterols, and omega-6 fatty acids. Supports antioxidant activity, blood clotting, cardiovascular health, and bone health. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Chamomile** DESCRIPTION: Chamomile is a flowering plant in the daisy family. It is native to Europe and Asia. The flowers are used medicinally. Chamomile has a long history of use in Europe for digestive ailments | COMMONLY FOUND IN: Capsule, liquid, and tea form | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sleeping Tea | BE AWARE: Often found in beauty products and fragrances | POTENTIAL HEALTHFUL PROPERTIES: Provides volatile oils and phytonutrients (e.g. flavonoids). Supports GI health, muscle relaxation, and regulation of inflammation. Possesses antimicrobial properties.

**Chia** DESCRIPTION: A small seed that varies in color, is high in fiber, and can absorb 12 times their weight in liquid | COMMONLY FOUND IN: Pudding, kombucha, other beverages, pretzels, granola bars, fruit bars, jam, smoothies, baked goods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Golden chia, chia seeds | BE AWARE: May be used in place of eggs for vegan products | POTENTIAL HEALTHFUL PROPERTIES: Good source of calcium and phosphorus. Very good source of dietary fiber and manganese.



# Nuts, Oils, & Miscellaneous

**Cocoa** DESCRIPTION: Cocoa is the dried seed of the cacao tree from which chocolate is made. Cocoa powder is a dry powder made by grinding cocoa seeds and removing the cocoa butter from the dark, bitter cocoa solids | COMMONLY FOUND IN: Cakes, desserts, coffee's, even savory stews and beverages as a chocolate flavoring | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cacao, cocoa butter, cocoa powder, chocolate nibs | BE AWARE: Commonly added to beauty products in the form of cocoa butter for its moisturizing properties | POTENTIAL HEALTHFUL PROPERTIES: Good source of iron, magnesium, phosphorus, potassium, zinc, copper, manganese, phytonutrients (e.g. flavonols, phytosterols, catechins, procyanidins), and fiber. Supports antioxidant activity, helps regulate inflammation and blood pressure.

**Coconut** DESCRIPTION: The coconut palm is grown throughout the tropical world, for decoration as well as for its many culinary and non-culinary uses; virtually every part of the coconut palm has some human use. The white, fleshy part of the seed is edible and used fresh or dried in cooking. The cavity is filled with coconut water which contains sugar, proteins, antioxidants, vitamins and minerals. Coconut water provides an isotonic electrolyte balance, and is a highly nutritious food source. Coconut milk is made by processing grated coconut with hot water or milk, which extracts the oil and aromatic compounds | COMMONLY FOUND IN: Stews, soups, oils, sauces, baked goods, desserts, candies, drinks, and drinking water; popular in Thai cuisine | BE AWARE: Commonly found in beauty products | POTENTIAL HEALTHFUL PROPERTIES: Good source of copper, manganese, selenium, caprylic acid, medium-chain triglycerides (MCT), and fiber. Provides healthy plant-based fat. Supports antioxidant activity.

**Coffee** DESCRIPTION: Coffee is a plant whose seeds (coffee beans) are ground up and made into a beverage. The coffee bean is dark brown and oily | COMMONLY FOUND IN: Coffee flavored drinks, desserts, marinades, gravies, teas, and dry rubs | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Green coffee, café, espresso, cappuccino, latte, coffee bean extract | BE AWARE: Popular in eye creams and some skin care products | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B2, volatile oils, phytonutrients (e.g. chlorogenic acid, quinic acid; cafestol and kahweol in unfiltered coffee). Increases mental alertness and athletic performance.

**Dandelion Leaf** DESCRIPTION: The edible green leaves of the dandelion flower; possess a slightly bitter flavor | COMMONLY FOUND IN: Salad greens, soups, wines, teas | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Blowball, Cankerwort, Cochet, Common Dandelion, Dandelion Extract, Lion's Tooth, Swine Snout | POTENTIAL HEALTHFUL PROPERTIES: Good source of folate, magnesium, phosphorus, and copper. Very good source of dietary fiber, vitamin A, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, vitamin B6, calcium, iron, potassium, and manganese.

**Flaxseed** DESCRIPTION: Flax seeds come in two basic varieties, brown and yellow or golden, with most types having similar nutritional values and equal amounts of short-chain omega-3 fatty acids. Flax seeds produce a vegetable oil known as flaxseed or linseed oil; it is one of the oldest commercial oils and solvent-processed flax seed oil has been used for centuries as a drying oil in painting and varnishing | COMMONLY FOUND IN: Oatmeal, wafers, gluten-free bread, cookies, crackers, and cereals | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Linseed oil, gluten-free, egg free. Be aware that solin is a flaxseed bred to have very low levels of omega-3 fatty acids | BE AWARE: May be used as an egg substitute | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, magnesium, manganese, fiber, phytonutrients (e.g. polyphenols, lignans), omega-3 fatty acids (1,597 mg omega-3 alpha linolenic acid per Tbsp ground seeds). Supports antioxidant activity and GI health. Helps reduce risk of metabolic syndrome.

**Fructose** DESCRIPTION: Fructose is a monosaccharide (simple sugar) that occurs naturally in fruit, fruit juices, agave, honey, and some vegetables. Fructose is also a constituent of the disaccharide sucrose and present in fructans, also known as inulins. It is found in high fructose corn syrup (HFCS), and commercial food products made with granulated fructose and high fructose corn syrup. | COMMONLY FOUND IN: Fruits, vegetables, and sweeteners. | BE AWARE: Although all fruits and vegetables contain at least some fructose, reactivity to fructose within the Alcat Test would not necessarily require a complete elimination of all fruits and vegetables. Although not the same type of adverse reaction, the same guidelines recommended for those with a fructose intolerance are suggested. For example, if there is a moderate or severe reaction to fructose and high fructose foods were being consumed, it may be best to eliminate all the high fructose foods for three months or more or six months or more. However, if fructose is a mild reaction, limiting high fructose foods to two days per week may be sufficient. Individuals are encouraged to seek the advice of a professional

continued on next page..



# Nuts, Oils, & Miscellaneous

**(Fructose continued..)** providing nutrition guidance to clarify any restriction of fructose. Address the need to avoid the following: apple, agave, cantaloupe, carambola (star fruit), cherries, coconut cream, coconut milk, confectionary, corn syrup solids, dried fruit, fortified wines (port, sherry), fruit juice (fresh or from concentrate), fruit paste, grape, guava, high fructose corn syrup, honey, honeydew melon, lychee, mango, molasses, nashi fruit, paw paw/papaya, pear, persimmon, quince, sundried tomatoes, tomato paste, and watermelon.

**Garlic** DESCRIPTION: A head of garlic has white papery skin and the cloves within are off white and must be peeled to consume. Garlic can come in many different forms and is one of the most popular flavorings in the US | COMMONLY FOUND IN: A wide variety of dishes and prepackaged foods as a flavoring and seasoning | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Aioli, spice blend, prepackaged foods, garlic powder, granulated garlic, roasted garlic | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B6, manganese, phytonutrients (e.g. organosulfides, alliin). Supports cardiovascular health, antioxidant activity, detoxification, regulation of inflammation, and healthy blood lipid levels. Possesses antimicrobial properties and is protective against prostate cancer.

**Gluten/Gliadin** DESCRIPTION: In addition to the avoidance of high fructose corn syrup, either limiting the highest fructose fruits (also honey and agave) to two days per week or completely avoiding them, depending on the consumption of them previous to the test and depending on the degree of reactivity (severe, moderate, mild) may be warranted. | COMMONLY FOUND IN: Wheat (farina, durum, semolina, couscous, kamut and orzo), barley, malt, spelt, and rye; also used as a preservative and thickening agent | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Breeding, stuffing, bulgur, durum, farro, graham flour, oats (unless certified gluten free-GF) | BE AWARE: Found in standard bread, pasta, flour, and baked goods; known to irritate the gut. Check also soups, stews, and salad dressings that are prepackaged. Can also be found in skin care products, makeup and lip care products

**Green Tea** DESCRIPTION: Green tea are leaves from their respective plants that are dried and commonly steeped in hot water. High quality green teas will produce a pale green to yellow-green color. Green tea is the least processed as it is made by briefly steaming harvested leaves, rolling them out to dry, and dried with hot air or pan-fried in a wok until they are crisp. | COMMONLY FOUND IN: The leaves of the camellia sinensis plant are boiled in water to produce tea; this drink is used for varying medicinal and health reasons | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: White tea, black leaf tea, Chinese tea, English tea, theaflavin | BE AWARE: Remember most iced teas include these varieties, although herbal teas are usually made from herbs, plants, and flowers of different species | POTENTIAL HEALTHFUL PROPERTIES: Good source of phytonutrients (e.g. polyphenols, catechins). Supports antioxidant activity and immunity. Possesses anticancer properties.

**Hazelnut** DESCRIPTION: Hazelnuts are small round nuts with brown papery skin of the hazelnut tree. They are prized for their easy to crack shell and sweet nut within | COMMONLY FOUND IN: Gelato, nut butters (Nutella), baklava, coffee flavoring and trail mixes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Filbert or cobnut | BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, vitamin E, magnesium, copper, manganese, and fiber. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Hemp** DESCRIPTION: For example, if the individual has a moderate or severe reaction to fructose and he/she was consuming them previously, you may choose to eliminate all the high fructose fruits for 3 months or more or 6 months or more. If fructose is a mild reaction, limiting them to 2 days per week may be sufficient. Individuals are encouraged to seek the advice of the professional providing nutrition guidance to clarify any restriction of fructose. | COMMONLY FOUND IN: Baking as an egg substitute, smoothies, hempfu (tofu substitute), protein powder, breadcrumbs substitute, yogurt topping, cereal, salad dressings, hemp milk, jewelry | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: hemp seed oil, hemp seeds, hemp hearts | BE AWARE: Although hemp and marijuana are members of the same species, Cannabis sativa, they are completely different plants. Hemp is refined into products such as hemp seed foods, hemp oil, wax, resin, rope, cloth, pulp, paper, and fuel. May be found in some beauty products. | POTENTIAL HEALTHFUL PROPERTIES: Good source of zinc and very good source of magnesium and phosphorus.



# Nuts, Oils, & Miscellaneous

**Honey** DESCRIPTION: A golden liquid that is produced from bees and is much sweeter than sugar | COMMONLY FOUND IN: Cooking and baking; often used to top breads or sweeten various items | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Naturally sweetened | POTENTIAL HEALTHFUL PROPERTIES: Good source of phytonutrients (e.g. caffeic acid, methyl caffeate, phenyl ethyl caffeate). Possesses antimicrobial properties and may have anticancer effects. Possibly effective for treating burns, cough, radiation mucositis, and wound healing.

**Hops** DESCRIPTION: Hops are the seeds of the plant *Humulus* and they are used as a flavoring agent | COMMONLY FOUND IN: Herbal medicine. Most common in flavoring and stabilizing beer | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Nobel hops | BE AWARE: Even gluten-free beers contain hops | POTENTIAL HEALTHFUL PROPERTIES: Good source of phytonutrients (e.g. volatile oils, flavonoids). May help support antioxidant activity, healthy sleep patterns, and regulation of inflammation.

**Macadamia** DESCRIPTION: Macadamia nuts are very popular nuts due to their creamy white color and sweet flavor | COMMONLY FOUND IN: Cookies, desserts, candies, oils | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Trail mix, oil blends, mixed nuts | BE AWARE: Oils found in some skincare products; those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin B1, magnesium, copper, manganese, and monounsaturated fats. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Malt** DESCRIPTION: Malt is germinated cereal grains that have been dried in the process known as "malting". It imparts a very distinct flavor | COMMONLY FOUND IN: Vinegar, brewing beer, distilling liquor; desserts, milkshakes, malt flavoring | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Malt sugar, maltodextrin, caramel color | BE AWARE: Derived from gluten containing grain, usually barley

**Maple Sugar** DESCRIPTION: Maple sugar is produced when the sap of certain maples is reduced to crystals | COMMONLY FOUND IN: Desserts and as a sweetener, added to prepackaged foods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Free of cane sugar | POTENTIAL HEALTHFUL PROPERTIES: Good source of zinc and manganese (in 1 oz serving).

**Molasses (Blackstrap)** DESCRIPTION: A rich brown, almost black, thick liquid that is bitter but sweet | COMMONLY FOUND IN: Barbecue sauce, breads, baked goods, beer, rum, jerky, yeast, citric acid | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: black treacle, sorghum molasses | BE AWARE: Molasses can be sourced from a variety of foods from sugar cane, sugar beets, to sorghum. Follow up with manufacturer to determine the source. | POTENTIAL HEALTHFUL PROPERTIES: Good source of calcium, vitamin B6 and potassium. Very good source of magnesium and manganese.

**Nutritional Yeast** DESCRIPTION: Small yellow flakes that impart a "cheesy" flavor to dishes | COMMONLY FOUND IN: Vegan cheese alternatives, supplements, add to popcorn, mashed potatoes, pasta dishes, or bean dishes | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: *Saccharomyces Cerevisiae*, nooch, hippie dust, yeshi | BE AWARE: Made from sugarcane and beet molasses | POTENTIAL HEALTHFUL PROPERTIES: Good source of protein, magnesium, copper, and manganese. Very good source of dietary fiber, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, and zinc.

**Peanut** DESCRIPTION: Peanuts are small nuts that are found inside of a hard oblong, misshapen shell. The shell must be cracked and discarded to consume | COMMONLY FOUND IN: Nut mixes, satay, cakes, cookies, candies, sauces, soups, stews, salads, peanut butter and peanut oil | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Ground nut, monkey nut, earth nut, goober pea, blended oils | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain peanut as an ingredient must list the word "peanut" in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B6, biotin, folate, pantothenic acid, vitamin E, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, phytonutrients (e.g. polyphenols, resveratrol, phytosterols), monounsaturated oleic acid, protein, and fiber. Supports cardiovascular health, antioxidant activity, and protein metabolism.



# Nuts, Oils, & Miscellaneous

**Pecan** DESCRIPTION: Pecans are dark brown, sweet nuts with ridges that come from the pecan tree | COMMONLY FOUND IN: Nut mixes, ice creams, baked goods (pecan pie), salads, cookies | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Praline, tree nut | BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, pantothenic acid, iron, magnesium, phosphorus, zinc, copper, manganese, monounsaturated fats, omega-3 and omega-6 fatty acids, phytosterols, and fiber. Supports antioxidant activity and cardiovascular health. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Pine Nut** DESCRIPTION: Pine nuts are the small edible seeds of the female cone of a pine tree. They have a crunchy yet buttery texture and are soft yellow in color | COMMONLY FOUND IN: Added to meat, fish, salads, sauces, desserts | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Pinoli, pinon, pesto, pine nut oil | BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, E, K, folate, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, phytosterols, monounsaturated fats, omega-6 fatty acids. Supports antioxidant activity. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Pistachio** DESCRIPTION: Pistachios are small green nuts that are contained in shells that open on their own when ripe | COMMONLY FOUND IN: Nut mixes, stuffings, sauces, ice cream and baked goods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Baklava, biscotti, mortadella | BE AWARE: The Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain nuts as an ingredient must list the word "nuts" in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of carotenoids/vitamin A, vitamins B1, B2, B6, folate, vitamin E, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, phytosterols, omega-6 fatty acids, fiber, and protein. Supports antioxidant activity, detoxification, protein metabolism, and cardiovascular and eye health. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Psyllium** DESCRIPTION: Psyllium resembles rice, comes in different colors such as white, ivory, golden and brown | COMMONLY FOUND IN: Foods that have "added fiber" ex: Metamucil; common in vegan cooking and as a gluten free grain | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Ipaghula, added fiber, gluten free | BE AWARE: In excess, can cause fluid imbalance and dehydration; can also lead to malabsorption and excretion of needed minerals | POTENTIAL HEALTHFUL PROPERTIES: Good source of fiber. Supports gastrointestinal health, may reduce risk of metabolic syndrome.

**Safflower** DESCRIPTION: Safflower is an actual flower with green leaves and a round flower that is yellow to orange in color | COMMONLY FOUND IN: Oils or vegetable oils; used in mayonnaise, salad dressings, prepackaged foods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Vegetable oil, blended oil | BE AWARE: Read labels | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamin E, omega-6 fatty acids. Supports antioxidant activity.

**Sesame** DESCRIPTION: Sesame in its original form is a small white seed but can be transformed into other products | COMMONLY FOUND IN: Oil and paste; used in baked goods, entrees, salads, soups, sauces, dressings | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Seeded bun, hummus, tahini, oriental cooking, benne, halvah | BE AWARE: Common allergen; comes in many colors | POTENTIAL HEALTHFUL PROPERTIES: High in vitamin B1, vitamin B6, calcium, iron, magnesium, phosphorus, zinc, copper, manganese, molybdenum, phytonutrients (e.g. phytosterols, sesamin, sesamolignans) omega-6 fatty acids, and fiber. Supports antioxidant activity, and GI health.



# Nuts, Oils, & Miscellaneous

**Sunflower** DESCRIPTION: Sunflowers are large flowers with a green leafy stalk and bright yellow flat petals | COMMONLY FOUND IN: Nut butter, ground to make flour, or pressed to obtain the oil; used in salads, soups, cereals, sandwiches and baked goods | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Sun butter, blended oils | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B2, B3, B6, folate, vitamin E, iron, magnesium, phosphorus, zinc, copper, manganese, selenium, omega-6 fatty acids, phytosterols, fiber, and protein. Supports antioxidant activity, cardiovascular health, and protein metabolism.

**Vanilla** DESCRIPTION: Vanilla comes in long dark brown pods called vanilla beans. When the pod is sliced open there are tiny dark brown seeds that give off the vanilla flavor when added to a dish. Fresh vanilla is expensive, it is more commonly found in the liquid extract form | COMMONLY FOUND IN: Baked goods, desserts, candies, yogurts, sweet and some savory dishes | BE AWARE: Commonly used in fragrance, beauty products, flavoring for vanilla sugar | POTENTIAL HEALTHFUL PROPERTIES: Provides phytochemicals (e.g. vanillin) that contribute to fragrance and flavor. Possesses antimicrobial effects. Vanilla scent may reduce stress and agitation in newborns.

**Walnut** DESCRIPTION: Walnuts are large misshapen light brown nuts that come from a walnut tree | COMMONLY FOUND IN: Salads, baked goods, baklava, desserts, cereals, granola; also used to make walnut oil, walnut milk, black walnut, English walnut | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Nut mixes, blended oil, nut milk, waldorf salad | BE AWARE: Those with tree nut allergies cannot consume; the Federal Food Allergen Labeling and Consumer Protection Act (FALCPA) which took effect in January of 2006, requires that all packaged food products sold in the U.S. that contain tree nuts as an ingredient must list the specific type of nut in plain English, on the label | POTENTIAL HEALTHFUL PROPERTIES: Good source of vitamins B1, B6, folate, iron, magnesium, phosphorus, potassium, zinc, copper, manganese, molybdenum, biotin, phytonutrients (e.g. polyphenols, phytosterols, tannins, flavonoids, especially in the skin), serotonin, omega-3 and omega-6 fatty acids, and fiber. Nutrient profiles vary for English and black walnuts. Support cardiovascular health, blood sugar regulation, antioxidant activity, cognitive function, and regulation of inflammation. Eating one ounce of nuts 5-7 days per week was associated with reduced risk of cancer and other chronic diseases.

**Whey** DESCRIPTION: Liquid portion of animal milk molecule that is found in all dairy products | COMMONLY FOUND IN: Protein powder, prepackaged items with a cheese flavoring | OTHER WORDS THAT MAY INDICATE ITS PRESENCE: Cheese, yogurt, sour cream, milk, kefir, cream cheese, butter, buttermilk, ice cream, protein powder | BE AWARE: Whey protein is very common in many packaged food items; read labels carefully | POTENTIAL HEALTHFUL PROPERTIES: Dried sweet whey is a good source of vitamins B1, B2, B6, B12, pantothenic acid, calcium, magnesium, phosphorus, potassium, zinc, selenium, cysteine (amino acid), and protein. Supports antioxidant activity and protein metabolism. Isolated whey protein is a good source of protein.

# Food Additives & Preservatives

**Acacia Gum** Acacia gum is a dried substance from the trunk of an acacia tree found throughout Africa, India, the Near East, and the southern United States. It is used in the food industry as a stabilizer, emulsifier, thickener, and flavoring additive in confectionery, jellies, glazes, chewing gum, beer, and beverage powders. Other names it may go by include: Gum Arabic, Egyptian Thorn, and Catechu. Acacia gum is considered safe and is permitted for organic foods. Nevertheless, allergy-like symptoms may occur in susceptible individuals. It can be used orally as a fiber supplement for hyperlipidemia and irritable bowel syndrome. It can be used to remove toxins from the body, as well as a prebiotic.

**Adipic Acid** Adipic Acid, also known as hexanedioic acid, is an acidifying agent, which occurs naturally in beet juice and molasses. It can be chemically synthesized for the food industry for use in chewing gums, baked goods, baking powder, condiments, dairy products, meat products, oils, oleomargarine, relishes, snack foods, canned vegetables, beverages, and gelatin desserts. In addition, it is often used as a salt substitute, in the production of nylon in the plastic industry, pharmaceuticals, and cosmetics.

**Alum** Alum is a crystalline powder most commonly used in pickling. It is often used to firm and crisp pickles by letting them soak in a sealed brine solution of water, vinegar, salt, spices, and alum powder for several weeks. It is also sold as a large crystal as a "deodorant rock" for use under the arms. Other uses of alum may include flame retardants, the acidic component of some types of baking powder, an ingredient in some homemade and commercial modeling clay, an ingredient in some hair removal waxes, skin whiteners, and in some toothpastes. Other words that may indicate its presence: potassium alum (potash alum), aluminum potassium sulfate, soda alum, ammonium alum, chrome alum, selenate alum.

**Ascorbic Acid** Ascorbic acid is the chemical form of Vitamin C. It is used as an antioxidant to prevent brown discolorations of sliced fruits and vegetables, as a flour agent to improve the adhesive properties of (whole-grain) flour, and (in combination with nitrites) as a stabilizer for a long-lasting red color of meat products. Ascorbic acid is commonly used in drinks and sweets as a vitamin supplement and can then be declared as "Vitamin C." Ascorbic acid is water soluble and will be excreted with the urine. A durable overdose should be avoided as this provoked the formation of kidney and bladder stones in animals. The following may contain ascorbic acid: frozen fruit, frozen fish dip, dry milk, beer, ale, flavoring oils, apple juices, soft drinks, candy, artificially sweetened jellies and preserves, mushrooms, and meats.

**Aspartame** Aspartame is an artificial sweetener. It is marketed under the brand names NutraSweet, Equal, or NatraTaste. It is about two hundred times sweeter than sugar and is used in more than 6,000 products. It is made by combining aspartic acid and phenylalanine. It is found in soft drinks, puddings, gelatins, frozen desserts, breakfast cereals, hot cocoa mixes, yogurt, teas, breath mints, chewing gums, and tabletop sweeteners. It is not heat stable as it may lose sweetness when heated. Aspartame may change levels of chemicals in the brain that affect behavior, headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

**Benzoic Acid** Benzoic acid is a white, crystalline organic compound belonging to the family of carboxylic acids. It occurs in nature in cherry bark, raspberries, tea, anise, and cassia bark. It is widely used as a food preservative (chocolate, beverages, ice cream, candy, baked goods, condiments, icings, and chewing gums) and in the manufacturing of various cosmetics, dyes, plastics, and insect repellents. It is a mild irritant to the skin and can cause allergic reactions, especially among those with aspirin sensitivities.

**Butylated Hydroxyanisole (BHA)** Butylated hydroxyanisole (BHA) is a phenolic compound that is often added to foods to preserve fats. BHA is generally used to keep fats from becoming rancid due to oxidation. BHA may be found in butter, meats, cereals, chewing gum, baked goods, snack foods, dehydrated potatoes, beverages, ice cream, candy, gelatin desserts, soup bases, dry yeast, lard, shortening, dry sausage, or beer. It can also be found in animal feed, food packaging, cosmetics, rubber products, and petroleum products.

# Food Additives & Preservatives

**Butylated Hydroxytoluene (BHT)** (BHT) is a phenolic compound that is often added to foods to preserve fats. BHT prevents oxidative rancidity of fats. It is used to preserve food odor, color, and flavor. Many packaging materials incorporate BHT. It is also used in chewing gum, potato flakes, sweet potato flakes, fish products, shortenings, and dry breakfast cereals. It may be used to delay rancidity in frozen fresh pork sausages and freeze-dried meats. BHT is prohibited as a food additive in the United Kingdom.

**Calcium Phosphates** Calcium phosphates including calcium diphosphate and calcium triphosphate are used as baking agent, dough conditioner, and acidity regulators. They are also a release agent and emulsifier. Calcium triphosphate is used as an anti-caking agent in table salt, powdered sugar, melted milk powder, condiments, pudding, meat, cereal flours, vanilla powder, a gastric antacid supplement, and a clarifying additive for syrups and sugars. Calcium diphosphate is used in breads, cereal flours, a carrier for bleach, mineral supplementation in cereals, dental products, and fertilizer. Calcium phosphate is used in breads, artificially sweetened fruit jelly, canned potatoes, canned sweet peppers, canned tomatoes, fertilizer, baking powders, mineral supplementation in wheat flours, and as a gelling agent,

**Citric Acid** Citric acid is derived from citrus fruit by fermenting the crude sugars. It is then used for cosmetics and/or a flavoring agent in a variety of things including: chewing gum, wines, jams, jellies, jelly candy, canned fruit, carbonated beverages, frozen fruit, canned vegetables, frozen dairy products, cheese spreads, sherbet, confections, canned figs, fried egg whites, mayonnaise, salad dressing, fruit butter, preserves, and fried potatoes. It is also used for curing meats as well as firming peppers, potatoes, and tomatoes.

**Cyclodextrin** Cyclodextrin can be found in fiber supplementation, as a carrier or stabilizer for flavors, colors, vitamins, fatty acids. It can also be found in beverages, bread, instant coffees and teas, meal replacements, soy milk, cereals, instant rice, pasta, condiments, reduced fat spreads, dressings, mayonnaise, yogurt, milk beverages, soups, chewing gum, pudding. It can also be used to decaffeinate coffee or tea and reduce cholesterol in eggs.

**D-Lactitol** D-Lactitol is obtained from lactose and has a lower sweetening power compared to table sugar and is therefore often combined with other sweeteners to enhance the sweetening effect. It is derived from milk sugar and used as a bulking agent, humectant, and/or sweetener. Those who have issues with lactose should avoid d-lactitol. Lactitol is suitable for diabetics and does not trigger cavities. It is mainly used for energy reduced/sugar-free desserts, ice cream, confectionery and chewing gum but can also be found in sauces, mustard and food supplements. Foods containing more than 10% of sugar substitutes in total must bear the sign "excessive consumption may induce laxative effects."

**EDTA (Ethylenediamine Tetraacetic Acid)** EDTA, also known as ethylenediamine tetraacetic acid, is a complexing agent (binds heavy metal ions), which is used to support antioxidants in the food. It prevents changes of color and flavor in foods and is used in emulsified sauces, canned legumes, mushrooms, artichokes, crustaceans and mollusks, frozen crustaceans, carbonated beverages, and in cleaning agents and detergents. EDTA, when ingested, may cause errors in some laboratory tests such as calcium, carbon dioxide, and nitrogen. It can exacerbate asthma and cause rashes as it can be irritating to the skin and mucous membranes. It can also cause kidney.

**Erythritol** Erythritol is a naturally-derived sugar substitute that is created by fermenting glucose using an organism called *Trichosporonoides megachiliensis*. It is a low-calorie sweetener that comes in granulated and powdered forms, but it has other uses such as a humectant, food stabilizer, food thickener, and texturizer. It has a low GI index and laxative effect. It has a zero glycemic index and has not been shown to affect insulin or blood sugar levels. It can be found in a variety of foods including: chewing gum, cakes, cookies, pastries, candy, frozen desserts, puddings, beverages, yogurt, and Truvia.

**Fumaric Acid** Fumaric acid is an intermediate in the citrate acid cycle. Due to its good solubility in hot water, it is used as an acidifying agent in dry products with a spicy-sour taste, for the sprinkling of confectionery, in jelly-like desserts, fruit-flavored dry powders for desserts, instant powders for fruit drinks, and flavored teas. It is also popular in chewing gums, fillings and toppings for cakes, cookies, and pastries.

# Food Additives & Preservatives

**Glycerol** Glycerol, also known as glycerin, is used as a humectant in tobacco, marshmallows, and candies and as a solvent for flavors and colors. It also has the following uses: a plasticizer in meat and cheese and as a bodying additive when combined with gums and gelatins. It can be used in chewing gum, beverages, candy, baked goods, and meat products as well.

**Hexylresorcinol** Hexylresorcinol is used as a color stabilizer to prevent the brown coloration in crustaceans and freshly cut fruits. Due to its anaesthetic and antiseptic properties, it may be found in throat lozenges. It may be used medicinally as an anti worm medication. For some people, it can cause severe gastrointestinal irritation.

**Invertase** Invertase is an enzyme used in food processing that splits sucrose (table sugar) into its component parts, glucose, and fructose, producing inverted sugar. It is generally derived from a beneficial strain of *Saccharomyces cerevisiae* and then purified to be used either by itself or as a part of a multi-enzyme formula. It is also commonly found in bee pollen and honey. It is one of the most widely used enzymes in the food industry where fructose is preferred over sucrose, especially in the preparation of jams, candies, and fondants. It is used in the manufacture of plasticizing agents used in cosmetics. Invertase is also useful for digestive health in humans and can be found in numerous digestive enzyme supplements.

**Isomalt** Isomalt is a synthetic sweetener produced from sucrose. It has 45 to 65 percent the sweetness of sugar. Insulin is not necessary for its utilization in the human body, so it is considered as a sugar substitute. It does not trigger cavities. It is mainly used for low-calorie, sugar-free desserts, ice cream, sweets, jams, and chewing gum, but can also be found in sauces, mustard and food supplements.

**Lactic Acid** Lactic acid is produced fermenting whey, cornstarch, potatoes, and molasses. It can be found in pickles, cheese flavorings, chocolate, beverage flavorings, candy, olives, dried egg whites, cottage cheese, beverages, bread, desserts, fruit jelly, butter, and in the brewing industry. It may be found in some infant formulas, skin fresheners, and cosmetics as well. For those with sensitive skin, cosmetics containing lactic acid may cause a stinging sensation.

**Lecithin (Soy)** Soy lecithin is extracted from soybeans to be use as an antioxidant and emulsifier. It helps keep water and oil mixed together while preventing foods from turning rancid. It is used very often in cereal, margarine, mayonnaise, chocolate products, cakes, biscuits, puff pastries, chewing gum, canned tuna, instant powders for milk, cocoa beverages as well as in infant- and follow-on formulas. It can also be found in cosmetics and other personal care products.

**Lysozyme** Lysozyme is a derived from of the hen's egg albumen and is used as an antimicrobial preservative. Lysozyme is exclusively approved for mature cheese.

**Magnesium Phosphate** Magnesium phosphate is primarily used as a pH control additive, a mineral supplement for foods, and as a leavening additive.

**Malic Acid** Malic acid is used as a flavor additive. It can be found in jams, marmalades, jellies, canned fruits and vegetables, juices, soft drinks, baby food, baked goods, butter, frozen dairy products, and is used to aid wine in aging. Malic Acid enhances the effect of antioxidants and inhibits enzymes, which are responsible for the browning of fruits and vegetables.

**Maltodextrin** Is used as a food additive to thicken food products and to add flavor as it can be used as sugar substitute filler. It is often used in soda, candy, and more particularly chocolate. It can be derived from corn, rice, wheat, or potatoes. In the U.S., the primary source of maltodextrin is corn.

**Mannitol** Mannitol occurs naturally in plants, but in most cases is extracted from seaweed. It is calorie free and roughly 70 percent as sweet as sugar. For the food industry, it is derived from mannose or inverted sugar. Mannitol is suitable for diabetics and does not trigger cavities. It is mainly used for energy reduced/sugar-free desserts, ice cream, sweets and chewing gum, but can also be found in sauces, mustards, and food supplements. Foods with Mannitol must bear the sign "excessive consumption may have a laxative effect."

# Food Additives & Preservatives

**Methenamine (Hexamethylenetetramine)** Methenamine is used to prevent or control returning urinary tract infections caused by certain bacteria. Methenamine is an antibiotic that stops the growth of bacteria in urine. This medication also contains an ingredient that helps to make the urine acidic. When the urine is acidic, methenamine turns into formaldehyde to kill the bacteria.

**Methyl Anthranilate** Methyl Anthranilate occurs naturally in ylang-ylang, neroli, jasmine, bergamot, and other essential oils. It is made synthetically from coal tar and can be found in flavorings for beverages, ice cream, candy, chewing gum, and baked goods. It can be irritating to the skin.

**MSG** Monosodium glutamate (MSG) is used as a flavor enhancer in a variety of foods prepared at home, in restaurants and by food processors. While it occurs naturally in seaweed, sea tangles, soybeans, and sugar beets, it is often used to enhance flavors in baked goods, meat, condiments, pickles, candy, soup, and a lot of Asian cuisine. There are reports of adverse reactions in people who have eaten foods that contain MSG such as chest pain, headache, and numbness. Please be aware that many packaged and processed foods can contain MSG. If there are less than 20 PPM, the manufacturer does not have to list it as an ingredient.

**Phosphoric Acid** Phosphoric acid is made from phosphate rocks for use as an acidifying agent in soft drinks, sports drinks, whipped cream, cream products, milk beverages, milk powder, frozen dairy products, candy, cheese products, and coffee creamer. Additionally, it is used in animal or vegetable fats as a sequestering additive.

**Polydextrose** Polydextrose is a synthetic compound consisting of glucose, sorbitol and citric acid. Since Polydextrose crystals perform similarly to sugar, they are often used as a bulking additive for foods such as beverages, baked products or sweets. In addition, polydextrose attracts water from the air and thus prevents food from getting dry. It can have a laxative effect, since the human body cannot digest it.

**Polysorbate 80** Polysorbate 80 is used as an emulsifier, stabilizer, and humectant. It is commercially known as Tween® 80, It is used in chocolate-flavored syrups, ice cream, dessert mixes, whipped cream, cakes, cake mixes, powdered soft drink mixes, cake icing, shortenings, and vitamin and mineral supplements. Cell studies have shown that it may change the immune cell response and make cells more susceptible to oxidative stress.

**Potash (Potassium Hydroxide) - Caustic Potash** Caustic Potash (Potassium Hydroxide) can be used as a peeling additive for tubers and fruits, to extract color from annatto seed, or it may be found in some cocoa products.

**Potassium Phosphate** Potassium Phosphate, Potassium Diphosphate, and Potassium Triphosphate can be used as a yeast for brewing champagne and other sparkling wines, as well as in frozen eggs as a color preservative, and in the processing of cheese.

**Potassium Sorbate** Potassium sorbate is a salt of the sorbic acid and is, likely to other sorbates, commonly used as a preservative due to its numerous beneficial properties, as well as a mold, yeast, and fungus inhibitor. It can be found in foods such as mayonnaise, remoulade, soy sauce, jam, margarine, syrup, dates, olives, ice tea, cheese, pastries, bread, seafood substitutes, fish, meat substitutes, gelatin salads, cheesecake, chocolate, pie fillings, It can also be found in tobacco products and cosmetics. It may be irritating to the skin for some.

**Potassium Tartrate** Potassium tartrate is made from the salts of tartaric acid. It is an acidifier. Potassium tartrate is widespread and can be found in many foods like jellied meats, soft drinks, jams, vegetables, fruit juices, canned fruits, and is also used as a salt substitute. No adverse reactions have been reported.

**Saccharin** Saccharin is an artificial sweetener used in low calorie soft drinks, as a tabletop sweetener, and in a variety of low calorie foods. It is marketed under the brands Sweet 'n Low or SugarTwin.

# Food Additives & Preservatives

**Sodium Acetate** Sodium acetate is a salt of acetic acid is used in candy, cereals, sauces, grain products, fats, oils, pasta, snack foods, jams, jellies, meat products, soups, and soup mixes either as a preservative, flavoring or for pH control. It can also be found in certain medications for use as a diuretic or alkalizer.

**Sodium Benzoate** Sodium benzoate is a salt of benzoic acid. It is naturally found in fruits such as plums, cranberries, and apples as well as in cloves and cinnamon in small amounts. It is used as a preservative and antimicrobial. When it is produced synthetically it is used in non-perishable foods such as ketchup, mustard, margarine, sausages, canned fish, chewing gum, mayonnaise, soft drinks, pickles, fruit juices, relishes, maraschino cherries, and confections. Benzoic acid and benzoates can cause allergies or allergy-like symptoms, especially in people who suffer from asthma or already have an allergy to salicylic acid or its derivatives. When consumed in dosages in the range of 8 to 10 grams by mouth it can cause nausea and vomiting. Consumption may encourage hyperactivity or decreased intellect in certain children.

**Sodium Bisulfate** Sodium bisulfates are used are used in pickling, as a disinfectant in foods, and to prevent browning in fruits. It can be found in ale, wine, beer, canned shrimp, and dried fruit.

**Sodium Lactate** Sodium lactate is a salt of lactic acid with uses including as a humectant, antioxidant, and filler. It can be found in jams, marmalades, jellies, meat products, canned fruits, canned vegetables, and in white bread.

**Sodium Lauryl Sulfate (SLS)** Sodium Lauryl Sulfate can be used in food as a whipping aid in cake mixes, marshmallows, and dried-egg products, as a detergent, wetting additive, or emulsifier. It can also be found in beverages, fruit drinks, vegetable oils, and animal fats. It can also be found in personal care products such as toothpaste, shampoo, conditioner, lotion, and other items.

**Sodium Propionate** Sodium propionate is a salt of propionic acid which is used to help inhibit molds and funguses from growing on foods. It can be found in baked goods, frostings, confections, and gelatin. It can cause allergic reactions when in contact with the skin, but can be used to treat fungal infections on the skin.

**Sodium Pyrophosphate** Sodium pyrophosphate is a salt of diphosphoric acid. It is used as an emulsifier, sequestrant, and texturizer. It can be found in canned ham, bacon, pickles, pork shoulders, puddings, and processed cheese.

**Sodium Sulfite** Sodium sulfite is used as a preservative, antiseptic, antioxidant, bacterial inhibitor, and browning inhibitor. It can be found in dried fruit, wine, hard cider, frozen apples, prepared fruit pie mix, peeled potatoes, and maraschino cherries. In sulfite-sensitive individuals there can be stomach irritation, nausea, diarrhea, swelling, or skin rashes. It can cause a decrease or destruction of Vitamin B1 (thiamine) in the body so it is not added to food that are sources of Vitamin B1.

**Sodium Tripolyphosphate** Sodium Tripolyphosphates are used as a sequestrant, texturizer, water softener, and as a preservative for meats. It can be found in pork and pork products, angel food cake mix, beef, desserts, gelling juices, goat, poultry, veal, canned peas, lima beans, and as a diluent for Citrus Red No. 2.

**Sorbic Acid** Sorbic acid is made from berries of the mountain ash, but more often is chemically derived. It can be used as a preservative in food, humectant, or preservative in cosmetics. It can also be used as a mold and yeast inhibitor in foods. It can be found in cheeses, beverages, baked goods, chocolate syrups, potato salad, macaroni salad, coleslaw salad, gelatin desserts, cheesecakes, cakes, fresh fruit cocktail, artificially sweetened preserves/jellies, and pie fillings.

**Sorbitol** Sorbitol is a sugar alcohol that naturally occurs in seaweed, algae, ripe berries, apples, cherries, plums, and pears. It is used as a sugar substitute in a variety of foods and beverages, candy thickener, stabilizer in frozen desserts, a sequestrant in vegetable oils, and as a humectant and texturizer for shredded coconut. It may be found in embalming fluid or mouthwashes. If sorbitol is consumed in excess, it may cause upset stomach, gas, and diarrhea so it is best to try it in small amounts and gradually increase the amount over time. Sorbitol may alter the absorption of certain drugs.



# Food Additives & Preservatives

**Succinic Acid** Succinic acid is prepared from acetic acid for use as a plant-growth retardant or as a buffer and neutralizing additive in food processing. It has been utilized medicinally as a laxative. It is typically added to the following: meats, condiments, and relishes.

**Sucralose** Sucralose is an artificial sweetener used in place of sugar. It is marketed under the name Splenda. Sucralose is made by adding chlorine to the sugar molecule during the manufacturing process which alters the sugar molecule to create a calorie free sweetener that is 600 times sweeter than table sugar. Sucralose can be found in many food and beverage products, such as candy, soft-drinks, chewing gum, frozen dairy desserts, fruit juices, fruit spreads, gelatins, yogurts, breakfast bars, and more.

**Xylitol** Xylitol is a sugar alcohol that can be made from birchwood or waste products made from the pulp industry. It can also be extracted from plums, corn, corn fiber birch, and raspberries as well. It is naturally found in the fibers of many fruits and vegetables such as corn husks, oats, mushrooms, and a variety of berries. It is used as a sugar alternative in a variety of products such as chewing gum, candies, toffees, mints, toothpaste, and baked goods. It has been found to help reduce cavities as it does not ferment in the mouth. If xylitol is consumed in excess, it may cause upset stomach, gas, and diarrhea so it is best to try it in small amounts and gradually increase the amount over time.



# Food Colorings

**Acid Blue #3/Xylene Blue V** Acid Blue # 3 is a synthetic dark blue color, and is banned as a food color in the US. It is used in other applications such as dental disclosing tablets to color plaque, and in dye biopsy slides. It may be in food purchased that is produced in European countries.

**Acid Red # 14** Acid Red # 14 is a synthetic color ranging from red to maroon. It is used as a dye in wool, silk, paper, leather, printing nylon, inks, wood stains, and drugs. It was discontinued as a food dye in the United States in 1966. If it is used in drug and cosmetics it is called Red #10. It is a known irritant. In animal studies with high doses, there were convulsions, comas, and bladder injuries.

**Annatto** Annatto is a natural food coloring derived from the seeds of the Achiote tree. The color can range from yellow to orange. This is used to color foods such as dairy products, baked goods, margarine, cereals, bologna casings, hot dog casings, beverages, body care products, and fabrics. It has also been used as an herbal remedy to treat diabetes, diarrhea, fevers, heartburn, malaria, and hepatitis. Topically annatto has been used for burns, vaginitis, and as an insect repellent. Annatto may increase blood sugar while taking diabetes medications in conjunction with it so it is important to monitor blood sugar closely if they are being used together.

**Beta-Carotene** Beta-Carotene is a fat-soluble compound called a carotenoid considered to be an anti-oxidant. It occurs naturally, but also can be made synthetically. In nature, it can be found in all plants and in many animal tissues. Beta-Carotene is converted into provitamin A in the body. Synthetic beta-carotene is used in a variety of foods such as butter, margarine, cheese, mayonnaise, ice cream, desserts and sausages, beverages, cosmetics, and nutritional supplements. Although different foods contain beta-carotene, reactivity to beta-carotene within the Alcat Test does not necessarily require a complete elimination of all foods high in beta-carotene. For example, if there is a moderate or severe reaction to beta-carotene and high beta-carotene foods were being consumed, it may be best to eliminate supplemental beta carotene and perhaps the highest food sources of beta-carotene for three months or more or six months or more. However, if beta-carotene is a mild reaction, limiting high beta-carotene foods to two days per week may be sufficient. Individuals are encouraged to seek the advice of a professional providing nutrition guidance to clarify any restriction of beta-carotene. Address the need to potentially avoid the following: carrots, sweet potatoes, winter squash, spinach, kale, cantaloupe, and apricots.

**Blue #1 (Brilliant Blue)** Blue #1, also known as brilliant blue, is a bright blue dye that is a derivative of coal-tar. It is used in bottled soft drinks, ice cream, ices, dry drink powders, candy, bakery products, cereals, puddings, face powders, other cosmetics, and hair colorings. This dye may cause allergic reactions in some individuals.

**Blue #2 (Indigo Carmine)** Blue #2, also known as indigo carmine, is a royal blue powder that is a coal-tar derivative. This dye is used in such food products as bottled soft drinks, bakery goods, cereals, candy, confections, dry drink powders, mint-flavored jelly, and frozen desserts. It can also be used as a dye in kidney tests and to test milk, It is recognized as a sensitizer in allergic patients.

**Brilliant Black** Brilliant Black is a synthetic food color. It has many applications in foods: chocolate milk, cocoa beverages, eggnog, yogurt, desserts, fish paste, ice cream, mustard, red fruit jams, sauces, soft drinks, soups, and sweets. It is not recommended for consumption by children. It is banned in the following countries: Australia, Austria, Belgium, Canada, Denmark, Finland, France, Germany, Japan, Norway, Sweden, and the United States. Individuals that have aspirin sensitivity may have an allergic reaction to this coloring.

**Green #3 (Fast Green)** Green #3, also known as fast green, is a sea green dye used in foods, drugs and cosmetics (except in products which are used in the area around the eye). For example, it is used in mint-flavored jelly, frozen desserts, gelatin desserts, candy, confections, baked goods, and cereals. It has been a suspect as a sensitizer in allergic patients.



# Food Colorings

**Red #2 (Amaranth Red)** Red # 2, also known as amaranth red, is a dark reddish brown powder dye that when mixed with fluids turns bright red. It has been banned in the United States since January 1976, because it is suspected to cause cancer. It is still permitted for use in Canada and Europe. It is used as a dye for textiles, leather, wood, biological stains, and paper coatings. It may be found in cosmetics, cereals, maraschino cherries, and desserts made outside of the United States.

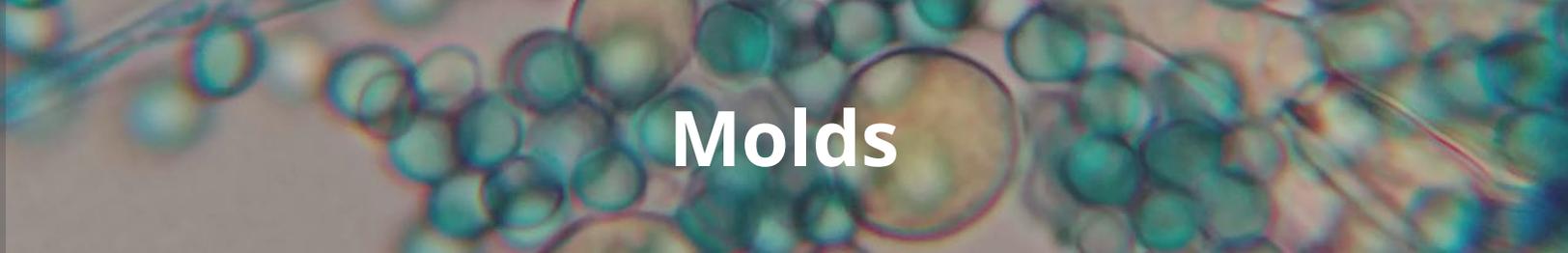
**Red #3 (Erythrosine)** Red #3, also known as erythrosine, is a cherry red coal tar-derivative. It may be in baked goods, candy, oral medication, maraschino cherries, toothpaste, ice cream, hot dogs, barbecue potato chips, cereals, bubble gum, and desserts. It has been determined to be a carcinogen and may contribute to breast cancer.

**Red #4 (Carmine)** Red # 4, also known as carmine red #4 , is a natural food color that creates a crimson color. It is made from a species of scaly female insects in Mexico and Central America. The bugs are dried and then used in red applesauce, confections, baked goods, yogurts, spices, meats, fruit drinks, and cosmetics. This can cause allergic reactions as well in certain individuals.

**Red #40 (Allura Red)** Red #40, also known as allura red, is a red dye that is a coal-tar derivative. It is approved for use in cosmetics, drugs, dairy products, baked goods, candy, and beverages. It is one of the most common food dyes in the United States. This can cause allergic reactions in some individuals.

**Yellow #5 (Tartrazine)** Yellow #5, also known as tartrazine, is a lemon yellow dye that is a coal-tar derivative. It can be found in prepared breakfast cereals, candy, desserts, cereals, dry drink powders, spaghetti, soft drinks, dairy products, drugs, cosmetics, hair rinses, hair-waving fluids, and bath salts. Tartrazine appears to cause the most allergic reactions of all the azo dyes, particularly for individuals with an aspirin sensitivities. It is used in about 60 percent of both over-the-counter and prescription medications.

**Yellow #6 (Sunset Yellow)** Yellow #6, also known as sunset yellow, is a coal-tar derivative that may be found in orange jelly, marzipan, apricot jam, citrus marmalade, lemon curd, sweets, hot chocolate mix, packet soups, trifle mix, bread crumbs, candy, cheese sauce mix, soft drinks, gelatin desserts, hair rinses, and cosmetics. It is not utilized in products that contain fats or oils. Because there is enough evidence that it can cause allergic reactions, its presence must be clearly labeled on alcoholic beverages.



# Molds

**Alternaria Alternata** Alternaria Alternata is an allergy causing fungus that is highly prevalent during the summer months. It is commonly found as airborne spores especially during dry and windy conditions. Indoors, it is most often found in damp conditions such as textiles, sewage, food, cardboard, and paper. It can cause allergic rhinitis and asthma.

**Aspergillus Fumigatus** Aspergillus Fumigatus is a spore forming mold that is commonly found indoors, in soil, and on plants. Considered to be allergenic, but fortunately, most healthy immune systems can handle A. Fumigatus, but those with compromised immune systems may experience Aspergillus Fumigatus caused illnesses.

**Botrytis Cinerea** Botrytis Cinerea is primarily an airborne fungus that attacks plants, vegetables and fruits. However, it can live in soil awaiting more favorable conditions. It can withstand a large range in temperatures but prefers cool temperatures with high humidity. It is always present, but environment should be controlled as much as possible to keep conditions unfavorable to multiply. It presents itself as a grey mold on plants.

**Candida Albicans** Candida Albicans is a fungus/yeast that is found naturally in the intestinal tract. Since C. Albicans is an opportunistic fungus, it will multiply if the good bacteria of the digestive tract is thrown out of balance. This causes candidiasis, thrush, and infection.

**Cephalosporium** Cephalosporium is a common mold that can be found in soil and decaying plants, but can also be found in damp conditions indoors such as carpet, walls, and even mattress dust. It can cause allergic rhinitis and asthma.

**Cladosporium Herbarum** Cladosporium Herbarum is one of the most widespread molds found on decaying plants but is more prevalent indoors in damp, acrylic painted walls, wallpaper, carpet, mattress dust, in HVAC systems, and food. It is an airborne spore that can survive in a wide range of temperatures. It can cause asthma, edema, and bronchospasm.

**Curvularia** Curvularia is a mold that grows well in tropical and subtropical conditions. It is commonly found in soil, plants, wallpaper, painted woods, floors, and mattress dust. If it is inhaled, it can cause allergic rhinitis. If there is access to the body through perforations it can cause infections, particularly in immunocompromised individuals.

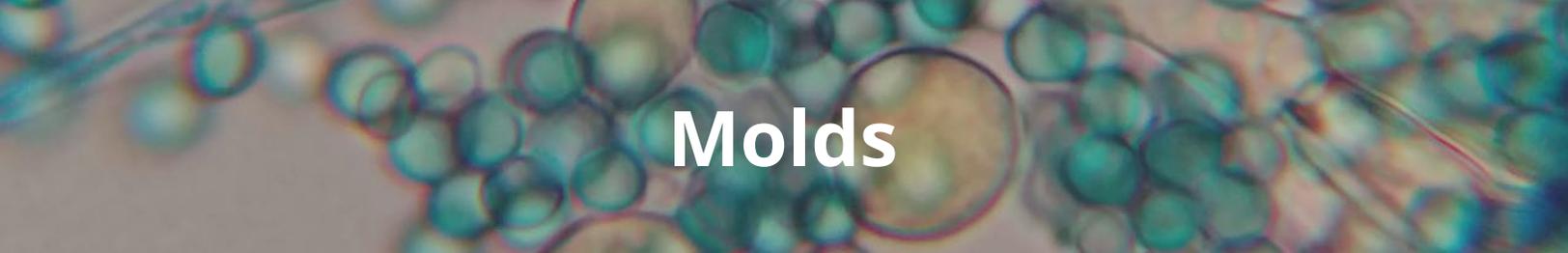
**Epicoccum Nigrum (Epicoccum Purpurascens)** Epicoccum Nigrum (Epicoccum Purpurascens) is a mold found worldwide as a secondary decomposer of plants, cereal grains (barley, oats, wheat, corn), textiles, and paper products. On plants, it appears as small black blisters. It can cause allergic rhinitis and asthma.

**Fusarium Oxysporum** Fusarium Oxysporum is a very common opportunistic fungus found in damp conditions such as plants and indoor humidifiers. It can lie dormant for up to 30 years making it a potentially devastating fungus for commercial crops as it blocks the plants vascular system through the roots. In humans it can cause fungal infections, especially in immunocompromised individuals. It is oftentimes resistant to antifungal treatments and can cause allergic symptoms and hemorrhagic syndrome which can be fatal.

**Geotrichum Candidum** Geotrichum Candidum is a widespread mold that can inhabit the soil, water, and air. It is very common to find it in food/juice that is spoiled, in polluted water, in carpet, and damp walls. Since it is airborne it poses inhalation health risks along with risks related to perforated skin, especially in people with compromised immune systems.

**Helminthosporium** Helminthosporium is a fungus that causes leaf blight (infection) on plants in humid regions and/or seasons. Plants will exhibit signs of tan or brown spots that appear on lower leaves and spread upwards.

**Hormodendrum (Cladosporium)** Hormodendrum (Cladosporium) spores are more common worldwide than any other mold spore and a leading cause of inhalation related allergies. This mold is very active in all temperatures but more active in temperate climates. It is found in decomposing plants, leather, rubber, cloth, paper and wood products. The spores are released after heavy rains and exposure is usually unexpected.



# Molds

**Monilia Sitophila** More commonly known as Neurospora, it produces red/orange bread mold in bakeries and on baking equipment. It can also help decompose burned organisms having the special ability to germinate after forest fires. It is most often used in research.

**Mucor Racemosus** A mold that is found all over the world and primarily grows in soil but it has also been found in mattress dust, soft fruits, cheeses, juices, plants, and grains. Also used in the manufacturing of "sufu", a fermented soybean product. Can cause allergic rhinitis in sensitive individuals along with asthma, although there is not a lot of research done on the effects of M. Racemosus.

**Penicillium Notatum** Penicillium Notatum, now known as Penicillium Chrysogenum, is the original source used for penicillin, the first antibiotic. It is a widespread mold that can survive in many conditions. It is primarily an indoor mold found in building walls, wall paper, floor, and upholstered furniture dust to name a few. It can trigger allergic reactions in sensitive individuals including asthma, edema, and bronchospasm.

**Phoma Herbarum** Phoma herbarum can be found both indoors and outdoors in soil, dead plant tissues, potatoes, moldy shower curtains, and walls. When present in wall paints, it produces pink or purple colored spots.

**Pullularia (Aureobasidium)** Pullularia (Aureobasidium) is a type of mildew that is associated with damp surroundings and is found indoors and outdoors. It is a soil and leaf fungus that grows on wet wood, flooring, carpet, in walls, on shower curtains, and even in humidifier water. It can grow in a range of temperatures and once it is dried out, it can become airborne. This commonly causes allergic rhinitis and triggers asthma.

**Rhizopus Stolonifer** Rhizopus Stolonifer is one of the most common occurring molds on foods, causing black bread mold and mold on fruits such as berries, tomatoes, eggplant, and sweet potatoes. The growth usually occurs post harvest and affects all kinds of fresh and moist foods. It is reported as allergenic.

**Rhodotorula Rubra** Rhodotorula Rubra, now called Rhodotorula mucilaginosa, is extremely common and found in the air, soil, water, plants, food, and even the household environment. It survives well in moisture and can cause infections in humans that have a compromised immune system. It grows very quickly and ranges from orange to coral in color. It has been reported to be allergenic.

**Spondylocladium** Spondylocladium, also called Helminthosporium solani, is the fungus known to cause silver scurf on potatoes. The fungus will look tan to grey on the potato and are more difficult to see on a russet potato. It occurs during harvest and continues to worsen during storage.

**Trichoderma** Trichoderma is an extremely common fungus found in soil and materials made with cellulose such as wood, textiles, cereals, and plants. It will typically invade plant roots and is also resistant to chemicals and fungicides. Indoors it can be found in mattress dust, wallpaper, carpet, and AC filters. It can be an opportunistic pathogen to humans, mostly infecting immunocompromised individuals.



# Environmental Chemicals

**Ammonium Chloride** Ammonium Chloride can be used as a dough conditioner or a yeast food in rolls, buns, and bread. It can be used in adhesives and sealant chemicals, agricultural chemicals, and in cattle and sheep feed to reduce urinary calculi.

**Chlorine** Chlorine is used in the food industry to bleach flour, clean drinking water, as an antimicrobial additive in poultry processing water, and may be used to wash fruits and vegetables. Additionally, it can be found in bleach and disinfectants in household cleaning products. It can induce pain, inflammation of mouth, throat, and stomach when inhaled. It can also cause confusion, delirium, respiratory tract irritations, pulmonary edema, skin eruptions, and vomiting.

**Deltamethrin** Deltamethrin is a man-made insecticide used outdoors on lawns and golf courses. Indoors it can be used as a spot or crack and crevice insecticide treatment. It can also be formulated into insecticide products in the form of aerosols sprays, dusts, wettable powders, and granules.

**Fluoride** Fluoride is commonly found in toothpaste, mouth washes, other dental products, and water to prevent tooth decay. It also may be used orally to prevent bone loss in people with Crohn's disease or rheumatoid arthritis or to help treat osteoporosis.

**Nickel Sulfate** Nickel sulfate is the salt of nickel naturally occurring in the Earth's crust. It can be found in jewelry, watches, eyeglasses, zippers, lighters, batteries, coins, keys, buckles, metal equipment, furniture, tools, washing machines, razors, scissors, paper clips, cooking utensils, silverware, and canned foods. It may cause allergic contact dermatitis and worsen areas of eczema. Although different foods contain nickel, reactivity to nickel within the Alcat Test does not necessarily require a complete elimination of all foods high in nickel. For example, if there is a moderate or severe reaction to nickel and high nickel foods were being consumed, it may be best to eliminate all the high nickel foods for three months or more or six months or more. However, if nickel is a mild reaction, limiting high nickel foods to two days per week may be sufficient. Individuals are encouraged to seek the advice of a professional providing nutrition guidance to clarify any restriction of nickel. Address the need to avoid the following: almond, oatmeal, buckwheat, cocoa, walnuts, peanuts, dark chocolate, green lentils, soybean, legumes, chickpeas, yellow peas, spinach, and canned foods. Lastly, it can also be used as a mineral supplement.

**Orris Root** Orris root is used in perfumery, as well as an ingredient in many brands of gin. It can also be found in chocolate, fruit, nuts, vanilla, chewing gum, gelatin desserts, baked goods, candy, ice cream, and cream flavoring for beverages as well. For some, orris root can cause allergic reactions.

# Antibiotics & Anti-Inflammatory Agents

**Acetaminophen (Tylenol)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Acetaminophen relieves pain and fever, but has less of an effect on pain caused by autoimmune diseases. Acetaminophen has very few side effects and is generally well tolerated. Adverse reactions can include: acute liver failure, drowsiness, lightheadedness, dizziness, sedation, shortness of breath, nausea, and vomiting.

**Amoxicillin** CATEGORY: Antibiotic | DESCRIPTION: Amoxicillin is used to treat *Helicobacter pylori*, ear, nose, and throat infections, genitourinary tract infections, skin and structure infections, and lower respiratory infections. People allergic to penicillin or cephalosporins should not use amoxicillin, or if the person has asthma, liver or kidney disease, mononucleosis, or blood clotting disorder. It may block the effects of oral contraceptives. Common side effects include skin rash, upset stomach, vomiting, and diarrhea.

**Ampicillin** CATEGORY: Antibiotic | DESCRIPTION: Ampicillin is a broad-spectrum antibiotic primarily used to treat genitourinary tract infections, gonorrhea, gastrointestinal infections, and respiratory tract infections. Adverse reactions can include: anemia, glossitis, nausea, vomiting, diarrhea, skin rash, stomatitis, urticaria, erythema, multiforme, agranulocytosis, eosinophilia, thrombocytopenia, leukopenia, and thrombocytopenic purpura. It may interfere with oral contraceptives and increase breakthrough bleeding as well.

**Aspirin (Acetylsalicylic Acid)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Aspirin, also known as Acetylsalicylic Acid, relieves pain, reduces fever, and is used as an anti-inflammatory. Possible side effects include GI tract bleeding, flatulence, drowsiness, tinnitus, hearing/vision impairment, dizziness, nausea, vomiting, and confusion.

**Diclofenac (Voltaren)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Diclofenac is an NSAID that is mainly used for arthritis, analgesia, to reduce inflammation, and chronic pain associated with cancer. Diclofenac is one of the better tolerated NSAIDs. Side effects can include abnormal renal function, dizziness, anemia, headaches, elevated liver enzymes, rashes, tinnitus, pruritus, and increased bleeding time.

**Diflunisal (Dolobid)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Diflunisal is a non-steroidal anti-inflammatory drug (NSAID) and is used to reduce pain, swelling, and joint stiffness caused by rheumatoid arthritis and osteoarthritis. It may cause heart attack and stroke. The risk may be greater if you already have heart problems or if you take diflunisal for an extended period of time. It also may cause an increased risk of serious and sometimes fatal stomach ulcers and bleeding.

**Gentamicin** CATEGORY: Antibiotic | DESCRIPTION: Gentamicin is an aminoglycoside antibiotic used to treat a wide variety of bacterial infections. Main applications of gentamicin include treatment for bacterial neonatal sepsis, bacterial septicemia, meningitis, urinary tract, GI tract, staphylococcal pneumonia, and to treat skin bone, and soft tissue infections caused by susceptible strains of microorganisms. It can also be used to treat life threatening infections from *Pseudomonas aeruginosa*. Side effects may include: peripheral neuropathy, headaches, fever, nausea, vomiting, hypertension, hypotension, encephalopathy, lethargy, respiratory depression, confusion, overall depression, visual disturbances, weight loss, rashes, and decreased appetite.

**Ibuprofen (Advil/Motrin)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Ibuprofen is an NSAID that is mainly used for the treatment of fever, mild to moderate pain from inflammation, headache, dental pain, menstrual cramps, and arthritis. It has analgesic, anti-inflammatory, and antipyretic properties. Side effects may include nausea, vomiting, headache, flatulence, dizziness, hemorrhage, and anemia.

**Indomethacin** CATEGORY: Anti-Inflammatory | DESCRIPTION: Indomethacin is a non-steroidal anti-inflammatory drug (NSAID) that is used to help with rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, bursitis, tendonitis, and acute gouty arthritis. Side effects may include dyspepsia, headache, dizziness, and nausea.

**Ketoprofen** CATEGORY: Anti-Inflammatory | DESCRIPTION: Ketoprofen is a non-steroidal anti-inflammatory drug (NSAID) with analgesic and antipyretic effects. It is used to treat mild to moderate pain. It can be helpful for those with osteoarthritis, rheumatoid arthritis, and primary dysmenorrhea. Side effects include nausea, abdominal pain, constipation, diarrhea, dyspepsia, headaches, flatulence, and CNS inhibition or excitation.

# Antibiotics & Anti-Inflammatory Agents

**Naproxen (Aleve)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Naproxen is a non-steroidal anti-inflammatory drug (NSAID) that is used to treat arthritis, headaches, dental pain, gout, swelling, inflammation, and menstrual cramps. It has an anti-inflammatory, anti-pyretic, and analgesic effect. Side effects can include heartburn, nausea and vomiting, and dizziness.

**Neomycin** CATEGORY: Antibiotic | DESCRIPTION: Neomycin is a broad-spectrum antibiotic belonging to the group of the aminoglycosides. It is used to reduce bacteria in the intestines as it kills sensitive bacteria by stopping the production of essential proteins the bacteria needs to survive. Allergic reactions to neomycin are common. Side effects include diarrhea and nausea.

**Nystatin** CATEGORY: Antifungal | DESCRIPTION: Nystatin is a polyene antifungal. It is used for the treatment of oral candidiasis, non-esophageal GI candidiasis, and intestinal candidiasis. Side effects may include: diarrhea, nausea, vomiting, oral irritation/sensitization, and GI upset/disturbances.

**Penicillamine** CATEGORY: Antibiotic | DESCRIPTION: Penicillamine is a chelating drug used to treat rheumatoid arthritis that does not respond to other treatments, Wilson disease, and cystinuria. Side effects include: abdominal pain, nausea and vomiting, loss of appetite, and diarrhea. Brand names include: Cuprimine and Depen.

**Penicillin** CATEGORY: Antibiotic | DESCRIPTION: Penicillin was the first antibiotic and discovered by Alexander Fleming in 1928. It is used for septicemia, meningitis, endocarditis, pericarditis, pneumonia, empyema, anthrax, cervicofacial disease, clostridial infection, diphtheria, arthritis, syphilis, Listeria infections, Pasteurella infections, fusospirochetosis, and haverhill fever/rat-bite fever. Side effects can include: Jarisch-Herxheimer reaction, phlebitis, allergic reactions, neutropenia, pseudomembranous colitis, neurotoxic reactions, electrolyte disturbances, congestive heart failure with high dosages, thrombophlebitis, renal tubular damage, nausea, and vomiting.

**Piroxicam (Feldene)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Piroxicam is a non-steroidal anti-inflammatory drug (NSAID) with analgesic, antipyretic and anti-inflammatory effects. It is used for rheumatoid arthritis and osteoarthritis. Side effects include edema, nausea, constipation, dizziness, headaches, diarrhea, flatulence, and rash.

**Streptomycin** CATEGORY: Antibiotic | DESCRIPTION: Streptomycin is an aminoglycoside antibiotic that is used to tuberculosis and infections caused by certain bacterias. Side effects can include rash and diarrhea.

**Sulfamethoxazole** CATEGORY: Antibiotic | DESCRIPTION: Sulfamethoxazole is an antibiotic used to treat traveler's diarrhea, urinary tract infections, acute bacterial exacerbation of chronic bronchitis, shigellosis, pneumonia, and acute otitis media. Common side effects can include: nausea, vomiting, loss of appetite, diarrhea, and skin problems.

**Sulindac (Clinoril)** CATEGORY: Anti-Inflammatory | DESCRIPTION: Sulindac is a non-steroidal anti-inflammatory drug (NSAID) used to reduce pain, swelling, and joint stiffness from rheumatoid arthritis, osteoarthritis, and ankylosing spondylitis. It may also be used to treat gout, bursitis, and tendonitis. Side effects include: constipation, diarrhea, dizziness, upset stomach, nausea, headache, gas, and heartburn.

**Tetracycline** CATEGORY: Antibiotic | DESCRIPTION: Tetracycline is a broad-spectrum antibiotic that can be used against many bacterial infections of the skin, respiratory tract, genitals, intestines, and lymph nodes. It can also be used to treat acne, syphilis, gonorrhea, chlamydia, Anthrax, Listeria, Clostridium, and Actinomyces. Side effects may include nausea, vomiting, diarrhea, upset stomach, loss of appetite, vaginal itching or discharge, swollen tongue, trouble swallowing, white patches or sores inside the mouth and lips, and sores or swelling in the rectal or genital areas. Brand names include: Ala-Tet, Panmycin, Sumycin, Tetracap, Tetracon, Robitet 500, and Emtet-500

# Functional Foods & Medicinal Herbs

**Açaí Berry** Açaí berries can be made into a juice or consumed raw. It comes from a palm tree found most prominently in the northern area of South America. Açaí berry juice may be added into beverages, ice cream, jelly, liquors, or used as a natural food dye. It may be helpful regarding hypercholesterolemia, weight loss, obesity, osteoarthritis, detoxing, anti-aging, metabolic syndrome, erectile dysfunction, or for overall health benefits. Other words that may indicate its presence include: Amazon Açaí, Amazon Açaí Berry, Açaí Fruit, Açaí Palm, Açaí Extract, Assai, or Assai Palm.

**Agave** Agave is a flowering succulent used to make many things including tequila. Agave syrup can be used as a sugar substitute. Additionally, agave may be used as a diuretic, and in some cases has been known to help with hair loss, indigestion, constipation, flatulence, used topically to heal bruises, and assist in inducing labor. Other words that may indicate its presence include: American Aloe, American Agave, Century Plant, Maguey, Pite, Spreading Century Plant, or Wild Century Plant.

**Alfalfa Leaf** Alfalfa Leaves are very high in chlorophyll. The leaves have many potential uses including: as a diuretic, to help with asthma, arthritis, osteoporosis, diabetes, indigestion, for kidney conditions, bladder conditions, prostate conditions, and may lower serum cholesterol levels. It is a natural maple, liquor, and cola flavoring additive that can be found in beverages as well as herbal teas. Other words that may indicate its presence include: Feuille de Luzerne, Grand Trèfle, Herbe aux Bisons, Herbe à Vaches, Lucerne, Luzerne, Medicago, Phytoestrogen, Phyto-oestrogène, Purple Medick, or Sanfoin.

**Aloe Vera** Aloe Vera is a South African plant leaf that has many uses. It can be used in bitters, spice flavorings for beverages, and vermouth. Additionally, it can be found in insect repellants, skin care products, shampoo, conditioner, and for treating sunburns. Aloe Vera juice and water are ways it may be ingested. Aloe Vera gel has many uses including the potential to help with the following: weight loss, diabetes, hepatitis, inflammatory bowel disease, osteoarthritis, ulcers, asthma, fever, itching, inflammation, acne treatment, general skin issues, herpes simplex virus, frostbite, wound healing, and for treating anal fissures. Other words that may indicate its presence include: Aloe Capensis, Aloe Gel, Aloe Latex, Aloe Vera Gel, Aloe Leaf Gel, Burn Plant, Barbados Aloe, Elephant's Gall, Indian Aloe, Plant of Immortality, or Lily of the Desert.

**American Ginseng** American Ginseng may be used as an adaptogen, diuretic, stimulant, and for stress management. It may also be used to help with those with anemia, diabetes, cancer-related fatigue, digestive disorders, insomnia, gastritis, erectile dysfunction, hangover symptoms, hypertension, HIV/AIDS, ADHD, and schizophrenia. It may be found in products that are touted as increasing energy levels such as energy drinks. Other words that may indicate its presence include: Anchi Ginseng, Ginseng Root, North American Ginseng, Canadian Ginseng, Occidental Ginseng, Wisconsin Ginseng, or Ontario Ginseng.

**Arnica** Arnica is an herb grown in alpine meadows in Europe, Central Asia, and Serbia. It is known for its anti-inflammatory benefits. It can be taken orally to potentially help with mouth and throat inflammation, or used topically to help with insect bites, bruises, aches, sprains, chapped lips, acne, myalgia, and osteoarthritis. If using topically, do not use it on open or bleeding wounds. It can also be found in beverages, desserts, candy, baked goods, gelatins, and puddings to add flavor. Arnica may also be found in hair tonics, antidandruff products, perfumes, and cosmetics. Other words that may indicate its presence include: Mountain Arnica, Leopard's Bane, Mountain Snuff, Mountain Tobacco, Wolf's Bane, Arnica Flower, or Arnica Montana.

**Ashwagandha** Ashwagandha is an herb that has a root and a berry. The root is what is utilized most often. In Sanskrit, the name means "the smell of a horse," which is not only because the root does have a distinctive smell, but also because it may have properties that increase strength and vigor "like a horse." It is known for possibly helping with stress reduction, fatigue, reproductive health, low libido, insomnia, hypothyroid, fibromyalgia, insulin resistance, asthma, arthritis, bipolar disorder, anxiety, ADHD, tumors, tuberculosis, hiccups and chronic liver disease. It may also be beneficial for menstrual disorders, bronchitis, improved cognitive functions, decreased inflammation, and Parkinson's disease. Ashwagandha can be used in capsule form as a supplement or may be found in herbal teas. Other words that may indicate its presence include: Ajagandha, Amangura, Amukkirag, Asan, Asana, Asgand, Asgandh, Asgandha, Ashagandha, Ashvagandha, Ashwaganda, Ashwanga, Asoda, Asundha, Asvagandha, Aswagandha, Avarada, Ayurvedic Ginseng, Cerise d'Hiver, Clustered Wintercherry, Ghoda Asoda, Ginseng Ayurvédique, Ginseng Indien, Hayahvaya, Indian Ginseng, Indian Winter Cherry, Kanaje Hindi, Kuthmithi, Ovale, Peyette, Samm Al Ferakh, Samm Al Rerakh, Sogade-Beru, Strychnos, Turangi-Ghanda, Vajigandha, Winter Cherry, or Withania.



# Functional Foods & Medicinal Herbs

**Astragalus** Astragalus is a shrubby legume native to Mongolia and northern China. It is believed to support and enhance the immune system and may be used for people with many conditions, including: angina, hypertension, hepatitis, fatigue, anemia, upper respiratory infections, allergic rhinitis, swine flu, lung cancer, fibromyalgia, prolapsed organs, weak limbs, breast cancer, renal failure, congestive heart failure, amenorrhea, weight loss, diabetes, and chemotherapy toxicity. Orally, astragalus may also be used as an antibacterial or antiviral. Other words that may indicate its presence include: Milk Vetch, Astragale, Astragali, Buck Qi, Chinese Astragalus, Ogi, Mongolian Milk, Radix Astragalus, Radix Astragali, or Membranous Milk Vetch.

**Barley Grass** Barley grass is a nourishing food containing essential amino acids, small amounts of calcium and iron, chlorophyll, flavonoids, vitamin B12, vitamin C, and many other minerals. It may be helpful in healing the stomach, duodenal, colon disorders, and pancreatitis. It has anti-inflammatory properties as well.

**Bee Pollen** Bee pollen is the pollen that collects on the legs and bodies of worker bees. As result, it can also include nectar and bee saliva. It may be used orally to help with many things such as: an appetite stimulant, improved stamina and athletic performance, general nutrition, premature aging prevention, PMS, hay fever, allergic rhinitis, mouth sores, painful urination, prostate issues, radiation sickness relief, obesity, relief of GI issues, and bleeding problems. It can also be used topically in personal care products such as lotions and diaper rash creams. Other words that may indicate its presence include: Bee Pollen Extract, Buckwheat Pollen, Extrait de Pollen d'Abeille, Honeybee Pollen, Honey Bee Pollen, Maize Pollen, Pine Pollen, Polen de Abeja, Pollen d'Abeille, Pollen d'Abeille de Miel, or Pollen de Sarrasin.

**Bilberry** Bilberry is a dark purple fruit that typically only grows in the wild because it is difficult to cultivate. It is a cousin to blueberries with many uses including the possibility to control diarrhea, improve circulation, nausea, vomiting, stomach cramps, hemorrhoids, overall GI issues, and bladder infections. It also has been shown to potentially improve vision, help with the treatment of varicose veins, atherosclerosis, venous insufficiencies, gout, angina, diabetes, fatigue, and kidney disease. It can be found in jams, pies, sorbets, tarts, liqueurs, and wines. Other words that may indicate its presence include: Airelle, Arándano, Bilberry Fruit, Bilberry Leaf, Black Whortles, Bleaberry, Brimbelle, Burren Myrtle, Dwarf Bilberry, Dyeberry, European Bilberry, Feuille de Myrtille, Fruit de Myrtille, Gueule Noire, Huckleberry, Hurtleberry, Mauret, Myrtille, Myrtille Européenne, Myrtilli Fructus, Raisin des Bois, Swedish Bilberry, Trackleberry, Whortleberry, or Wineberry.

**Black Cohosh** Black Cohosh is famous for its beneficial effects on women's health. This herb is said to provide relief from menstrual problems (including PMS) and may be a natural way to ease menopausal discomforts. It also has been shown to possibly help with the following: ease pain of aching joints, kidney support, diuretic, fatigue, fevers, sore throat, malaria, menstrual irregularities, arthritis, hot flashes, night sweats, and vaginal dryness. Other words that may indicate its presence include: Actée à Grappes, Actée à Grappes Noires, Actée Noire, Aristolochiaceae Noire, Baie d'actée, Baneberry, Black Aristolochiaceae, Black Snakeroot, Bugbane, Bugwort, Cimicaire à grappes, Cimicifuga, Cimicifuge, Cohosh Negro, Cohosh Noir, Cytise, Herbe aux Punaises, Macrotys, Phytoestrogen, Phytoestrogène, Racine de Serpent, Racine de Squaw, Racine Noire de Serpents, Rattle Root, Rattle Top, Rattlesnake Root, Rattleweed, Rhizoma Cimicifugae, Sheng Ma, Snakeroot, or Squaw Root.

**Black Walnut** Black Walnut has been a nutritious addition since ancient times from the Native American to Asian cultures. People may use black walnut as an anti-parasitic, diphtheria, leukemia, and syphilis. Topically it can be used as a gargle, hair dye, insecticide, and for wounds. The tannins in black walnuts possess an astringent effect, making its dermatological application useful for viral warts, eczema, acne, psoriasis, xerosis, and poison ivy. It is important to note, Black Walnut differs from English Walnut. Other words that may indicate its presence include: Carya, Green Black Walnut, Green Walnut, Jupiter's Nuts, Walnoot, or Walnut.

**Blessed Thistle** Blessed Thistle is an herb that may be used to help with loss of appetite, indigestion, as an anti-diarrheal, expectorant, antibiotic, diuretic, for promoting lactation, and for treating colds and fever. Topically, blessed thistle is used as a poultice for boils, wounds, and ulcers. In manufacturing, blessed thistle is used as a flavoring in alcoholic beverages. It is important to note, Blessed Thistle differs from Milk Thistle. Other words that may indicate its presence include: Carbenia Benedicta, Cardo Bendito, Cardo Santo, Carduus, Carduus Benedictus, Chardon Béni, Chardon Bénit, Chardon Marbré, Cnici Benedicti Herba, Cnicus, Holy Thistle, Safran Sauvage, St. Benedict Thistle, or Spotted Thistle.



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**Blue Cohosh** Blue Cohosh may be used to stimulate the uterus to induce labor, to induce menstruation, as an antispasmodic, for colic, sore throat, as a laxative, for cramps, hiccups, epilepsy, hysterics, rheumatic conditions, and inflammation of the uterus. The roasted seeds of blue cohosh can be used as a coffee substitute. It is important to note Blue Cohosh differs from Black Cohosh. Other words that may indicate its presence include: Actée à Grappes Bleu, Blue Ginseng, Caulophylle, Caulophylle Faux-Pigamon, Caulophyllum, Cohosh Azul, Cohosh Bleu, Graines à Chapelet, Léontice Faux-Pigamon, Papoose Root, Squaw Root, or Yellow Ginseng.

**Boswellia** Boswellia is a tree native to Northern Africa and the Middle East. Research has shown that Boswellia produces strong special anti-inflammatory compounds and also has been shown to have anti-cancer effects in some cases. Orally, Boswellia may be used for osteoarthritis, rheumatoid arthritis (RA), rheumatism, bursitis, and tendonitis, ulcerative colitis, collagenous colitis, Crohn's disease, abdominal pain, asthma, allergic rhinitis, sore throat, syphilis, painful menstruation, pimples, bruises, headache, diabetes, as a stimulant, respiratory antiseptic, diuretic, and for stimulating menstrual flow. Topically, boswellia may be used as a skin toner, to decrease wrinkles, and to reduce radiation-induced skin toxicity. In manufacturing, boswellia resin oil and extracts are used in soaps, cosmetics, foods, and beverages. Other words that may indicate its presence include: Boswella, Boswellie, Boswellin, Boswellin Serrata Resin, Encens Indien, Franquincienso, Gajabhakshya, Indian Frankincense, Indian Olibanum, Oliban Indien, Olibanum, Resina Boswelliae, Salai Guggal, Salai Guggul, Sallaki Guggul, Shallaki, or Ru Xiang.

**Buchu Leaf** Buchu Leaf is best known as a remedy for urinary disorders. It has been used as a urinary tract disinfectant in cystitis, benign prostatic hyperplasia (BPH), acute cystitis, urethritis, prostatitis, venereal diseases, and kidney infections. In manufacturing, the oil from buchu may be used to give a fruit flavor to foods. Other words that may indicate its presence include: Barosmae Folium, Buccu, Bucku, Bukku, Diosma, Round Buchu, Bookoo, Bucco, or Short Buchu.

**Bupleurum** Bupleurum is used in Chinese herbal formulas for treating thrombocytopenic purpura and in Japanese herbal formulas for various chronic liver diseases like hepatitis. Orally, Bupleurum may be used for fever, the flu, swine flu, the common cold, cough, fatigue, headaches, tinnitus, liver disorders, for premenstrual syndrome (PMS), dysmenorrhea, depression, anorexia, cancer, pneumonia, malaria, angina, epilepsy, pain, muscle cramps, rheumatism, asthma, bronchitis, indigestion, ulcers, hemorrhoids, diarrhea, constipation, insomnia, and hyperlipidemia. Other words that may indicate its presence include: Bei Chai Hu, Bupleuri, Bupleurum Chinese, Chai Hu, Chi Hu, Chinese Bupleurum, Chinese Thoroughwax, Hare's Ear Root, Radix Bupleuri, Saiko, Shrubby Hare's-Ear, Sickle-leaf Hare's-ear, or Thoroughwax.

**Burdock** Burdock has many possible uses including: as a diuretic, blood purifier, antimicrobial, an antipyretic, to treat anorexia nervosa, gastrointestinal complaints, rheumatism, gout, cystitis, syphilitic disorders, hypertension, arteriosclerosis, hepatitis, colds, catarrh, cancers, and as an aphrodisiac. Topically, burdock is used for dry skin, acne, psoriasis, and eczema. The root of burdock can be consumed as a food. Other words that can indicate its presence include: Arctium, Bardana, Bardana-minor, Bardanae Radix, Bardane, Bardane Comestible, Beggar's Buttons, Burdock Root Extract, Burr Seed, Clotbur, Cocklebur, Cockle Buttons, Edible Burdock, Fox's Clote, Gobo, Glouteron, Grande Bardane, Great Bur, Great Burdocks, Happy Major, Hardock, Harebur, Lappa, Love Leaves, Niu Bang Zi, Personata, Philanthropium, Rhubarbe du Diable, or Thorny Burr.

**Butcher's Broom Root** Butcher's Broom may be used for hemorrhoids, gallstones, atherosclerosis, as a laxative, diuretic, an anti-inflammatory, to facilitate the healing of fractures, and for symptoms of chronic venous insufficiency such as pain, heaviness, leg cramps, leg edema, varicose veins, peripheral vascular disease, itching, and swelling. Rhizome shoots from the plant can be consumed as a food and is prepared like asparagus. Other words that may indicate its presence include: Balai du Boucher, Box Holly, Fragon, Hare's Apple, Houx Frelon, Jew's Myrtle, Knee Holly, Kneeholm, Mouse Stinger, Petit Houx, Pettigree, Sweet Broom, Rusci Aculeati Rhizoma, or Rusco. It is important to note Butcher's Broom differs from Scotch Broom or Spanish Broom.



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**Calendula** Calendula flower may be used as an antispasmodic, to induce menstrual periods, to reduce fever, for treating cancer, and for inflammation of oral and pharyngeal mucosa. Calendula has also been used orally for gastric and duodenal ulcers and dysmenorrhea. Topically, calendula is used as an anti-inflammatory, for poorly healing wounds, leg ulcers, nosebleeds, varicose veins, hemorrhoids, proctitis, and conjunctivitis. Other words that may indicate its presence include: Caléndula, Calendule, English Garden Marigold, Fleur de Calendule or Tous les Mois, Garden Marigold, Gold-Bloom, Holligold, Marigold, Marybud, Pot Marigold, Souci Officinal, or Zergul.

**Cascara** Cascara may be used for constipation, gallstones, as a laxative, with certain cancers, for liver ailments, or as a bitter tonic. In manufacturing, an extract of cascara can be used as a flavoring agent in foods or in the processing of some sunscreens. Other words that may indicate its presence include: Aulne Noir, Bitter Bark, Buckthorn, California Buckthorn, Cáscara, Cascara Sagrada, Chittem Bark, Dogwood Bark, Nerprun, Pastel Bourd, Purshiana Bark, Rhamni Purshianae Cortex, Sacred Bark, Sagrada Bark, or Yellow Bark.

**Cat's Claw** Cat's claw has been used primarily as an immune stimulant as it can be used for viral infections including human papilloma virus (HPV), herpes zoster, herpes simplex, and human immunodeficiency virus (HIV). It may also be used for diverticulitis, peptic ulcers, colitis, gastritis, dysentery, hemorrhoids, parasites, leaky bowel syndrome, chronic fatigue syndrome, wound healing, osteoarthritis, rheumatoid arthritis, asthma, allergic rhinitis, glioblastoma, urinary tract cancers, Alzheimer's disease, gonorrhea, birth control, to cleanse the kidney, and bone pains. Other words that may indicate its presence include: Griffes Du Chat, Life-Giving Vine of Peru, or Samento. It is important to note, Cat's Claw differs from Cat's Foot.

**Catuaba** Catuaba is known to be used as an aphrodisiac, for male sexual impotency, insomnia related to hypertension, agitation, exhaustion, fatigue, neurasthenia, poor memory, forgetfulness, as a tonic, and for skin cancer. Other words that may indicate its presence include: Caramuru, Catuaba Casca, Chuchuhuasha, Golden Trumpet, Piratancara, or Tatuaba.

**Chaparral Root** Chaparral has many uses, including for cancer, arthritis, venereal diseases, tuberculosis, bowel cramps, colds, chronic cutaneous disorders, weight loss, detoxification, as a tonic, anti parasitic, anti flatulent, for genitourinary infections, respiratory tract infections, musculoskeletal inflammation, skin diseases, gastrointestinal conditions, central nervous system conditions, helps manage pain from snakebites, and chickenpox. Other words that may indicate its presence include: Creosote Bush, Créosotier, Greasewood, Hediondilla, Jarilla, or Larreastat.

**Chasteberry** Chasteberry is most commonly used as a "women's herb" to help with menstrual irregularities, menopause and for premenstrual syndrome (PMS). It can also be used for the treatment of female infertility, preventing miscarriage in individuals with progesterone insufficiency, controlling postpartum bleeding, aiding in expulsion of the placenta, increasing lactation, treating fibrocystic breasts, promoting urination, treating benign prostatic hyperplasia, acne, reducing sexual desires, eye pain, insomnia, nervousness, dementia, rheumatic conditions, colds, dyspepsia, spleen disorders, headaches, migraine, body inflammation, fractures, and swelling. It may also be used as an anthelmintic for insect bites and stings. Other words that may indicate its presence include: Vitex, Vitex Agnus Castus, Agni Casti, Agnocasto, Agnolyt, Agnus-Castus, Chaste Berry, Chaste Tree, Chaste Tree Berry, Chasteberry, Chastetree, Chinese Vitex, Gattilier, Hemp Tree, Monk's Pepper, Petit Poivre, Pimiento del Monje, Poivre de Moine, or Viticis Fructus.

**Chlorella** Chlorella is often used as a supplement due to its potent content of beneficial nutrients, including protein, nucleic acids, fiber, vitamins, and minerals. Chlorella may also be used to boost immune function, for cancer prevention, to protect the body from toxic metals such as lead and mercury, to slow down the aging process, to protect the body from the effects of radiation, improve response to flu vaccine, increase white blood cell counts, cold prevention, to increase beneficial flora in the gastrointestinal tract, to aid in the treatment of ulcers, colitis, Crohn's disease, diverticulosis, stress-induced ulcer prevention, bad breath, hypertension management, reduce serum cholesterol, detoxify the body, improved energy, constipation treatment, bad breath, PMS relief, fibromyalgia, mental health improvements, and asthma attack reduction. Topically it can be used to treat ulcers, postirradiation dermatitis, trichomoniasis and vulval leukoplakias. Other words that indicate its presence include: Bulgarian Chlorella, Bulgarian Green Algae, Chinese Chlorella, Chlorella Algae, Chlorelle, Clorela, Freshwater Green Algae, Freshwater Seaweed, Green Alga, Green Algae, Japanese Chlorella, or Seaweed.



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**Chondroitin** Chondroitin occurs naturally in the body. It is a major component of cartilage, which is the connective tissue that cushions the joints. Chondroitin supplements are often recommended help in the management of osteoarthritis. Chondroitin sulfate may be used for HIV/AIDS, ischemic heart disease, myocardial infarction, osteoporosis, GERD, hyperlipidemia, exercise-induced muscle soreness, interstitial cystitis, Kashin-Beck disease, plaque psoriasis, for treating iron-deficiency anemia. Chondroitin sulfate may be used for dry eyes, as a viscoelastic agent in cataract surgery, and as a medium for preservation of corneas used for transplantation. Other words that may include its presence includes: Calcium Chondroitin Sulfate, CDS, Chondroitin Polysulfate, Chondroitin Sodium Sulfate, Chondroitin Sulphate, Chondroitine, Chondroitine Sulfate A/B/C, Chondroitine 4-Sulfate, Condroitin, CPS, CS, CSA, CSC, GAG, Galactosaminoglucuronoglycan Sulfate, or Shark Chondroitin Sulphate.

**Cnidium Monnieri** Cnidium Monnieri may be used for increasing libido and sexual performance. It has also been used to aid with erectile dysfunction, infertility, bodybuilding, increasing energy, cancer, osteoporosis, and in the treatment of fungal and bacterial infections. Topically it can be used for rashes, eczema, pruritus, and ringworm. The fruit, seed, and whole plant all have applicable uses. Other words that may indicate its presence include: Cnidii Monnieri Fructus, Cnidii Rhizoma, Cnidium Extract, Cnidium Fruit/Fruit Extract, Cnidium Monnier, Cnidium Monnieri Fructus, Cnidium Seeds, Fruit de Cnidium, Graines de Cnidium, Monnier's Snowparsley, or She Chuang.

**Cramp Bark** Cramp Bark is a Native American plant known to be a smooth muscle and skeletal relaxant. It is often used to relieve menstrual cramps, cramps during pregnancy, and muscle spasms. It may also be used for spasmodic urinary conditions, uteritis, diuretic, emetic, purgative, sedative, cancer, hysteria, infection, nervous disorders, and scurvy. Other words that may indicate its presence include: Common Guelder-Rose, Cranberry Bush, European Cranberry-Bush, Guelder Rose, Guelder-Rose, High Bush Cranberry, Obier, Snowball Bush, Viburno Opulus, Viorne Aquatique, Viorne Aubier, Viorne Obier, or Viorne Trilobée.

**Damiana** Damiana is a wild shrub existing in Mexico, Central America, and the West Indies. Historically and currently it is used as an aphrodisiac. It has other potential uses, including for headaches, bedwetting, as an antidepressant, nervous dyspepsia, laxative, treatment of sexual disturbances, for strength and stimulation when being overworked, and boosting and maintaining mental and physical capacities. If Damiana is inhaled, some people experience a slight "high." Other words that may indicate its presence include: Damiana Aphrodisiaca, Damiana Herb, Damiana Leaf, Damiane, Feuille de Damiane, Mexican Damiana, Mizibcoc, Old Woman's Broom, Oreganillo, Thé Bourrique, or Turnerae Diffusae Folium/Herba.

**Dandelion Root** Dandelion Root is known to be a digestive and circulatory tonic. It is also used with tonsillitis, heart failure, loss of appetite, diuretic, gallstones, liver support, digestive stimulation, joint pain, muscle aches, eczema, bruises, to treat viral infections, some types of cancer, and UTIs. Dandelion root can be used as a coffee substitute. Other words the may indicate its presence include: Blowball, Cankerwort, Cochet, Common Dandelion, Dandelion Extract, Dent-de-Lion, Diente de Leon, Dudal, Endive Sauvage, Fausse Chicorée, Florion d'Or, Lion's Teeth, Lion's Tooth, Pissenlit, Priest's Crown, Pu Gong Ying, Salade de Taupe, Swine Snout, Taraxaci Herba, Taraxacum, Tête de Moine, or Wild Endive.

**Deer Antler Velvet** Deer Antler Velvet, also known as Deer Velvet, is used as an aphrodisiac, to boost strength and endurance, for muscle aches/pains, to increase mental clarity, treat sexual dysfunction, to boost estrogen and testosterone levels, stress management, improve immune system, improve fertility, for menstrual and menopause problems, to reduce cholesterol and high blood pressure, for liver and kidney disorders, to protect the liver from toxins, for migraines, asthma, indigestion, osteoporosis, impotence, help with cold extremities, soreness/weakness in the lower back and knee, leukorrhea, uterine bleeding, chronic skin ulcers, and acne. It also has anti-cancer and anti-inflammatory properties and can be used as a tonic for children with learning disabilities, failure to thrive, insufficient growth, and mental retardation. Other words that may indicate its presence include: Andouiller de Cerf, Bois de Cerf, Bois de Chevreuil, Bois de Velours, Bois de Wapiti, Cornu Cervi Parvum, Deer Antler, Elk Antler, Elk Antler Velvet, Horns of Gold, Lu Rong, Nokyong, Rokujo, Velours de Cerf, Velvet Antler, Velvet Deer Antler, Velvet of Young Deer Horn.



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**Dong Quai** Dong Quai is known to support women's reproductive health by addressing conditions like dysmenorrhea, infertility, premenstrual syndrome (PMS), and menopausal symptoms. It is also used as a circulatory tonic, to help with migraines, hypertension, rheumatism, ulcers, anemia, treatment of skin depigmentation, psoriasis, prevention and treatment of allergic attacks, and constipation. It can be used intravenously for pulmonary hypertension, coronary heart disease, and ischemic stroke. Topically, it can be included in a mix of other items for treating premature ejaculation. Other words that may indicate its presence includes: Angelica China, Angelicae Gigantis Radix, Angélique Chinoise, Angélique de Chine, Chinese Angelica, Dang Gui, Danggui, Danguia, Don Quai, Kinesisk Kvan, Ligustilides, Phytoestrogen, Radix Angelicae Gigantis, Radix Angelicae Sinensis, Tan Kue Bai Zhi, Tang Kuei, Tanggwi, Toki.

**Echinacea (Angustifolia)** Echinacea is best known to boost immunity. It can help with the treatment and prevention of the common cold, the flu, and other upper respiratory infections. It is also used for fighting against other infections such as: otitis media, UTIs, vaginal candidiasis, herpes simplex virus, human papilloma virus, HIV/AIDS, septicemia, tonsillitis, streptococcus infections, syphilis, typhoid, malaria, swine flu, diphtheria, and warts. Echinacea can be used topically for boils, skin wounds, skin ulcers, gingivitis, abscesses, UV radiation-induced skin damage, herpes simplex, Candida infections, eczema, bee stings, snake bites, mosquito bites, hemorrhoids, and psoriasis. Other words that may indicate its presence include: American Cone Flower, Black Sampson, Black Susans, Brauneria Angustifolia/Pallida, Comb Flower, Coneflower, Echinaceawurzel, Échinacée, Equinácea, Fleur À Hérisson, Hedgehog, Igelkopfwurzel, Indian Head, Kansas Snakeroot, Narrow-leaved Purple Cone Flower, Pale Coneflower, Purple Cone Flower, Purpursonnenhutkraut, Purpursonnenhutwurzel, Red Sunflower, Rock-Up-Hat, Roter Sonnenhut, Rudbeckie Pourpre, Schmallblaettrige, Scurvy Root, Snakeroot, Sonnenhutwurzel.

**Elderberry (Sambucus nigra)** Elderberry is native to North America, Europe, and Northern Africa. It is best known for its immune function benefits such as fighting colds, influenza, and swine flu. Other potential uses include helping with: cardiovascular disease, hyperlipidemia, headache, toothache, diuretic, laxative, HIV/AIDS, chronic fatigue syndrome, allergic rhinitis, sinusitis, sciatica, neuralgia, cancer, and a mild diaphoretic. In foods, elderberry can be used in pies, jams, wines, and used as an overall food flavoring. Topically, it may be used for gingivitis. Other words that may indicate its presence include: Arbre de Judas, Baccae, Baises de Sureau, Black-Berried Alder, Black Elder, Black Elderberry, Boor Tree, Bountry, Common Elder, Elder, Elder Berry, Elderberries, Elderberry Fruit, Ellanwood, Ellhorn, European Alder, European Black Elder, European Black Elderberry, European Elderberry, European Elder Fruit, European Elderberry, Fruit de Sureau, Grand Sureau, Hautbois, Holunderbeeren, Sabugeuiro-negro, Sambequier, Sambu, Sambuc, Sambuci Sambucus, Sambugo, Sauco, Saúco Europeo, Schwarzer Holunder, Sureau, Sureau, Sus, Suseau, or Sussier. It is important to note Elderberry differs from Elderflower, American Elder, and Dwarf Elder.

**Essiac** Essiac is a Native American formula rediscovered by Canadian cancer nurse Rene Caisse. It is a mixture of burdock root, sheep sorrel, slippery elm, and Indian rhubarb root and is consumed as supplement or a tea. Essiac is most notably known as an anti-cancer treatment, because it said to enable the body to effectively remove toxins and wastes which allows for cell renewal and revitalized health. Other uses for Essiac include: gastrointestinal disorders, diabetes, and AIDS.

**Evening Primrose** Evening Primrose oil is used as a dietary source of the essential fatty acid, GLA. It is commonly used to help with premenstrual symptoms, endometriosis, and hot flashes due to menopause. It may also help with the treatment of skin conditions like: atopic dermatitis, psoriasis, acne, and ichthyosis, heart disease, lowering cholesterol, arthritis, osteopenia, osteoporosis, Raynaud's syndrome, multiple sclerosis, Sjogren's syndrome, liver cancer, hepatitis B, dyspraxia, dyslexia, intermittent claudication, alcoholism, tardive dyskinesia, Alzheimer's disease, schizophrenia, chronic fatigue syndrome, asthma, diabetic neuropathy, ADHD, obesity, and gastrointestinal disorders. Other words that may indicate its presence include: Aceite de Onagra, Cis-Linoleic Acid, EPO, Evening Primrose Oil, Evening Primrose Seed Oil, Evening Star, Fever Plant, Herbe-aux-ânes, Huile de Graines d'Onagre, Huile de Primerose, Huile de Primevère Vespérale, Jambon de Jardinier/Paysan, King's Cureall, Mâche Rouge, Night Willow-Herb, Oil of Evening Primrose, Onagraire, Onagre Bisannuelle, Onagre Commune, Primevère du Soir, Primrose, Primrose Oil, Scabish, Scurvish, Sun Drop, or Tree Primrose.

**False Unicorn** False Unicorn is known to be one of the best tonics for the female reproductive system. It is used for ovarian cysts, menstrual problems, menopause, threatened miscarriage, nausea/vomiting from pregnancy, infertility, and balancing hormones after contraceptive use. It can also be used as a diuretic or to help rid the intestines of worms. Other words that may indicate its presence include: Blazing Star, Chamaelire Doré, Fairywand, Fausse Licorne, Helonias, Plante Étoilée, or Starwort.



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**Feverfew** Feverfew is most commonly used for headaches and prevention of migraines. It also helps lower fever, menstrual irregularities, arthritis, allergies, asthma, vertigo, tinnitus, psoriasis, nausea, vomiting, flatulence, dyspepsia, infertility, anemia, anti-cancer effects, liver disease, and orthopedic disorders. Other words that may indicate its presence include: Altamisa, Bachelor's Buttons, Chrysanthème Matricaire, Featerfoiul, Featherfew, Featherfoil, Flirtwort Midsummer Daisy, Grande Camomille, Matricaria, Partenelle, Pyrèthre Doré/Mousse, Santa Maria, Tanaceti Parthenii, or Tanaïs Commune.

**Fo-Ti Root** Fo-Ti Root is a Chinese herb used for treating lymph node tuberculosis, prostatitis, constipation, and as a liver, kidney, and circulatory tonic. Fo-ti has also been used for hyperlipidemia, insomnia, hair loss, tinnitus associated dizziness, and to strengthen muscles, tendons, and bones. Fo-ti extract may be found in hair and skin products. Other words that may indicate its presence include: Chinese Cornbind, Chinese Knotweed, Climbing Knotweed, Flowery Knotweed, Fo Ti Tieng, Fo-Ti-Tient, He Shou Wu, Ho Shou Wu, Multiflora Preparata, Poligonum, Poligonum Multiflorum, Polygonum, Polygonum Multiflorum Thunberg, Racine de Renouée Multiflore, Radix Polygoni Multiflori, Radix Polygoni Shen Min, Renouée, Rhizoma Polygonata, Shen Min, Shou Wu, Shou Wu Pian, Shou-Wu-Pian, Tuber Fleeceflower, Zhihe Shou Wu, or Zi Shou Wu.

**Ginkgo Biloba** Ginkgo Biloba is one of the longest living tree species in the world. It is best known for its use to improve memory. As result, it is oftentimes used for dementia and Alzheimer's. Other potential uses include: vertigo, mood disturbances, hearing disorders, circulatory tonic, macular degeneration, ADHD, autism, diabetic retinopathy, PMS, chronic fatigue syndrome, and lowering cholesterol. Other words that may indicate its presence include: Abricot Argenté Japonais, Adiantifolia, Arbe aux Écus, Arbe du Ciel, Arbre Fossile, Bai Guo Ye, Baiguo, Extrait de Feuille de Ginkgo, Fossil Tree, Ginkgo Biloba Leaf, Ginkgo Folium, Graine de Ginkgo, Japanese Silver Apricot, Kew Tree, Maidenhair Tree, Noyer du Japon, Pei Go Su Ye, Salisburia Adiantifolia, Yen Xing, or Yinhsing.

**Glucosamine** Glucosamine (glucosamine hydrochloride) is a natural compound found in healthy cartilage, thus used for osteoarthritis, rheumatoid arthritis, and joint pain. It has also been used to help with glaucoma and temporomandibular disorder. Glucosamine supplements are derived from the exoskeletons of shrimp, lobster, and crabs, and so it is important to avoid among those with shellfish allergies. It is important to note Glucosamine differs from Glucosamine sulfate and N-acetyl glucosamine. Other words that may indicate its presence include: 2-Amino-2-Deoxy-D-Glucosehydrochloride, 2-Amino-2-Deoxy-Beta-D-Glucopyranose Hydrochloride, Amino Monosaccharide, Chitosamine Hydrochloride, Chlorhidrato de Glucosamina, Chlorhydrate de Glucosamine, D-Glucosamine HCl, D-Glucosamine Hydrochloride, Glucosamine, Glucosamine HCl, Glucosamine KCl, or Glucosamine-6-Phosphate.

**Goji Berry** Goji berry is a circulatory, liver, kidney, and eye tonic. It is used for diabetes, hypertension, fever, malaria, cancer, and to strengthen muscles and bone. Goji berries can be eaten raw or used in cooking. Other words that may indicate its presence include: Baie de Goji, Barberry Matrimony Vine, Chinese Boxthorn, Chinese Wolfberry, Di Gu Pi, Duke of Argyll's Teaplant/Teatree, Fructus Lycii Chinensis, Fructus Lycii, Fruit de Lycium, Goji de l'Himalaya, Goji Juice, Gou Qi Zi, Gouqizi, Himalayan Goji, Jus de Goji, Kuko, Licium Barbarum, Lyciet Commun/de Barbarie/de Chine, Lycii Berries, Lycii Chinensis, Lycii Fructus/ Fruit, Lycium Fruit, Matrimony Vine, Ning Xia Gou Qi, or Wolfberry.

**Goldenseal** Goldenseal is best know as an immune enhancer helping with the common cold and other upper respiratory infections. It also has antimicrobial, antibacterial, and antiinflammatory properties and so it is oftentimes used to alleviate skin conditions or used as a mouthwash to alleviate sore gums. Other words that may indicate its presence include: Chinese Goldenseal, Eye Balm, Eye Root, Goldenroot, Goldsiegel, Ground Raspberry, Hydraste, Hydraste du Canada, Indian Dye/Plant/Turmeric, Jaundice Root, Orange Root, Racine Orange, Sello de Oro, Turmeric Root, Warnera, Wild Curcuma, Yellow Indian Paint, Yellow Paint, Yellow Puccoon, or Yellow Root.

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**Gotu Kola** Gotu Kola is a commonly used herb in Chinese and Ayurvedic medicine. Its main use is for fatigue, anxiety, depression, improving memory, and cognitive function. It is also used for GI issues, atherosclerosis, venous insufficiencies, UTI's, tuberculosis, shingles, and the common cold. Topically it is used for wound healing, stretch marks, keloids, and reducing scars. Other words that may indicate its presence include: Brahma-Buti, Brahma-Manduki, Brahmi, Centella, Centella Asiática/Asiatique, Centellase, Divya, Hydrocotyle, Hydrocotyle Asiatique, Hydrocotyle Indien, Indischer Wassernabel, Idrocotyle, Indian Pennywort, Indian Water Navelwort, Ji Xue Cao, Khulakhudi, Luei Gong Gen, Luo De Da, Madecassol, Mandukaparni, Manduk Parani, Mandukig, Marsh Penny, TECA, TTFCA, Talepetrako, Thick-Leaved Pennywort, Tsubo-kusa, Tungchian, or White Rot.

**Grape Seed Extract** Grape Seed Extract has antioxidant, anti-aging, and anti-cancer benefits. It is oftentimes used for the prevention of cardiovascular disease, hypertension, varicose veins, hemorrhoids. Grape seed is used for diabetes complications such as neuropathy or retinopathy. It also helps prevent dental caries. Other words that may indicate its presence include: Activin, Black Grape Raisins, Calzin, Concord Grape, Draksha, Enocianina, European Wine Grape, Extrait de Feuille de Raisin/de Vigne Rouge/de Peau de Raisin/de Pepins de Raisin, Flame Grape/Raisins, Folia Vitis Viniferae, Grape Leaf, Grape Leaf Extract, Grape Seed, Grape Seed Oil, Grape Skin, Grape Skin Extract, Grapeseed, Huile de Pépins de Raisin, Kali Draksha, Leucoanthocyanin, Muscat, Muskat, Oligomères Procyanidoliques, Oligomeric Proanthocyanidins, Oligomeric Procyanidins, OPC, PCO, Peau de Raisin, Pépin de Raisin, Proanthocyanidines Oligomériques, Proanthodyn, Proanthodyne, Procyanidines Oligomériques, Procyanidolic Oligomers, Raisin Blanc, Raisin de Table, Raisin de Vigne, Raisins, Raisins Noirs, Red Malaga, Red Vine Leaf AS 195, Red Vine Leaf Extract, Sultanas, or Uva.

**Guarana Seed** Guarana is named for the Guarani tribe in the Amazon, who used the seeds to brew a drink. Guarana seed is known to be a general tonic, stimulant, and intestinal cleanser. It also can potentially increase mental alertness, improve stamina, and endurance, thus reducing fatigue. Because of these benefits, Guarana is oftentimes found in energy and weight loss promoting products. It may be used for headaches, hypotension, UTI's, diarrhea, as an antimalarial, or as an aphrodisiac. Other words that may indicate its presence include: Brazilian Cocoa, Cacao Brésilien, Guarana Seed Extract, Guaranine, or Zoom.

**Gymnema Sylvestre** Gymnema Sylvestre may be used for diabetes, metabolic syndrome, weight loss, and cough. Other conditions that it may be used for include as a snake bite antidote, antimalarial, digestive stimulant, laxative, appetite suppressant, and diuretic. Other words that may indicate its presence include: Gemnema Melicida, Gimnema, Gur-Mar, Gurmari, Gurmarbooti, Gymnéma, Madhunashini, Merasingi, Meshasring, Meshashringi, Miracle Plant, Periploca of the Woods, Shardunika, or Vishani.

**Hawthorn Berry** Hawthorn Berry may be useful for cardiovascular and circulatory disorders, anemia, high cholesterol, lowered immunity, as a sedative, anxiolytic, antispasmodic, astringent, and diuretic. It also has been useful as an anti-parasitic and the treatment of gastrointestinal conditions. Other words that may indicate its presence includes: Aubépine, Bianco Spino, Bois de Mai, Cenellier, Chinese Hawthorn, Crataegi Flos, Crataegi Folium, Crataegi Folium Cum Flore, Crataegi Fructus, Crataegus, English Hawthorn, Epine Blanche, Epine de Mai, Espino Blanco, Fructus Crataegi, Haagdorn, Hagedorn, Harthorne, Haw, Hedgethorn, LI 132, LI132, Maybush, Maythorn, Mehlbeebaum, Meidorn, Nan Shanzha, Noble Épine, Shen Zha, Oneseed Hawthorn, Poire d'Oiseaux, Sable Épine, Shanzha, Weissdorn, Whitehorn, or WS 1442.

**Horny Goat Weed** Horny Goat Weed has been used in China for thousands of years as a powerful aphrodisiac. Orally, it is commonly used for impotence, involuntary ejaculation, sexual dysfunction, osteoarthritis, mental and physical fatigue, memory loss, hypertension, coronary heart disease, bronchitis, chronic hepatitis, HIV/AIDS, and chronic leukopenia. Horny Goat Weed also has antimicrobial effects, so it may be found in some personal care products. Other words that may indicate its presence include: Barrenwort, Épimède, Epimedium, Epimedium Grandiflorum Radix, Herba Epimedii, Herbe Cornée de Chèvre, Hierba de Cabra en Celo, Xian Ling Pi, or Yin Yang Huo.

**Horse Chestnut** Horse Chestnut protects against damage to the vascular system as it makes capillary walls less porous. It also protects against UV radiation, reduces excess tissue fluid, is good for varicose veins, and easing nighttime muscle spasms. Other words that may indicate its presence include: Aescin, Buckeye, Castaño de Indias, Châtaignier de Mer/des Chevaux, Chestnut, Escine, Faux-Châtaignier, Hippocastani Cortex, Hippocastani Flos, Hippocastani Folium, Hippocastani Semen, Hippocastanum Vulgare Gaertn, Marron European, Marronnier, Spanish Chestnut, Venastat, Venostat, Venostasin Retard, or White Chestnut.



# Functional Foods & Medicinal Herbs

**Horsetail** Horsetail is used often used for kidney and bladder issues such as: diuresis, edema, kidney and bladder stones, UTI's, and incontinence. Horsetail has also been useful in alopecia, strengthening finger nails, gout, osteoarthritis, osteoporosis, antirheumatic, menorrhagia, and nasal, pulmonary, and gastric hemorrhage. Other words that may indicate its presence include: Asprêl, Bottle Brush, Cavalinha, Coda Cavallina, Cola de Caballo, Common Horsetail, Corn Horsetail, Dutch Rushes, Equiseti Herba, Field Horsetail, Herbe à Récurer, Horse Herb, Horse Willow, Paddock-Pipes, Pewterwort, Prele, Prêl, Prêl Commune, Prêl des Champs, Queue-de-Chat, Queue-de-Cheval, Queue-de-Rat, Queue-de-Renard, Scouring Rush, Shave Grass, Spring Horsetail, or Toadpipe.

**Huperzine** Huperzine A, although derived from a plant, is a laboratory-manipulated, highly purified drug. Huperzine A may be used with Alzheimer's disease due to its benefits with cognitive enhancement, age-related memory impairment, increasing alertness and energy, protection from neurotoxic agents including organophosphate nerve gases, glutamate toxicity, and for treating myasthenia gravis. Other words that may indicate its presence include: HupA, Huperzina A, Huperzine, Huperzine-A, Selagine, or Sélagine.

**Irish Moss** Irish Moss is used to soothe mucous membranes irritated by cough, bronchitis, tuberculosis, and intestinal problems. It acts as an expectorant and aids in the formation of stools. It is also used in skin lotions and in hair rinses for dry hair. Carageenan can be made using Irish Moss.

**Juniper Berry** Juniper berry may be used orally for urinary tract infections, dyspepsia, gas, heartburn, bloating, appetite loss, kidney and bladder stones, certain types of cancer, gastrointestinal infections, snakebites, intestinal worms, and diabetes. Topically, it may be used for wounds, rheumatic pains in joints and muscles, and inflammatory diseases. It may be inhaled in the form of an essential oil to help as an analgesic for pain or for bronchitis. It may be used in foods like gin, bitters, or as a flavoring agent in foods and beverages. Juniper oil may be found as an ingredient in soaps and/or cosmetics. Other names that may indicate its presence include: Baie de Genévrier, Common Juniper, Enebro, Extrait de Genévrier, Genévrier, Genévrier Commun, Genievre, Genièvre, Ginepro, Huile de Baies de Genévrier, Huile de Genévrier, Juniperi Fructus, Wacholderbeeren, or Zimbro.

**Kava Kava** Kava Kava is best known to induce physical and mental relaxation. It has been beneficial in the treatment of anxiety disorders, stress, ADHD, insomnia, and restlessness. Kava Kava also acts as a diuretic, antiseptic, and GI tonic. It has been shown to be an analgesic, an anticonvulsive, and protects the central nervous system. Topically, it can be used to promote wound healing and as a mouthwash for canker sores and toothaches. Other words that may indicate its presence include: Kava, Ava Pepper, Ava Root, Awa, Gea, Gi, Intoxicating Long Pepper, Kao, Kavain, Kavapipar, Kawa, Kawa Kawa, Kawa Pepper, Kawapfeffer, Kew, Lawena, Long Pepper, Malohu, Maluk, Maori Kava, Meruk, Milik, Poivre des Cannibales, Poivre des Papous, Rauschpfeffer, Rhizome Di Kava-Kava, Sakau, Tonga, Waka, Wurzelstock, Yagona, Yangona, Yaqona, Yaquon, or Yongona.

**Korean Ginseng** Korean Ginseng, also known as Panax Ginseng, is a known adaptogen. It may increase resistance to environmental stress and can be a tonic for general well-being, may stimulate immune function, improve stamina, cognitive function, concentration, and memory. Panax ginseng is often times used orally for sexual health by helping with erectile dysfunction, premature ejaculation, impotence, male fertility, and sexual arousal in women. In women is has also been used with fibromyalgia and menopausal symptoms. Other words that may indicate its presence include: Asian Ginseng, Asiatic Ginseng, Chinese Ginseng, Chinese Red Ginseng, Ginseng Asiatique, Ginseng Blanc, Ginseng Blanc de Corée, Ginseng Chinois, Ginseng Coréen, Ginseng Coréen Rouge, Ginseng de Corée, Ginseng Japonais, Ginseng Oriental, Ginseng Panax, Ginseng Radix Alba, Ginseng Root, Ginseng Rouge, Ginseng Sino-coréen, Ginseng Tibétain, Guigai, Hong Shen, Insam, Japanese Ginseng, Jen-Shen, Jinsao, Jintsam, Korean Ginseng, Korean Ginseng Root, Korean Panax, Korean Panax Ginseng, Korean Red/White Ginseng, Manchurian Ginseng, Mandragore de Chine, Ninjin, Ninzin, Oriental Ginseng, Panax Coréen, Panax Ginseng Blanc, Racine de Vie, Radix Ginseng Rubra, Red Chinese Ginseng, Red Ginseng, Red Kirin Ginseng, Red Panax Ginseng, Renshen, Renxian, Sheng Shai Shen, Tibetan Ginseng, White Ginseng, or White Panax Ginseng. It is important to note Korean Ginseng differs from American and Siberian Ginseng.



# Functional Foods & Medicinal Herbs

**Lavender** Lavender is used to relieve stress, headaches, depression, and skin benefits. Topically lavender is used for alopecia areata, and as a mosquito/insect repellent. Lavender can be used in foods and beverages as a flavoring or in soaps and cosmetics as a fragrance ingredient. Other words that may indicate its presence include: Alhucema, Common Lavender, English Lavender, French Lavender, Garden Lavender, Huile Essentielle de Lavande, Lavanda, Lavande, Lavandula, Lavender Essential Oil, Ostokhoddous, Spanish Lavender, Spike Lavender, or True Lavender.

**Lemon Balm** Lemon balm is used to alleviate stress, restlessness, anxiety, and insomnia. It has also been used in the treatment for Alzheimer's and for gastrointestinal problems such as: bloating, gas, colic, dyspepsia, and vomiting. Lemon balm is known to relieve pain, so it is often used for cramps, headaches, and toothaches. In foods and beverages lemon balm extract may be used for flavoring. Other words that may indicate its presence include: Balm, Bálsamo de Limón, Cure-All, Dropsy Plant, Honey Plant, Melisa, Melissa, Melissa Folium, Mélisse, Mélisse Citronnelle, Mélisse Officinale, Melissenblatt, Monarde, Sweet Balm, Sweet Mary, or Toronjil.

**Lobelia** Lobelia is used for respiratory issues such as: asthma, bronchitis, and whooping cough. It is also a known sedative and for treating apnea in newborns. Topically, it has been used for bruises, insect bites, muscle inflammation, poison ivy, and ringworm. Furthermore, it is used as an ingredient in smoking cessation products, cough preparations, and counterirritant products. Other words that indicate its presence include: Asthma Weed, Bladderpod, Emetic Herb, Gagroot, Herbe à Asthme, Indian Tobacco, Lobélie, Lobélie Brûlante, Lobélie Enflée, Lobélie Gonflée, Pukeweed, Tabac Indien, Vomit Wort, or Wild Tobacco.

**Luo Han Guo (Lo Han or Monk Fruit)** Luo Han Guo, better known as Lo Han or Monk Fruit, is known as the "longevity fruit" in China. The fruit is well-known for its sweet taste. It may be found in alternative sweetener products. Recent studies on Luo Han Guo are investigating potential antioxidant activities, and anti-cancer properties.

**Lutein** Lutein provides nutritional support to our eyes and skin. It is used for preventing age-related macular degeneration, cataracts, and retinitis pigmentosa. Lutein has also been used in the treatment of diabetes, cardiovascular disease, breast cancer, and colon cancer. Although different foods contain lutein, reactivity to lutein within the Alcat Test does not necessarily require a complete elimination of all foods high in lutein. For example, if there is a moderate or severe reaction to lutein and high lutein foods were being consumed, it may be best to eliminate all the high lutein foods for three months or more or six months or more. However, if lutein is a mild reaction, limiting high lutein foods to two days per week may be sufficient. Individuals are encouraged to seek the advice of a professional providing nutrition guidance to clarify any restriction of lutein. Address the need to potentially avoid the following: supplemental lutein, green vegetables, egg yolk, kiwi fruit, grapes, orange juice, zucchini, squash, pistachio nuts, and corn. Other words that may indicate its presence include: All-E-Lutein, All-E-Zeaxanthin, All-E-3'-Dehydro-Lutein, Carotenoid, Caroténoïde, E-Lutein, Luteina, Lutéine, Lutéine Synthétique, Xanthophyll, Xanthophylle, Zeaxanthin, or Zéaxanthine.

**Lycopene** Lycopene is a phytonutrient found in different fruits and vegetables, but predominantly in tomatoes. Orally, lycopene is used for the prevention of atherosclerosis, cardiovascular disease, and cancer due to its antioxidant properties. It may also be used for human papillomavirus (HPV) infection, benign prostatic hyperplasia, asthma, and cataracts. Although different foods contain lycopene, reactivity to lycopene within the Alcat Test does not necessarily require a complete elimination of all foods high in lycopene. For example, if there is a moderate or severe reaction to lycopene and high lycopene foods were being consumed, it may be best to eliminate all the high lycopene foods for three months or more or six months or more. However, if lycopene is a mild reaction, limiting high lycopene foods to two days per week may be sufficient. Individuals are encouraged to seek the advice of a professional providing nutrition guidance to clarify any restriction of lycopene. Address the need to potentially avoid the following: supplemental lycopene, tomatoes, apricots, grapefruit, fresh papaya, and watermelon. Other words that may indicate its presence include: All-Trans Lycopène, Cis-Lycopène, Licopeno, Lycopène, or Psi-Psi-Carotène.

**Maca Root** Maca Root is known to increase energy and as an immune tonic. It is also commonly used for anemia, chronic fatigue syndrome, menopausal and menstrual symptoms, fertility, and impotence. Maca can be added in foods such as baked, roasted, or prepared foods. Other words that may indicate its presence include: Ayak Chichira, Ayuk Willku, Ginseng Andin, Ginseng Péruvien, Maca Maca, Maca Péruvien, Maino, Maka, Peruvian Ginseng, or Peruvian Maca.

# Functional Foods & Medicinal Herbs

**Maitake Mushroom** Maitake Mushroom is an edible mushroom that has been consumed in Asia for thousands of years. Maitake mushroom is used for chronic fatigue syndrome, hepatitis, HIV/AIDS, cholesterol, hyperlipidemia, diabetes, PCOS, and for weight loss and/or management. Additionally, it is used in the treatment of cancers and chemotherapy support. Maitake mushrooms are edible and may be included in Asian cuisine. Other words that may indicate its presence include: Champignon Dansant, Champignon Maitake, Dancing Mushroom, Grifola, Hen Of The Woods, Hongo Maitake, King Of Mushrooms, Monkey's Bench, Roi des Champignons, or Shelf Fungi.

**Marshmallow Root** Marshmallow Root aids the body in expelling excess fluid and mucus. Because of this, it is often used for respiratory tract infections and dry coughs. It is good for bladder infections, UTIs, and gastrointestinal issues like, gastritis, diarrhea, peptic ulcers, and constipation. Topically, marshmallow root may be used to heal chapped skin, as a poultice for skin inflammations or burns, to help with wound healing, for varicose and thrombotic ulcers, and for abscesses. Marshmallow root can be found in various foods and beverages. Other words that may indicate its presence include: Altea, Alteia, Althaeae Folium, Althaeae Radi, Althea, Althée, Guimauve, Gulkhairi, Herba Malvae, Mallards, Malvavisco, Marsh Maillou, Mauve Blanche, Mortification Root, Racine de Guimauve, Sweet Weed, or Wymote.

**Milk Thistle (Silymarin)** Milk Thistle is best known for its hepatoprotective properties. It protects the liver from pollutants and toxins by preventing free radical damage and stimulating the manufacturing of new liver cells. Additionally, it is beneficial for kidney health, gallbladder, adrenals, inflammatory bowel disorders, psoriasis, and immune system. Milk thistle is grown as a vegetable for salads. It is important to note that milk thistle differs from blessed thistle. Other words that may indicate its presence include: Artichaut Sauvage, Cardo Lechoso, Cardui Mariae Fructus, Cardui Mariae Herba, Carduus Marianum, Chardon Argenté, Chardon de Marie, Chardon de Notre-Dame, Chardon Marbré, Chardon-Marie, Épine Blanche, Holy Thistle, Lady's Thistle, Lait de Notre-Dame, Legalon, Marian Thistle, Mariendistel, Mary Thistle, Shui Fei Ji, Silibinin, Silybe de Marie, Silybin, Silybum, Silymarin, or St. Mary Thistle.

**Mistletoe** European Mistletoe may help reduce side effects of chemotherapy or radiation therapy, may help with cardiovascular conditions, high blood pressure, gout, hemorrhoids, infantile convulsions, depression, sleep disorders, headaches, amenorrhea, vertigo, gallbladder or liver conditions, internal bleeding, and may be used as a tranquilizer. Other words that it is known as: All-Heal, Banda, Birdlime Mistletoe, Blandeau, Bois de Sainte-Croix, Bouchon, Devil's Fuge, Drudenfuss, Eurixor, Guérit-Tout, Gui, Gui Blanc, Gui Blanc d'Europe, Gui des Feuillus, Gui d'Europe, Gui Européen, Helixor, Herbe de Chèvre, Hexenbesen, Hurchu, Iscador, Isorel, Leimmistel, Mistlekraut, Mistletein, Mistletoe, Muérdago Europeo, Mystyldene, Nid de Sorcière, Pain de Biques, Rini, Verquet, Vert-Bois, Vert de Pommier, Visci, Vogelmistel, or Vysorel.

**Motherwort** Motherwort provides support for women during childbirth as a pain reliever and as a tranquilizer. Additionally, it is helpful for menstrual and menopausal disorders, and it is known as a cardiovascular tonic. Topically, motherwort may be used for itching and shingles. Other words that can indicate its presence include: Agripalma, Agripaume, Cardiaire, Cardiaque, Cheneuse, Chinese Motherwort, Creneuse, Herbe Piquante, Herbe des Tonneliers, Leonuri cardiaca herba, Leonurus Cardica, Lion's Ear, Lion's Tail, Mélisse Sauvage, Oreille de Lion, Patte de Sorcier, Plante Mère, Queue de Lion, Roman Motherwort, Throw-Wort, or Yi Mu Cao.

**Mullein Leaf** Mullein Leaf may act as a laxative, painkiller, and sleep aid. It is also useful for respiratory conditions, earaches, and swollen glands. Topically, mullein leaf is used for wounds, burns, bruises, frostbite, hemorrhoids, and inflamed mucosa. Mullein leaf is used in manufacturing as a flavoring agent in alcoholic beverages. Other words that may indicate its presence include: Adam's Flannel, American Mullein, Beggar's Blanket, Blanket Herb/Leaf, Bouillon Blanc, Bouillon Jaune, Candleflower, Candlewick, Cierge Cotonneux, Cierge de Notre-Dame, Clot-Bur, Clown's Lungwort, Cuddy's Lungs, Duffle, European Mullein, Faux Bouillon-Blanc, Feltwort, Flannelflower, Fluffweed, Gidar Tamaku, Gordolobo, Hag's Taper, Hare's Beard, Hedge Taper, Herbe de Saint-Fiacre, Higtaper, Jacob's Staff, Longwort, Molène, Orange Mullein, Oreille de Loup, Oreille de Saint Cloud, Our Lady's Flannel, Queue de Loup, Rag Paper, Shepherd's Club/Staff, Tabac du Diable, Torches, Torch Weed, Velvet Plant, Verbasci Flos, Wild Ice Leaf, Woolen, or Woolly Mullein.



# Functional Foods & Medicinal Herbs

**Mucuna Pruriens** Mucuna Pruriens is a wild growing legume found in areas of the Bahamas and India. It has been used in the treatment of Parkinson's disease, anxiety, arthritis, and for parasitic infections. It is a known aphrodisiac and may be an analgesic for pain. Other words that may indicate its presence include: Atmagupta, Cowage, Cowitch, Dolichos Pruriens, Feijao Macaco, HP 200, Kapi Kacchu, Kaunch, Kawach, Kawanch, Kevanch, Kiwach, Mucuna, Mucuna Prurient, Mucuna Prurita, Nescafé, Ojo de Buey, Ojo de Venado, Pica-Pica, Pois à Gratter, Pois Mascate, Pois Velu, or Velvet Bean.

**Muira Puama** Muira Puama is said to be a powerful aphrodisiac and often used for preventing sexual disorders. Orally, it is also used as a nerve stimulant, dyspepsia, appetite stimulant, rheumatism, and for menstrual irregularities. Other words that may indicate its presence include: Bois de la Puissance, Marapuama, Muira-Puama, Potency Wood, or Ptychopetali lignum.

**Myrrh** Myrrh is a known antiseptic, disinfectant, expectorant, and deodorizer. It stimulates the immune system and gastric secretions. Myrrh may be good for indigestion, dental hygiene, colds, asthma and other respiratory conditions. Myrrh is used as a fragrance and fixative in cosmetics. Other words that may indicate its presence include: Abyssinian Myrrh, African Myrrh, Arabian Myrrh, Bal, Balsamodendron Myrrha, Bdellium, Bol, Bola, Commiphora, Common Myrrh, Didin, Didthin, Gomme de Myrrhe, Gum Myrrh, Heerabol, Mirra, Mirrh, Mo Yao, Murrah, Myrrh Gum, Myrrha, Myrrhe, Myrrhe Africaine, Myrrhe Amère, Myrrhe d'Arabie, Myrrhe Bisabol, Myrrhe Douce, Myrrhe de Somalie, Myrrhe du Yémen, Opopanax, Resina Commiphorae, Somalien Myrrh, or Yemen Myrrh.

**Nettle Leaf** Nettle Leaf may be used orally for urination disorders associated with benign hyperplasia, including frequency, dysuria, nocturia, irritable bladder, and urinary retention. It may also be used orally for joint ailments, hyperandrogenism, as an astringent, diuretics, hyperglycemia, allergies, musculoskeletal diseases, urinary tract infections, and kidney stones. Topically it may be used to help with alopecia, oily hair, musculoskeletal aches, and scalp seborrhea. Some people will eat young stinging nettle leaves as a cooked vegetable. It can be used as an ingredient in some hair and skin products as well. Other words that may indicate its presence include: Bichu, Common Nettle, Feuille d'Ortie, Graine d'Ortie, Grande Ortie, Great Stinging Nettle, Nettle Seed, Nettle Worth, Ortie, Ortie Brûlante, Ortie des Jardins, Ortie Dioïque, Ortie Méchante, Ortiga, Small Nettle, Stinging Nettles, Urtica, Urticae Herba et Folium, or Urticae Radix.

**Noni Berry** Noni is a small evergreen tree in Southeast Asia, Australia, India, and the Pacific Islands. Noni berry is used as a general tonic useful with colic, cough, diabetes, fever, nausea, bone and joint issues, digestive problems, high blood pressure, kidney disorders, and cancers. Topically, Noni berries are used as a moisturizer and to reduce signs of aging. Other words that may indicate its presence include: Ba Ji Tian, Bois Douleur, Canarywood, Cheese Fruit, Hai Ba Ji, Hawaiian Noni, Hog Apple, Indian Mulberry, Indian Noni, Jus de Noni, Luoling, Mengkudu, Menkoedoe, Mora de la India, Morinda, Mulberry, Mûre Indienne, Nhau, Noni Juice, Nono, Nonu, Pau-Azeitona, Rotten Cheese Fruit, Ruibarbo Caribe, Tahitian Noni Juice, Ura, Wild Pine, Wu Ning, or Yor.

**Partridge Berry** Partridge Berry, also known as wintergreen leaf, may be used for headaches, digestive problems, kidney disorders, asthma, gout, and dysmenorrhea. Topically, it can be used as a counterirritant for musculoskeletal pain and as an antiseptic. In manufacturing, it is used as a flavoring agent in food, candies, teas, and pharmaceutical products. Other words that may indicate its presence include: Boxberry, Canada Tea, Checkerberry, Deerberry, Essence de Gaulthérie, Gaultheria, Gaultheria Oil, Gaulthérie Couchée, Ground Berry, Hilberry, Huile de Thé des Bois, Mountain Tea, Oil of Wintergreen, Partridge Berry, Petit Thé, Spiceberry, Teaberry, Thé de Montagne, Thé de Terre-Neuve, Thé des Bois, Thé du Canada, Thé Rouge, or Wax Cluster.

**Pau d'Arco Bark** Pau d'arco may be used for Candida yeast infections, bladder, parasitic, and diarrheal infections, diabetes, ulcers, gastritis, respiratory conditions, rheumatism, hernias, syphilis, gonorrhea, and as a circulatory tonic. Other words that indicate its presence include: Ébénier de Guyane, Ébène Vert, Ipe, Ipe Roxo, Ipes, Lapacho, Lapacho Colorado, Lapacho Morado, Lébène, Pink Trumpet Tree, Purple Lapacho, Quebracho, Red Lapacho, Taheebó, or Trumpet Bush.



# Functional Foods & Medicinal Herbs

**Pennyroyal** Pennyroyal may be used as an antispasmodic, antiflatulent, diaphoretic, stimulant, and diuretic. It is also used for respiratory conditions, menstrual regulation and stimulant, and for digestive, intestinal, liver, and gallbladder disorders. Topically, pennyroyal is used as an antiseptic, counterirritant, and insect repellent. In manufacturing, pennyroyal is used as a flea repellent in pet products and as a fragrance for detergents, perfumes, and soaps. Other words that indicate its presence include: American Pennyroyal, Dictame de Virginie, European Pennyroyal, Feuille de Menthe Pouliot, Frétillet, Herbe aux Puces, Herbe de Saint-Laurent, Huile de Menthe Pouliot, Lurk-In-The-Ditch, Menthe Pouliot, Mosquito Plant, Piliolerial, Poleo, Pouliot, Pudding Grass, Pulegium, Run-By-The-Ground, Squaw Balm, Squawmint, Stinking Balm, or Tickweed.

**Peony Root** Peony root may be used for gout, osteoarthritis, fever, respiratory ailments, and for cough. Peony may also be used for women's health, such as helping with PCOS, PMS, dysmenorrhea, miscarriage, and inducing menstruation. Topically, peony is used for skin and mucous membrane diseases. Orally, it can be used for whooping cough, spasms, migraine headaches, chronic fatigue syndrome, epilepsy, and neuralgia. Other words that indicate its presence include: Bai Shao, Chi Shao, Chinese Peony, Common Peony, Coral Peony, Cortex Moutan, European Peony, Jiu Chao Bai Shao, Moutan, Mu Dan Pi, Paeoniae Alba, Paeoniae Flos, Paeoniae Radix, Peonía, Peony Root, Piney, Pivoine, Pivoine Arbustive, Pivoine Blanche, Pivoine Commune, Pivoine de Chine, Pivoine des Jardins, Pivoine en Arbre, Pivoine Moutan, Pivoine Officinale, Pivoine Rouge, Racine de Pivoine, Radix Paeoniae, Radix Peony, Red Peony, Shakuyaku, Shao Yao, Tree Peony, Ud Saleeb, Udsalam, Udsalap, or White Peony.

**Pine Bark (Pycnogenol)** Pine Bark (Pycnogenol) may be used for treating tinnitus, chronic venous insufficiency, diabetic microangiopathy, allergies, asthma, ADHD, endometriosis, dysmenorrhea, menopausal symptoms, erectile dysfunction, and retinopathy. It is also used to prevent strokes and vascular conditions. Topically, it is used as a component of anti-aging creams. Other words that may indicate its presence include: Condensed Tannins, Écorce de Pin Maritime, Extrait d'Écorce de Pin, French Marine/Maritime Pine Bark Extract, Leucoanthocyanidins, Oligomères de Procyanidine, Oligomères Procyanidoliques, Oligomeric Proanthocyanidins, OPC, OPCs, PCO, PCOs, Pine Bark, Pine Bark Extract, Proanthocyanidines Oligomériques, Procyandiol Oligomers, Procyanidin Oligomers, Procyanodolic Oligomers, Pycnogénol, Pygenol, or Tannins Condensés.

**Pumpkin Seed** Pumpkin seed may be useful for prostate disorders, irritable bladders, treating intestinal worms, and kidney infections. Some may enjoy roasted pumpkin seeds as a snack or pumpkin seed butter. Other words that may indicate its presence include: Calabaza, Citrouille, Cucurbita Peponis Semen, Field Pumpkin, Graine de Citrouille, Huile de Graines de Citrouille, Pepo, or Pumpkin Seed Oil.

**Pygeum Bark** Pygeum bark may reduce inflammation and congestion. It may also be effective with prostate disorders, kidney disease, stomach aches, malaria, fever, urinary disorders, or used as an aphrodisiac. Other words that may indicate its presence include: African Plum Tree, African Prune, African Pygeum, Amande Amère, Ciruelo Africano, Prunier d'Afrique, or Pygeum Africanus.

**Red Clover Flower** Red Clover Flower may fight infections, purify blood, suppress appetite, and may have expectorant, antispasmodic, and relaxing effects. It is also used for menopausal and premenstrual symptoms, indigestion, kidney problems, liver disease, and skin disorders. In manufacturing red clover extract is used as a flavoring agent. Other words that may indicate its presence include: Beebread, Clovone, Cow Clover, Daidzein, Genistein, Isoflavone, Meadow Clover, Miel des Prés, Phytoestrogen, Purple Clover, Trebol Rojo, Trèfle Commun, Trèfle des Prés, Trèfle Pourpre, Trèfle Rouge, Trèfle Rougeâtre, Trèfle Violet, Trefoil, Trifolium, or Wild Clover.

**Red Raspberry Leaf** Red Raspberry Leaf may be useful for women during their menstrual cycle as it may reduce menstrual bleeding and relax cramps. It has been known to promote healthy nails, bones, teeth, and skin. It is also used for GI disorders, morning sickness, and canker sores. Other words that may indicate its presence include: Framboise, Framboisier Sauvage, Frambuesa Roja, Rubi Idaeii Folium, or Rubus.



# Functional Foods & Medicinal Herbs

**Red Yeast Rice** Red Yeast Rice has been shown to be helpful for cardiovascular diseases, but it also has potential for helping those with diabetes, nonalcoholic fatty liver disease, indigestions, cancer, as a circulatory tonic, and for spleen and stomach health. Other words that may indicate its presence include: Arroz de Levadura Roja, Cholestin, Hong Qu, Hongqu, Koji Rouge, Levure de Riz Rouge, Monascus, Monascus Purpureus Went, Red Koji, Riz Rouge, XueZhiKang, Xue Zhi Kang, XZK, Zhibituo, Zhi Tai.

**Rehmannia** Rehmania may be used as a general tonic, for diabetes, anemia, fever, allergies, and osteoporosis. It is commonly used in Traditional Chinese and Japanese medicine. Other words that may its presence include: Chinese Foxglove, Chinese Rehmanniae Radix, Chinese RR, Di Huang, Dihuang, Gun-Ji-Whang, Japanese Rehmanniae Radix, Japanese RR, Jio, Juku-Jio, Kan-Jio, R. Glutinosa, Racine de Rehmannia, Rehmanniae, Rehmannia Glutinosa Oligosaccharide, Rehmannia Radac, Rehmanniae Radix, Rehmanniae Root, RGAE, RGX, ROS, Saeng-Ji-Whang, Sho-jio, Shu Di Huang, Sook-Ji-Whang, or To-Byun.

**Reishi Mushroom** Reishi Mushroom grows wild on decaying tree stumps and logs. It has many potential uses including: enhancing the immune system, reducing stress, fatigue, hypertension, avian flu, swine flu, asthma, hyperlipidemia, viral infections, cardiovascular disease, altitude sickness, insomnia, herpes zoster pain, gastric ulcers, inflammatory disease, and for supporting those going through certain types of chemotherapy. Other words that may indicate its presence include: Basidiomycetes Mushroom, Champignon Basidiomycète, Champignon d'Immortalité, Champignon Reishi, Ganoderma, Hongo Reishi, Ling Chih, Ling Zhi, Mannentake, Mushroom of Immortality, Mushroom of Spiritual Potency, Red Reishi, Reishi Antler Mushroom, Reishi Rouge, Rei-Shi, or Spirit Plant.

**Resveratrol** Resveratrol is a type of polyphenol that is naturally occurring in certain foods and is known for its antioxidant properties. Resveratrol may be beneficial for lowering cholesterol levels, atherosclerosis, preventing cancer, cardiovascular disease, reducing symptoms of COPD, anti-aging, metabolic syndrome, non-alcoholic fatty liver disease, and diabetes. Although different foods contain resveratrol, reactivity to resveratrol within the Alcat Test does not necessarily require a complete elimination of all foods high in resveratrol. For example, if there is a moderate or severe reaction to resveratrol and high resveratrol foods were being consumed, it may be best to eliminate all the high resveratrol foods for three months or more or six months or more. However, if resveratrol is a mild reaction, limiting high resveratrol foods to two days per week may be sufficient. Individuals are encouraged to seek the advice of a professional providing nutrition guidance to clarify any restriction of resveratrol. Address the need to potentially avoid the following: supplemental resveratrol, mulberries, red grape skins, red wine, purple grape juice, peanuts, pistachios, blueberries, cranberries, cocoa, eucalyptus, spruce, and Bauhinia racemosa tree. Other words that may indicate its presence include: Cis-Resveratrol, Extrait de Vin, Extrait de Vin Rouge, Kojo-Kon, Phytoalexin(e), Phytoestrogen, Phyto-œstrogène, Pilule de Vin, Protokin, Red Wine Extract, Resvératrols, RSV, RSVL, Stilbene Phytoalexin, Trans-Resveratrol, Trans-Resvératrol, Wine Extract, or Wine Pill.

**Rhodiola** Rhodiola is an adaptogenic herb native to the arctic regions of Europe, Asia, and Alaska. It has a long history of use as a medicinal plant in Iceland, Sweden, France, Russia, and Greece. Rhodiola may be used for increasing energy, stamina, strength, and mental capacity. It is also used for depression, anxiety, cardiac disorders, and improving sexual function. Other words that may indicate its presence include: Arctic Root, Extrait de Rhodiola, Golden Root, Hongjingtian, King's Crown, Lignum Rhodium, Orpin Rose, Racine d'Or, Racine Dorée, Racine de Rhodiola, Rhodiola, Rhodiola Rougeâtre, Rodia Riza, Rose Root, Rosenroot, Rosewort, Siberian Golden Root, Siberian Rhodiola Rosea, or Snowdown Rose.

**Rooibos Tea** Rooibos Tea comes from the leaves and stems of the South African plant, *Aspalathus linearis*. It may be helpful with allergies, dermatitis, digestion issues, nervous tension, HIV infections, improving cognitive function, and preventing cancer. It is a caffeine free tea that is the national drink of South Africa. Other words that may indicate its presence include: Green Red Bush, Infusion Rooibos, Kaffree Tea, Red Bush, Rooibos, Rooibos Rouge, Rooibos Tea, Té Rojo, Té Rojo Rooibos, Thé Rooibos, or Thé Rouge.

# Functional Foods & Medicinal Herbs

**Sarsaparilla** Sarsaparilla is a vine plant grown in Mexico, Central America, South America, North America, and southern India. It may promote excretion of fluids which is helpful with kidney conditions and disease. Other possible uses include: as a circulatory tonic, helpful with skin conditions, rheumatoid arthritis, regulating hormones, useful for female sexual dysfunction, PMS, gout, and as an anabolic to enhance athletic/body building performance in athletes. In manufacturing, Sarsaparilla is used as a flavoring agent in foods, beverages, and pharmaceuticals. It is important to note Sarsaparilla differs from German Sarsaparilla. Other words that may indicate its presence include: Ecuadorian Sarsaparilla, Honduras Sarsaparilla, Jamaican Sarsaparilla, Liseron Épineux, Liseron Piquant, Mexican Sarsaparilla, Salsaparilha, Salsepareille, Salsepareille d'Europe, Salsepareille du Honduras, Salsepareille du Mexique, Sarsa, Sarsaparillae Radix, Sarsaparillewurzeln, Smilax, Smilax Aristolochaeifolia, Smilax Aristolochiaefolii, or Zarzaparrilla.

**Saw Palmetto** Saw Palmetto may be best known for its use with prostate health especially across Europe. It may also be used as a mild diuretic, sedative, anti-inflammatory, as an antiseptic, aphrodisiac, for headaches, colds, coughs, irritated mucous membranes, asthma, migraines, bronchitis, to stimulate hair growth. Vaginally, the powdered fruit may be used as a uterine and vaginal tonic. Other words that indicate its presence include: American Dwarf Palm Tree, Baies du Chou Palmiste, Baies du Palmier Scie, Cabbage Palm, Chou Palmiste, Ju-Zhong, Palma Enana Americana, Palmier de Floride, Palmier Nain, Palmier Nain Américain, Palmier Scie, Sabal, Sabal Fructus, Saw Palmetto Berry.

**Schisandra Berry** Schisandra Berry is a vining shrub found in China. It is a known adaptogen that may be used to help improve physical performance and endurance, energy, vision, muscular activity, and cellular function. Schisandra also has hepatoprotective properties, may be used to prevent premature aging, PMS, normalizing blood pressure, reducing cholesterol, pneumonia, insomnia, chronic diarrhea, dysentery, night sweats, radiation protections, motion sickness, depression, memory loss, irritability, excessive urination, and an overall tonic for the immune system and circulatory system. Schisandra fruit is a food that can be consumed on its own. Other words that may indicate its presence include: Bac Ngu Vi Tu, Baie de Schisandra, Bei Wu Wei Zi, Beiwuweizi, Chinese Mongolavine, Chinese Schizandra, Chinesischer Limonenbaum, Chosen-Gomischi, Five-Flavor-Fruit, Fructus Schisandrae, Fructus Schisandrae Chinensis, Fruit aux Cinq Saveurs, Gomishi, Hoku-Gomishi, Kita-Gomishi, Limonnik Kitajskij, Magnolia Vine, Matsbouza, Nanwuweizi, Ngu Mei Gee, Northern Schisandra, Omicha, Schisandrae, Schisandra Sinensis, Schizandra, Schizandra Chinensis, Schizandre Fructus, Schzandra, Southern Schisandra, Wuhzi, Wu Wei Zi, Western Shisandra, or Xiwuweizi.

**Senna** Senna has many potential uses including: as a laxative for constipation, IBS, for hemorrhoids, anal fissures, and anorectal surgery. Senna is also often found in "cleansing" products like teas promoting weight loss or may be used to clear the GI tract to facilitate diagnostics tests.

Senna leaf is not recommended for long-term use and it is also not suggested if there is abdominal pain or diarrhea present. Other words that may indicate its presence include: Alexandrian Senna, Alexandrinische Senna, Casse, Fan Xie Ye, Indian Senna, Khartoum Senna, Sen, Sena Alejandrina, Séné, Séné d'Alexandrie, Séné d'Egypte, Séné d'Inde, Séné de Tinnevely, Sennae Folium, Sennae Fructus, Sennosides, Tinnevely Senna, or True Senna.

**Siberian Ginseng** Siberian Ginseng is an adaptogenic herb coming from a small, woody shrub native to Russia, China, Korea, and Japan. It may help in normalizing blood pressure (high or low), cardiovascular disease, ADHD, chronic fatigue, diabetes, fibromyalgia, respiratory conditions, reducing toxicity of chemotherapy, and symptomatic treatment of herpes. In manufacturing, Siberian Ginseng may be added to skin care products. It is important to note Siberian Ginseng differs from American and Panax Ginseng. Other words that may indicate its presence include: Acanthopanax Obovatus, Acanthopanax Obovatus Hoo, Buisson du Diable, Ci Wu Jia, Ciwujia Root, Ciwujia Root Extract, Devil's Bush, Devil's Shrub, Éleuthéro, Eleuthero Extract, Eleuthero Ginseng, Eleuthero Root, Eleutherococci Radix, Eleutherococcus, Éleuthérocoque, Ginseng de Sibérie, Ginseng des Russes, Ginseng Root, Ginseng Siberiano, Ginseng Sibérien, North Wu Jia Pi, Phytoestrogen, Plante Secrète des Russes, Poivre Sauvage, Prickly Eleutherococcus, Racine d'Éleuthérocoque, Racine de Ginseng, Racine Russe, Russian Root, Shigoka, Siberian Eleuthero, Thorny Bearer of Free Berries, Touch-Me-Not, Untouchable, Ussuri, Ussurian Thorny Pepperbrush, Wild Pepper, Wu Jia Pi, or Wu-jia.

# Functional Foods & Medicinal Herbs

**Skull Cap** Skull Cap may be useful for relaxation and for help with getting a restful sleep. It also may improve circulation, strengthen heart muscle, relieve PMS symptoms, headaches, anxiety, fatigue, nervous disorders, and hyperactivity. Skull cap is also considered very useful for alleviating the difficulties of barbiturates and drug withdrawal. Other words that may indicate its presence include: American Skullcap, Blue Pimpernel, Blue Skullcap, Escutellaria, Grande Toque, Helmet Flower, Hoodwort, Mad Weed, Mad-Dog Skullcap, Quaker Bonnet, Scullcap, Scutellaria, Scutellaire de Virginie, Scutellaire Latérflore, Toque Bleue, Toque Casquée, or Toque des Marais.

**Slippery Elm** Slippery Elm is a tree native to Canada and the United States. It may be used orally for soothing inflamed mucous membranes of the gastrointestinal and urinary tract, ulcers, colic, hemorrhoids, cystitis, IBS, herpes, expelling tapeworm, diarrhea, cold, flu, protecting the stomach, syphilis, and sore throat. Topically, it is used for wounds, burns, gout, cold sores, toothaches, and abscesses. In manufacturing, Slippery Elm, is used in some baby foods, adult nutritionals, and throat lozenges. Other words that may indicate its presence include: Indian Elm, Moose Elm, Olmo Americano, Orme, Orme Gras, Orme Rouge, Orme Roux, Red Elm, or Sweet Elm.

**Spirulina** Spirulina, is a type of blue-green algae. It may be used as a source of dietary protein, B-vitamins, and iron. Spirulina may also be used to counteract unintentional weight loss, ADHD, PMS and menopausal symptoms, cardiovascular health, cancer, HIV/AIDS, non-alcoholic fatty liver, manage stress, tonic for immune system, and to promote digestion and bowel health. Other words that may indicate its presence include: AFA, Algae, Algas Verdiazul, Algues Bleu-Vert, Algues Bleu-Vert du Lac Klamath, BGA, Blue Green Algae, Blue Green Algas, Blue-Green Micro-Algae, Cyanobacteria, Cyanobactérie, Cyanophycée, Dihe, Espirulina, Hawaiian Spirulina, Klamath Lake Algae, Klamath Blue/Green Algae, SF, SBGA, Spirulina, Spirulina Blue-Green Algae, Spiruline, Spiruline d'Hawaii, Tecuitlatl.

**St. John's Wort** St. John's Wort may be used for depression, emotional disorders, emotional disturbances, cardiovascular health, ADHD, fibromyalgia, chronic fatigue symptom, migraines, and polyneuropathy. Topically, it is useful for treating bruises, abrasions, bug bites, wound healing, first degree burns, hemorrhoids, and neuralgia. Other words that may indicate its presence include: Amber Touch-and-Heal, Barbe de Saint-Jean, Chasse-diable, Demon Chaser, Fuga Daemonum, Goatweed, Hardhay, Herbe à la Brûlure, Herbe à Mille Trous, Herbe Aux Fées, Herbe Aux Mille Vertus, Herbe Aux Piquères, Herbe de Saint Éloi, Herbe de la Saint-Jean, Herbe du Charpentier, Herbe Percée, Hierba de San Juan, Hypereikon, Hyperici Herba, Hypericum perforatum, Klamath Weed, Klamathweed, Millepertuis, Millepertuis Perforé, Perforate St. John's Wort, Racecourse Weed, Rosin Rose, Saynt Johannes Wort, or Tipton Weed.

**Stevia Leaf** Stevia Leaf is a perennial shrub native to South America. It may be found in food as a flavor enhancer or as a non-caloric sweetener. It may also be used as a weight loss aid, for treating diabetes, as a cardiovascular tonic, contraception, diuretic, heartburn, and lowering uric acid levels. Other words that may indicate its presence include: Azucaca, Caa-He-É, Caa'Inhem, Ca-A-Jhei, Ca-A-Yupi, Capim Doce, Chanvre d'Eau, Eira-Caa, Erva Doce, Estevia, Eupatorium rebaudianum, Green Stevia, Kaa Jhee, Mustelia eupatoria, Paraguayan Stevioside, Plante Sucrée, Reb A, Rebaudioside A, Rébaudioside A, Rebiana, Stevia eupatoria, Stevia purpurea, Stevia rebaudiana, Stevioside, Sweet Herb of Paraguay, Sweet Herb, Sweet Leaf of Paraguay, Sweetleaf, or Yerba Dulce.

**Stinging Nettle Root** Stinging Nettle Root may be used for urination disorders commonly associated with benign prostatic hyperplasia. Orally, it is also used for hyperglycemia, joint issues, hyperandrogenism, as a diuretic, and as an astringent. Topically it is useful for oily hair and alopecia so it can be found as an ingredient in hair and skin products. Other words that may indicate its presence include: Bichu, Common Nettle, Feuille d'Ortie, Graine d'Ortie, Grande Ortie, Great Stinging Nettle, Nettle Leaf, Nettle Seed, Nettle Worth, Nettles, Ortie, Ortie Brûlante, Ortie des Jardins, Ortie Dioïque, Ortie Méchante, Ortiga, Small Nettle, Stinging Nettles, Urtica, Urticae Herba et Folium, or Urticae Radix.

**Tribulus Terrestris** Tribulus Terrestris may be used for enhancing athletic performance, male impotence, kidney stones, and painful urination. It may also be used for cardiovascular conditions, anemia, skin conditions, hepatitis, improving digestion, as an antiparasitic, for vertigo, and as an aphrodisiac. Other words that may indicate its presence include: Abrojo, Abrojos, Al-Gutub, Baijili, Bulgarian Tribulus Terrestris, Caltrop, Cat's-Head, Ci Ji Li, Common Dubbletjie, Croix-de-Malte, Devil's-Thorn, Devil's-Weed, Épine du Diable, Escarbot, Espigón, German Tribulus Terrestris, Goathead, Gokhru, Gokshur, Gokshura, Nature's Viagra, Puncture Vine, Puncture Weed, Qutiba, Small Caltrops, Tribule, Tribule Terrestris, or Tribulus Terrestris.



# Functional Foods & Medicinal Herbs

**Uva Ursi** Uva Ursi may promote excretion of fluid and fight bacteria, so it often used for UTIs and other urinary tract conditions. Other uses include for disorders of the spleen, liver, pancreas, and small intestines, diabetes, prostate disorders, constipation, and strengthening the heart muscle. Other words that may indicate its presence include: Arberry, Arbousier, Arbousier Traînant, Bear's Grape, Bearberry, Beargrape, Busserole, Common Bearberry, Faux Buis, Hogberry, Kinnikinnik, Manzanita, Mountain Box, Mountain Cranberry, Petit Buis, Ptarmigan Berry, Raisin de Renard, Raisin d'Ours, Raisin d'Ours Commun, Red Bearberry, Redberry, Rockberry, Sagackhomi, Sandberry, Uva del Oso, or Uvae Ursi Folium.

**Valerian** Valerian may act as a sedative, so it is oftentimes used for insomnia and anxiety-associated restlessness. It is a circulatory tonic, may reduce mucus from colds, may be used for mood disorders, chronic fatigue syndrome, PMS, menopausal symptoms, mild tremors, headaches, and upset stomach. Valerian essential oil is used as a flavoring agent in foods and beverages. Other words that may indicate its presence include: All-Heal, Amantilla, Baldrian, Baldrianwurzel, Belgium Valerian, Common Valerian, Fragrant Valerian, Garden Heliotrope, Garden Valerian, Grande Valériane, Guérit Tout, Herbe à la Femme Meurtrie, Herbe aux Chats, Herbe aux Coupures, Herbe de Notre-Dame, Herbe de Saint-Georges, Herbe du Loup, Indian Valerian, Mexican Valerian, Pacific Valerian, Rhizome de Valériane, Tagar, Tagar-Ganthoda, Tagara, Valeriana, Valeriana Pseudofficinalis, Valeriana Rhizome, Valerianae Radix, Valeriane, Valériane à Petites Feuilles, Valériane Africaine, Valériane Celtique, Valériane Commune, Valériane de Belgique, Valériane des Collines, Valériane Dioïque, Valériane du Jardin, Valériane Indienne, Valériane Mexicaine, Valériane Officinale, or Valériane Sauvage.

**Vinpocetine** Vinpocetine may be used for enhancing memory, improving cerebral oxygen, blood flow, and glucose utilization, which can be protective against age related cognitive decline and Alzheimer's disease. It is also used to decrease stroke risk, prevent post-stroke morbidity and mortality, for treating menopausal symptoms, and to prevent motion sickness. Other words that may indicate its presence include: AY-27255, Cavinton, Ethyl Apovincamate, Ethylapovincaminoate, RGH-4405, TCV-3b, Vinpocetin, or Vinpocetina.

**Wheatgrass** Wheatgrass is primarily used as a concentrated source of nutrients. Therapeutically it has been used to improve blood sugar disorders, prevent tooth decay, improve wound healing, prevent bacterial infections, for cancer and arthritis treatment, kidney stones, hypertension, digestive issues, and chronic skin problems. Other words that may indicate its presence include: Agropyre, Blé en Herbe, Bread Wheat, Brote del Trigo, Common Wheat, Grano, Herbe de Blé, or Wheat Grass.

**White Willow Bark** White willow bark contains compounds from which aspirin was derived, thus making it a useful pain reliever. It is also good for allergies, inflammation, osteoarthritis, gout, fever, the common cold, and weight loss. Other words that may indicate its presence include: Basket Willow, Bay Willow, Black Willow, Black Willowbark, Black Willow Extract, Brittle Willow, Corteza de Sauce, Crack Willow, Daphne Willow, Écorce de Saule, European Willow, European Willow Bark, Extrait d'Écorce de Saule, Extrait d'Écorce de Saule Blanc, Extrait de Saule, Extrait de Saule Blanc, Knackweide, Laurel Willow, Lorbeerweide, Osier Blanc, Osier Rouge, Purple Willow, Pukurweide, Purple Osier, Purple Osier Willow, Pussy Willow, Reifweide, Salicis Cortex, Saule, Saule Argenté, Saule Blanc, Saule Commun, Saule des Viviers, Saule Discolore, Saule Fragile, Saule Noir, Saule Pourpre, Silberweide, Violet Willow, Weidenrinde, White Willow Extract, or Willow Bark Extract.

**Wild Yam Root** Wild Yam has compounds similar to progesterone and so it may be used as a natural alternative for estrogen replacement therapy, PMS, post-menopausal issues, infertility, increasing energy and libido. It also may relax muscle spasms, reduce inflammation, promote perspiration, help with kidney stones, irritable bowel, hypoglycemia, and gallbladder disorders. Other words that may indicate its presence include: American Yam, Atlantic Yam, Barbasco, China Root, Chinese Yam, Colic Root, Devil's Bones, DHEA Naturelle, Dioscoreae, Dioscorée, Igname Sauvage, Igname Velue, Mexican Yam, Mexican Wild Yam, Name Silvestre, Natural DHEA, Phytoestrogen, Phyto-oestrogène, Rheumatism Root, Rhizoma Dioscorae, Rhizoma Dioscoreae, Shan Yao, or Yuma.



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**Wormwood** Wormwood uses include acting as a mild sedative, increasing stomach acidity, antiparasitic, and lowering fever. It may also be useful as an appetite stimulant, for gastrointestinal complaints, biliary dyskinesia, as an aphrodisiac, and antispasmodic. Topically, it is useful for healing wounds, skin ulcers, blemishes, and insect bites. Wormwood is used as a flavoring agent in alcoholic bitters and vermouth. Wormwood oil is used as a fragrance in soaps, cosmetics, and perfumes. It is also used as an insecticide. Other words that may indicate its presence include: Absinthe, Absinthe Suisse, Absinthii Herba, Absinthites, Ajenjo, Alvine, Armoise, Armoise Absinthe, Armoise Amère, Armoise Commune, Armoise Vulgaire, Artesian Absinthium, Artemisia, Common Wormwood, Grande Absinthe, Green Ginger, Herba Artemisae, Herbe aux Vers, Herbe d'Absinthe, Herbe Sainte, Indhana, Lapsent, Menu Alvine, Quing Hao, Vilayati Afsanteen, Wermut, Wermutkraut, Western Wormwood, or Wurmkraut.

**Yarrow** Yarrow may be used orally for the common cold, fevers, amenorrhea, diarrhea, allergic rhinitis, loss of appetite, reduce bloating, flatulence, to induce sweating, mild or spastic GI tract discomfort, thrombotic conditions with hypertension, and to relieve toothaches. It can be used topically to relieve pain or help with bleeding hemorrhoids. Yarrow may be found in salads, cosmetic cleansers, snuff, and shampoos. Other words that may indicate its presence include: Achilee, Achillea, Achillée, Acuilee, Band Man's Plaything, Bauchweh, Birangasifa, Birangasipa, Biranjasipa, Bloodwort, Carpenter's Weed, Civan Perceci, Devil's Nettle, Devil's Plaything, Erba Da Cartentieri, Erba Da Falegname, Gandana, Gemeine Schafgarbe, Green Arrow, Herbe à la Coupure, Herbe à Dindes, Herbe aux Charpentiers, Herbe Militaire, Huile Essentielle d'Achillée, Katzenkrat, Milefolio, Milenrama, Milfoil, Millefeuille, Millefolii Flos, Millefolii Herba, Millefolium, Millegoglie, Noble Yarrow, Nosebleed, Old Man's Pepper, Rajmari, Roga Mari, Sanguinary, Soldier's Wound Wort, Sourcil de Vénus, Staunchedweed, Tausendaugbram, Thousand-Leaf, or Wound Wort.

**Yellow Dock** Yellow dock possible uses include as an adjunct to antibacterial therapy, as a laxative, tonic, treating venereal diseases, acute and chronic inflammation of nasal passages and the respiratory tract, chronic skin diseases, dermatitis, rashes, scurvy, obstructive jaundice, and psoriasis. Yellow dock can be used in salads as well as in toothpastes. Other words that may indicate its presence: Broad-leaved Dock, Chukkah, Curly Dock, Curled Dock, Field Sorrel, Sheep Sorrel, Sour Dock, Narrow Dock, Rumex, Romaza, or Acedera.

**Yerba Maté** Yerba Mate is an herb with many potential uses such as relieving mental and physical fatigue, as a mild analgesic for headaches or rheumatic pains, improving mood disorders, as a laxative, weight loss, urinary tract infections, chronic fatigue syndrome, cardiac insufficiency, hypotension, arrhythmias, kidney stones, and bladder stones. It is usually consumed in a tea-like beverage where the leaf and leaf stem are used. Because there is caffeine naturally occurring, individuals who are sensitive to caffeine may want to avoid it. Other words that may indicate its presence include: Chimarrao, Green Mate, Jesuit's Brazil Tea, Mate, Paraguay Tea, or St. Bartholomew's Tea.

**Yohimbe Bark** Yohimbe Bark is considered to possibly be a potent and effective aphrodisiac for both men and women. In men, it is said to be particularly effective in boosting sexual performance and may be useful in cases of impotence and erectile dysfunction, whether brought on by age, stress, or fatigue. It can also potentially help with the following as well: athletic performance, weight loss, exhaustion, angina, hypertension, diabetic neuropathy, and postural hypotension. If yohimbe bark is smoked or snuffed, it can produce hallucinogenic effects. Other words that may indicate its presence include: 11-Hydroxy Yohimbine, Alpha Yohimbine HCl, Corynanthe Yohimbe, Corynanthe Johimbe, Johimbi, Yohimbehe, Yohimbehe Cortex, Yohimbine, Yohimbine HCl, or Yohimbinum Muriaticum.

# Re-introducing Foods



## Re-introducing Foods into Your Eating Pattern

After eliminating the reactive foods for the recommended period of time and once you are symptom-free, you may choose to proceed with systematically adding the reactive foods into your pattern of eating. The suggested approach is the following:

- It is best to start to re- challenge the food first thing in the morning on an empty stomach.
  - Always test with a very pure, organic form of the food.
  - Start re-challenging foods that are less reactive before moderately and severely reactive foods. For example, if any mildly reactive foods were completely eliminated, start with that list, then the moderate list, then the severe list. It is best to wait to reintroduce casein, whey, milk, and gluten until the end of the reintroduction period.
  - Always reintroduce foods one at a time, every 4 days. It is best to keep a food and symptom journal throughout reintroduction.
  - Introduce one food at a time for one day only. Example: On Day 1, start with the first food and increase the amount you have throughout that day. On Day 2 begin to avoid that food from your eating pattern again and be aware of a return of any symptoms for the next 3 days.
  - If you do notice a reaction, make note of it and avoid this particular food for another 30 days to 3 months. Wait until these symptoms subside before reintroducing the next food.
  - If there is no reaction, you can incorporate the food back into your normal eating pattern.
  - Proceed with the next food in the same way.
- Note: If you notice problems with the introduction of the first two foods, we recommend stopping the reintroduction altogether and continuing to avoid all of the food culprits for another 3 months.

With regard to retesting, it is recommended only after foods have been reintroduced into your regular eating pattern. The Alcat Test is not entirely based on exposure. However foods that have been avoided for a significant period of time may not be reactive if the immune pathway that would be activated by a particular food for an individual requires “priming” of the system.

# Frequently Asked Questions

## **How can I be sensitive to this, I don't even eat it or like it?**

Eating or liking a particular food is certainly not a requirement for being sensitive to it! The human body perhaps has its own wisdom which guides you away from that which may do harm. It is even possible that genes dictate reactivity to a certain degree. Overexposure of food, gut dysfunction, genetics and stress are several factors that may play a role in reactivity.

## **Is this a food allergy test?**

The Alcat Test is NOT a food allergy test. It is designed to test for sensitivities, which have a delayed reaction. Although in common parlance, the terms have been used interchangeably, food allergy and food sensitivity are quite different from one another. The Alcat Test detects sensitivities and NOT allergies. The patient should still avoid all items to which he/she has a known allergy.

## **I know I am allergic to \_\_\_ but your test says I'm not. Why?**

An allergic response involves an immediate IgE response which is not measured by the Alcat Test. A type 1 hypersensitivity, the IgE, Immunoglobulin E mediated immune response, is immediate and usually produces symptoms minutes after ingesting the offender, and up to hours later. This is a true allergic reaction. Symptoms of true allergies are significant, can be life-threatening and may include

wheezing, hives, itching, immediate vomiting or anaphylaxis. If you believe you may have this type of reaction, it is crucial that you go to your physician or allergist for the diagnosis. If you've been diagnosed with food allergies, it is very important to continue to avoid these allergens to avoid a potentially life-threatening situation, regardless of reactivity identified by the Alcat Test. .

The Alcat Food and Chemical Sensitivity Test is a highly sensitive, objective test for assessing the delayed immune response to foods, or what are called food sensitivities. Symptoms related to sensitivities could occur hours after ingesting the offenders, or even days later. Those with symptoms of food sensitivities, may experience them chronically, and may include digestive issues such as diarrhea, constipation, flatulence, feeling bloated, headaches, migraines, fatigue, skin issues, arthritis, focus and attention issues, irritability, and more.

It is also possible to have food sensitivities without noticing symptoms. The inflammation created by the white blood cell response may be occurring, but symptoms may not be detected.

## **I know I have symptoms after consuming \_\_\_ but the Alcat Test does not reveal a reaction to it. Why?**

There are many different adverse reactions to foods. If particular foods seem to be producing symptoms, regardless of the Alcat Test results, our suggestion would be that you continue to avoid them. However, foods that have been avoided for a significant period of time may come up as

nonreactive on the Alcat Test. So the suggestion is to “prime the system” before having the test, so long as there are no true allergies to the food in question (or CD if gluten is in question). With retesting, the suggestion is to have all the foods reintroduced and rotated before getting the test again. It is understandable that one may be hesitant to consume previously reactive foods prior to the test. However, if in fact a sensitivity to these foods/components exists, and if the immune pathway responsible for the reaction happens to rely on exposure but there was no exposure prior to the test, the reactivity might not be revealed in the Alcat Test.

There are other possibilities for “non-reactions” when someone feels very certain that the Alcat Test should have shown certain foods to be reactive. Even if the food (s) in question were consumed prior to the test, a reactivity to them still might not have occurred.

Examples include:

- The reaction may not necessarily be an immune response
- The symptoms could be related to an intolerance NOT an immune response
- The reaction could be an IgE reaction (true allergy). The Alcat Test does not test for true allergies, the IgE response, which is immediate.
- It is possible that the particular food that is suspect is not the culprit but something else normally consumed along with it
- It may no longer be a sensitivity after the avoidance period (sensitivities are not necessarily a lifelong situation, the immune system is a dynamic system in the body).

### **Why does this test not correlate with the other food sensitivity tests I've done in the past? Example, IgG, IgA.**

The Alcat Test measures the cellular response not immunoglobulin (Ig) levels in the blood.

### **Can I have the test done while I am pregnant?**

The benefit of knowing foods that are not provoking an adverse reaction would be the same for both a pregnant and a non-pregnant female.

Although the test can be conducted any time during

the pregnancy it is best to consider the following: Due to integrated fetal-placental-maternal response during pregnancy, the potential differing response after delivery, and the duration of time to avoid reactive foods, it is recommended to test during the first or second trimester or wait until 8-12 weeks after delivery (if already into the third trimester).

### **With regard to testing children, must a child be a certain age to take the Alcat Test?**

The minimum age for testing is 4-6 months for babies who are ill or symptomatic. If the baby is thriving and does not exhibit delays in growth and development, no colic, no sleep issues, etc it would be best to wait to conduct the test after the baby is consuming solid foods.

### **What if the baby is breastfed or formula fed?**

If the baby's mother is breastfeeding, she should refrain from consuming the baby's reactive foods, as the proteins in the foods appear in her milk and are then passed to the baby when nursing.

This should also influence panel selection, in other words, what foods are tested. If the baby is formula fed, it's best to choose the test panels with the formula ingredients in mind. If the baby is breastfed, mom's typical food consumption should be considered.

### **Should previously reactive foods (or foods the person believes are problematic) be reintroduced/consumed before testing/retesting?**

Yes. For foods not consumed on regular basis (in absence of allergy to it or in absence of celiac disease when inquiring about gluten consumption), consuming them two or three times within a week prior to testing is recommended.

### **What are the medication restrictions for the Alcat Test?**

It is not necessary to postpone testing if, despite medication use, inflammatory symptoms persist. However, to the extent medication can be reduced prior to testing, the patient should do so, under the supervision of a healthcare provider.

If possible, do not take any medications at least 3 to 4 hours before blood draw.

## Is fasting required before taking the Alcat Test? No

## Do I really have to follow the rotation plan or can I just eliminate the foods I react to?

The strict four day rotation plan may be realistic and appropriate. It is a good idea to check with the practitioner who is providing advice in this regard, to determine if proceeding this way is necessary.

Dr. Herbert J. Rinkel developed the Rotary Diversified Diet (Rotation) in 1934. People prone to or with food/chemical sensitivities find this type of plan beneficial for a number of reasons:

- It may lessen the likelihood of developing new sensitivities.
- It allows the immune system to recover from the effects of a food before it is again consumed.
- A 4 day rotation plan allows the body to go through its processes; digestion, metabolizing and elimination.

As mentioned previously, it would be best that we consume a variety of nonreactive foods to nourish our bodies properly. Eating in a rotation pattern can help achieve that variety and can help limit the mild list of foods to no more than 2 days per week, or one day in a four day period. A rotation pattern of eating also decreases the likelihood that the immune system will be overwhelmed with the same foods. An overload *may* contribute to further sensitivities. The basic principle of the rotation plan is this: by eating foods one day and then omitting them for at least 3 days, you avoid a cumulative sensitizing effect. This period of time allows the particular food molecules to “clear” from the system so they do not cause an overload.

If you find the rotation just too stressful, it may do more harm than good to attempt to follow it. Then you are limited to the foods listed in the green section. Occasionally, you may find yourself in a social situation (or perhaps when traveling) where you are not always able to follow the plan closely. Please keep in mind that the top priority is to **eliminate** the severely and moderately reactive foods and ingredients, to **limit** the mildly reactive list of foods, consume a **variety** of the nonreactive foods, and to avoid eating the same foods day after day. Perhaps an every other day rotation plan is more realistic right now and that plan can be implemented first. You can always revisit the four day rotation plan later **if** it is determined to be necessary.

## Can I have one type of food all week long?

Even if you dislike tea, water and orange juice but you love coffee it is not wise to drink the coffee daily. Even if your test was negative to coffee you could develop a sensitivity to it. Even a person without a sensitivity for a particular food should strive for the most variety possible in the diet. No single food contains all the nutrients we need.

The greater variety, the greater the opportunities to obtain many different nutrients.

Many of our foods often contain pesticides, herbicides and hormones. Consumption on a regular basis of any food may have detrimental effects due to an accumulation of any of these substances. It is best to choose organic foods as often as possible. Eating an acceptable food two days in a row if need be, is not cause for concern. Eating it 4 or 5 days in a row or every day might be. It is best to avoid bombarding the immune system with the same foods over and over again.

## Can I use a dietary supplement if it is a derivative of a reactive food?

With regard to vitamins and minerals, their sources may be listed on the label or manufacturers’ literature. For example, corn is often the source of vitamin C, wheat germ oil or soy oil are often the sources of vitamin E. If the sources of the vitamins and minerals are listed, it’s best to seek those that are not sourced from your reactive ingredients. However, due to the processing of these nutrients, there may be very little to no detectable ingredients of the food source so you may find you tolerate them without issue. Individual responses vary.

Inactive ingredients used in supplements may also contain ingredients that are best avoided, especially if reactive for you. Nutrition experts recommend the avoidance of most colorings, artificial flavorings, artificial sweeteners, yeast, gluten, dairy, sugar, and others fillers in dietary supplements.

Be aware that gelatin capsules are often made from beef or pork. Vegetarian capsules may contain soy. For more insight regarding your health and nutrition needs, you might consider the following tests offered by Cell Science Systems. Be sure to discuss these with your practitioner.

# Additional Testing from Cell Science Systems



## Test Name: CICA- Celiac, IBS, Crohn's Array

This test measures the genetic risk for celiac disease and Crohn's disease, the serum markers associated with the active celiac disease process, and serum markers associated with Crohn's Disease.

If there has been a confirmed diagnosis of celiac disease and gluten has been avoided, that should continue, even if the Alcat test does not reflect a reaction to gluten. Remember, the Alcat Test is not a test for celiac disease- it is not measuring tissue trans-glutaminase and deamidated gliadin peptide antibodies, which when elevated may indicate an active CD process.

## Test Name: The Advanced Methyl Detox Profile

Measurement of genetic markers involved in methylation and homocysteine metabolism. The methylation pathway is the major part of detoxification and the metabolic cycle. Methylation can play an important role in many chronic diseases. By understanding your genetics, you may be able to prevent and address these conditions with the right nutrition.

Components of Test: MTHFR, MTRR, MTR, COMT, AHCY, Homocysteine

## Test Name: Telomere

This test measures the DNA segments at ends of chromosomes (telomeres) potentially indicative of cellular aging and susceptibility to chronic disease.

# Additional Resources

## Cell Science Systems Resources

For frequently asked questions about the Alcat test and other testing provided by Cell Science Systems, please visit our [Knowledge Base](#). Here you will find a collection of videos and guides categorized by topic.

Visit the [Education section](#) of the [www.cellsciencesystems.com](http://www.cellsciencesystems.com) for additional resources such as news articles, a research library, and lecture videos.

## PreviMedica Nutrition Guidance

Maintaining momentum with an elimination plan is not easy. PreviMedica, the sister company to Cell Science Systems, has nutrition experts that will work with you to develop an individualized plan that fits with your lifestyle and needs.

### Individualized Nutrition Guidance

Our nutrition advisors are available to follow up with you as you are following the elimination plan. You will receive suggestions to encourage continued commitment to the plan, progress monitoring, and support during the reintroduction of reactive foods by meeting with your nutrition advisor for a series of sessions. One or more consultations may be purchased.



### Monthly Memberships

For more extensive lifestyle guidance, you may choose to consult with our nutrition experts within a monthly membership. Please see the following page for pricing and more details about what is included with this service.

### Support Group

For additional support from others following the results of their Alcat test, as well as expert support from our PreviMedica nutritionists, visit our [Facebook Alcat Support group](#).

# Additional Resources

## Living With Food Sensitivities

[Alcat Results Tutorial](#)

[Living Gluten Free Tutorial](#)

[Living Dairy Free Tutorial](#)

[Candida Related Complex](#)

## Meal Planning Tools

Customized meal planning tools and recipe books created exclusively for you by PreviMedica, can help simplify your everyday choices.

Meal planning tools are individualized and generated using the Alcat Food Sensitivity Test results and/or other dietary restrictions you may have. No moderately or severely reactive foods are included in these tools. Whether or not to include mildly reactive foods is up to you and your health care practitioner.

The meal planning tools include a Quick Start Guide, Staple Builder, Builder Recipes, Product Recommendations, menu ideas, and tips for adhering to a rotation plan.

To learn more about PreviMedica's meal planning tools, take a look at the following resources:

[About PreviMedica Meal Planning Tools](#)

[How to Use PreviMedica Meal Planning Tools](#)

## Specialty Food Vendors

[Vitacost.com](#)

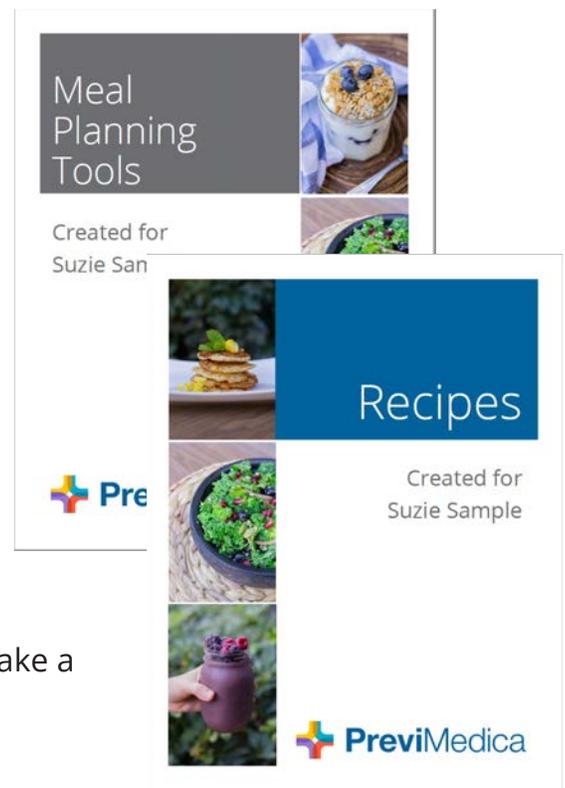
[Thrive Market](#)

[Amazon Grocery](#)

[Gluten Free Mall](#)

[Tasterie](#)

[Vegan Essentials](#)



# Additional Resources

## Product Guide

*Below is a general list of specialty brands that may help in implementing your Alcat test. Please be aware, that this list is not individualized. So, while this is a great reference to aid in the discovery of new products that may work well as substitutes, it is always necessary to check the ingredient label to ensure that it does not contain any culprit foods.*

### Gluten Free

- Ancient Harvest
- Annie's
- Applegate Farms
- Arrowhead Mills
- Astoria Mills
- Attune Foods
- Erewhon
- Awesome Foods
- Back to Nature
- Bakery on Main
- Barbara's Bakery
- Barkat Matzo Gluten
- Beanitos Chips
- Bob's Red Mill
- Bold Organics
- Breads from Anna
- Canyon BakeHouse
- Cassava Chips
- Cherrybrooke
- Kitchen
- Cream Hill Estates
- Oats
- Crunchmaster
- DeBoles
- DeLand Bakery
- Duinkerken foods
- Elevate Me
- Enjoy Life
- Ener-G
- Everybody Eats
- Food for Life
- General Mills
- Gillian's Foods
- Glow Cookies
- Gluten Free
- Creations
- Glutino
- HomeFree Treats
- Ian's Foods
- Jovial
- Kinnikinnick
- Larabar
- Liz Lovely
- Lucy's Cookies
- Luna
- Lundberg
- MacroBars
- Maple Grove Farms
- Mary's Gone Crackers
- Mrs. Leeper's
- Namaste Foods
- Nature's Path
- Organic Food Bar
- Orgran
- Pamela's
- Panne Rizzo
- Perky's Natural Foods
- Plentils by Enjoy Life
- Pure Bars
- Rudi's
- Sami's Bakery
- Schar
- Suzie's Thin
- That's it
- The Birkett Mills
- Tia's Bakery Cakes & Cookies
- Tinkyada Rice
- Two Moms in the Raw
- Udi's
- Van's
- Vega
- Way Better Snacks

### Dairy Free

- Blue Diamond
- Califia Farms
- Daiya
- Earth Balance
- Elmhurst
- Enjoy Life
- Follow Your Heart
- Go Veggie
- Good Karma
- Kite Hill
- Nutpods
- Pacific Foods
- Silk
- Simply Lite Foods
- So Delicious
- Soy Garden
- Taste The Dream
- Tofutti
- Whole Soy

### Sugar Free

- | Spreads  | Milk  | Frozen Dessert   |
|--|---|--|
| <ul style="list-style-type: none"><li>• Crofter's Just Fruit Spread</li><li>• Polaner</li><li>• St. Dalfour</li><li>• Smucker's Simply Fruit</li></ul> | <ul style="list-style-type: none"><li>• Taste the Dream Unsweetened</li><li>• Silk Unsweetened</li><li>• Whole Soy Co Unsweetened</li></ul> | <ul style="list-style-type: none"><li>• So Delicious Unsweetened Ice Cream</li></ul> |

### Brewer's Yeast Free

- Bragg Apple Cider Vinegar
- Eden Foods Umeboshi Plum Vinegar
- Coconut Secret Raw Coconut Vinegar

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