

Food Sensitivity Analysis

+/- Sens. Low Carb Vegetables

- _____ Sprouts
- _____ Leafy Greens- radicchio and endive count as "greens"
- _____ Bamboo Shoots
- _____ Celery
- _____ Radishes
- _____ Sea Vegetables (Nori, etc.)
- _____ Mushrooms
- _____ Cabbage (or sauerkraut)
- _____ Avocado
- _____ Asparagus
- _____ Okra
- _____ Cucumber
- _____ Garlic
- _____ Green beans
- _____ Fennel
- _____ Cauliflower
- _____ Broccoli
- _____ Peppers
- _____ Summer Squash
- _____ Spaghetti Squash
- _____ Zucchini
- _____ Brussel Sprouts
- _____ Scallions or green onions
- _____ Tomatoes
- _____ Eggplant
- _____ Tomatillos
- _____ Onions
- _____ Chives
- _____ Leeks
- _____ Celery Root
- _____ Artichokes
- _____ Aloe Vera

+/- Sens. Herbs and spices (low carb)

- _____ Black Pepper
- _____ Basil
- _____ Oregano
- _____ Thyme
- _____ Cilantro
- _____ Sage
- _____ Rosemary
- _____ Saffron
- _____ Turmeric
- _____ Dill
- _____ Cayenne
- _____ Cardamom
- _____ Cinnamon
- _____ Ginger
- _____ Clove
- _____ Nutmeg

+/- Sens. Medium Carb Vegetables

- _____ Turnips
- _____ Pumpkin
- _____ Rutabagas
- _____ Carrots

+/- Sens. Starchy (High Carb) Vegetables

- _____ Beets
- _____ Peas
- _____ Winter Squashes such as acorn and butternut
- _____ Water Chestnuts
- _____ Parsnips
- _____ Potatoes in all forms
- _____ Sweet Potatoes
- _____ Corn
- _____ Plantains

+/- Sens. Fruit (lowest in sugar)

- _____ Lemon
- _____ Lime
- _____ Rhubarb
- _____ Raspberries
- _____ Blackberries
- _____ Cranberries
- _____ Blueberries
- _____ Grapefruit

+/- Sens. Fruits (medium sugar)

- _____ Strawberries
- _____ Casaba melon
- _____ Papaya
- _____ Watermelon
- _____ Peaches
- _____ Nectarines
- _____ Cantaloupe
- _____ Honeydew melon
- _____ Apples
- _____ Guavas
- _____ Apricots
- _____ Figs
- _____ Plums
- _____ Oranges
- _____ Pears
- _____ Pineapple

+/- Sens. Fruits (high in sugar)

- _____ Tangerine
- _____ Cherries
- _____ Grapes
- _____ Pomegranates
- _____ Mangoes
- _____ Bananas
- _____ Dried Fruit (ex: dates, raisins, prunes, etc.)

- +/- Sens. **Seeds/Nuts**
- _____ Pumpkin seeds
 - _____ Sunflower seeds
 - _____ Hemp seeds
 - _____ Sesame seeds
 - _____ Almonds
 - _____ Pecans
 - _____ Cashews
 - _____ Walnuts
 - _____ Macadamia Nuts
 - _____ Pistachios

- +/- Sens. **Healthy Fats/Oils**
- _____ Coconut meat
 - _____ Avocado
 - _____ Olive oil
 - _____ Coconut oil
 - _____ Sesame oil
 - _____ Flax oil
 - _____ Borage oil
 - _____ Evening Primrose Oil
 - _____ Premier EFA's
 - _____ Grass-fed butter/ghee

- +/- Sens. **Animal Protein**
- _____ Chicken
 - _____ Turkey
 - _____ Beef (Ground or steak)
 - _____ Pork (tenderloin, chops, bacon)
 - _____ Lamb
 - _____ Goat
 - _____ Buffalo
 - _____ Rabbit
 - _____ Shrimp
 - _____ Lobster
 - _____ Wild-caught fish (salmon from pacific is especially good)
 - _____ Clams
 - _____ Venison
 - _____ Eggs

- +/- Sens. **Other Proteins**
- _____ Whey protein
 - _____ Hemp protein
 - _____ Rice protein
 - _____ Pea Protein

- +/- Sens. **Dairy**
- _____ Yogurt/Kefir
 - _____ Butter
 - _____ Milk
 - _____ Cheese
 - _____ Raw Milk (not homogenized or pasteurized)
 - _____ Raw Cheese
 - _____ Goat/Sheep Milk

- +/- Sens. **Grains**
- _____ Millet
 - _____ Amaranth
 - _____ Quinoa
 - _____ Buckwheat
 - _____ Spelt
 - _____ Sorghum
 - _____ Barley
 - _____ Oats
 - _____ Wheat
 - _____ Rye
 - _____ Brown Rice
 - _____ White Rice
 - _____ Corn

- +/- Sens. **Beans/Legumes**
- _____ Black beans
 - _____ Black eyed peas
 - _____ Kidney beans
 - _____ Red beans
 - _____ Navy beans
 - _____ Adzuki beans
 - _____ Edamame/soy beans (buy non-gmo)
 - _____ Lentils
 - _____ Mung bean
 - _____ Peanuts

- +/- Sens. **Sweeteners**
- _____ Raw honey (unheated, unfiltered)
 - _____ Molasses
 - _____ Cane Sugar
 - _____ Stevia
 - _____ Agave Nectar

- +/- Sens. **Additional**
- _____ _____
 - _____ _____
 - _____ _____
 - _____ _____
 - _____ _____
 - _____ _____

Inversions/Imprints

INV or IMP _____ with _____
 _____ date _/ _/ _

INV or IMP _____ with _____
 _____ date _/ _/ _

INV or IMP _____ with _____
 _____ date _/ _/ _

INV or IMP _____ with _____
 _____ date _/ _/ _