



north toronto naturopathic clinic

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## Food Sensitivity Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Baseline:

adzuke beans		cheese		hops	
almonds		cheese mix		kamut	
amaranth		cherry		kiwi	
apple		chicken		lamb	
apricot		chickpeas		lemon	
aspartame		chili powder		lentil	
avocado		chocolate		lettuce	
baker's yeast		cinnamon		lime	
barley		clam		liver	
banana		cocoa		lobster	
basil		codfish		mango	
bean (mixed)		coffee		maple syrup	
bean (navy)		cola		milk	
bean (soy)		corn		millet	
beef		crab meat		msg	
beet		cranberry		mung beans	
brewer's yeast		cucumber		mushroom	
brussel sprouts		egg (whole)		mutton, lamb	
cabbage		egg (yolk)		nutmeg	
cantaloupe		fig		oats	
caramel		fructose		olives	
carrot		garlic		onion	
casein (cow milk)		gin (50 %)		orange	
cashew nuts		ginger		oregano	
cauliflower		grape		oris root	
cayenne		grapefruit		oysters	
celery		halibut		papaya	

Food sensitivity testing continued:

paprika		salmon		tuna	
parsnip		scallops		turkey	
peach		sesame seed		turnip	
peanut		shrimp		Vanilla	
pear		soya		Walnut, black	
peas		spelt		Watermelon	
pecan		spinach		Wheat	
pineapple		squash, yellow		White wine	
poppy seed		strawberry		Wild rice	
pork		sugar beet		Yeast mix	
potato		sugar cane			
quinoa		sulfites			
raisin		sunflower seed			
rice		tapioca			
rum, white		tea			
rye		tomato			

Food dyes:

FDC blue #1		FDC red mix		FDC green dye	
FDC yellow mix					

Other:


Your score on individual foods tested reflects your baseline reading. The greater the deviation from the baseline, the greater the sensitivity to that food. Foods without a score number are not sensitive and you may consume them freely.

This is a screening test. The next step in this process is to avoid all foods listed here as sensitive. You should notice changes in your health and an improvement in symptoms in as little as 4 weeks. Your experience during food restriction is clinically important to us. Please make note of any changes you experience and report them to your naturopathic doctor.