

Sunnyside Natural Medicine

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FOR INVESTIGATIONAL USE ONLY. To obtain information about the energetic system of the body, it is suggested that you use substitutes for all the foods which have been checked for the next six weeks before re-introducing the foods marked below and assessing what, if any, reaction you may have.

ALCOHOL

- Beer
- Cognac
- Red wine
- White wine

FATS/OILS

- Butter
- Peanut oil
- Deep frying oil
- Margarine
- Olive oil
- Rapeseed oil
- Rice oil
- Soy oil
- Sunflower oil

FRUIT

- Pineapple
- Apple
- Apricot
- Banana
- Pear
- Blackberry
- Strawberry
- Fig
- Raspberry
- Currant
- Cherry
- Mandarin orange
- Nectarine
- Orange
- Grapefruit
- Peach
- Plum
- Raisin
- Grape
- Lemon

BAKING AGENTS

- Apple Pectin
- Gelatin
- Yeast
- Baking powder

CONDIMENTS

- Ketchup
- Fruit vinegar
- wine vinegar

MEAT

- Chicken
- Veal
- Rabbit
- Lamb
- Beef
- Pork
- Turkey

FLAVOR ENHANCERS

- Glutamate (MSG)
- Herbamare
- Pickling agent
- Trocomare

LEGUMES

- Peas, yellow
- Peas green
- Chick-pea
- Lentils
- Soy

CHEESE

- Camembert
- Cheese hard
- Cheese soft

EGGS

- Egg white
- Egg yolk

FISH

- Eel
- Prawns
- Flounder
- Crayfish
- Trout
- Lobster
- Codfish
- Carp
- Salmon
- Sole
- Tuna
- Squid

GRAINS

- Buckwheat
- Spelt
- Barley
- Golden millet
- Oats
- Oat bran
- Corn
- Rice
- Rice milk
- Rye
- Wheat
- Wheat bran
- White wheat flour
- Whole wheat flour

TOFU

VEGETABLES

- Cauliflower
- Beans
- Broccoli
- Endive
- Fennel
- Pickle
- Potato
- Kohlrabi
- Head Lettuce
- Pumpkin
- Leek
- Melon
- Carrot
- Chilli
- Red radish
- White radish
- Brussel sprouts
- Red beet
- Red cabbage
- Celery
- Tomato
- Savoy cabbage
- Zucchini
- Onion

COFFEE

- Coffee espresso
- Caffeine
- Nescafe
- Instant coffee

CHOCOLATE

- Cacao
- Choc. powder

___ Sheep cheese

SPICES

___ Anise
___ Basil
___ Savory
seed
___ Cayenne
___ Curry
___ Dill
___ Tarragon
___ Fennel seed
___ Clove
___ Ginger
___ Coriander
___ Garlic
___ Caraway
___ Bay-leaf
___ Marjoram
___ Nutmeg
___ Oregano
___ Paprika
___ Parsley
___ Pepper
___ Rosemary
___ Saffron
___ Mustard
___ Thyme
___ Vanilla
___ Juniper
___ Cinammon
___ Chive
___ Lemon balm

Wort

DAIRY

___ Bifidus
___ Buttermilk
___ Canned milk

___ Yogurt
___ Kefir
___ Milk
___ Cottage cheese
___ Cream
___ Sour milk

WHEAT ALLERGENS

___ Gliadin
___ Gluten

STARCH

___ Potato starch
___ Cornstarch
___ Wheat starch

SUGAR

___ Bee honey
___ Fructose
___ Lactose
___ Cane sugar
___ Beet whole sugar
___ Liquorice
___ Sugar, white

NUTS

___ Peanuts
___ Hazelnuts
___ Coconut

___ Almond
___ Brazil-nut
___ Pecans
___ Pistachios
___ Walnuts

SEED OILS

___ Pumpkin seed
___ Linseed seed
___ Poppy

___ Sesame seed
___ Sunflower seeds

MUSHROOMS

___ Champignons
___ Morels

SALT

___ Sodium iodide
___ Salt
___ Sea salt

SWEETENERS

___ Aspartame

___ Maltitol
___ Mannitol
___ Palatinose
___ Saccharine
___ Sorbitol
___ Xylitol

TEAS

___ Fennel
___ Green Tea
___ Saint Johns

___ Peppermint
___ Sage
___ Black Tea
___ Lemon balm
___ Camomile

