



Maria Sample

Ref: 53383627

Product: Advanced Food Intolerance Labs - Premium

Date: 04/09/2021

PREVIEW
SAMPLE

Your Wellness Report

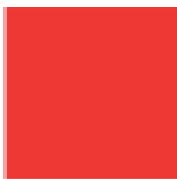
FOODS & DRINKS

PREVIEW
SAMPLE



FOODS & DRINKS

Inflammatory Causing Foods & Drinks



These will be highlighted in red and are NOT beneficial for you to consume for the following 6 to 8 weeks.

Neutral Foods & Drinks



These will be highlighted in orange and should be consumed as little as possible for the following 6 to 8 weeks.

Beneficial Foods & Drinks



These will be highlighted in green and can be consumed for the following 6 to 8 weeks.

FOODS & DRINKS

Cereals & Grains

| | | | |
|--|--|---|--|
|  Without Gluten Flour (Almond) |  With Gluten Flour |  Without Gluten Flour (Arrowroot) |  Without Gluten Flour (Teff) |
|  Without Gluten Rice (Wild) |  With Gluten Kamut |  Without Gluten Polenta |  With Gluten Semolina |
|  With Gluten Rye |  Without Gluten Quinoa |  Without Gluten Flour (Sorghum) |  Without Gluten Flour (Potato) |
|  Without Gluten Rice (Brown) |  With Gluten Wheat (White) |  With Gluten Couscous |  Without Gluten Flour (Oat) |
|  With Gluten Wheat (Dudgar) |  Without Gluten Flour (Corn) |  With Gluten Porridge Oats |  Without Gluten Rice (White) |
|  With Gluten Barley |  With Gluten Spelt |  With Gluten Wheat (Brown) |  Without Gluten Buckwheat |

Dairy & Milks

| | | | |
|---|--|--|--|
|  Kefir |  Milk (Goat) |  Cheese (Ricotta) |  Yogurt (Cow) |
|  Cheese (Silton) |  Cream (Sour) |  Cheese (Brie) |  Cheese (Gruyere) |
|  Cheese (Roquefort) |  Quark |  Cream (Fraiche) |  Cheese (Pecorino Romano) |
|  Cheese (Monterrey Jack) |  Cheese (Parmesan) |  Cheese (Feta - Goat & Sheep) |  Cheese (Gouda) |
|  Yogurt (Goat) |  Cheese (Pepper Jack) |  Milk (Cow) |  Cheese (Paneer) |
|  Milk (Sheep) |  Cheese (Swiss) |  Casein |  Yogurt (Greek) |
|  Cream (Heavy Whipping) |  Cheese (Manchego) |  Buttermilk |  Cheese (Cottage) |
|  Butter |  Beta Lactoglobulin |  Cheese (Cheddar) |  Cheese (Halloumi) |
|  Cheese (Mozzarella Buffalo) |  Cheese (Camembert) |  Lactose |  A-Lactalbumin |

| | | | |
|--|--|--|---|
|  Haddock |  Sole |  Jon Dory |  Perch |
|  Shrimp |  Mahi Mahi |  Cod |  Skate |
|  Salmon |  Whitebait |  Hake |  Anchovies |
|  Tuna |  Lobster |  Crab |  Black Bass |
|  Blue Mussels |  Clams |  Plaice |  Red Bass |
|  Tilapia |  Trout (Brown) | | |
| Fruits | | | |
|  Banana |  Blueberry |  Mango |  Passion Fruit |
|  Melon (Galja) |  Avocado |  Lime |  Carambola |
|  Quince |  Pear |  Prunes |  Lemons |
|  Papaya |  Strawberries |  Blueberries |  Grapes (Green) |
|  Loquat |  Mulberries |  Pineapple |  Plums (Damsons) |
|  Melon (HoneyDew) |  Nectarine |  Cranberry |  Guava |
|  Oranges |  Mandarins |  Kiwi |  Raspberries |
|  Wine (Red) |  Pomegranate |  Gooseberries |  Watermelon |
|  Blackberry |  Mangosteen |  Apricot |  Wine (White) |

 Cheese (Provolone)

Dairy Alternatives

 Milk (Hemp)

 Yogurt (Soya)

 Yogurt (Oat)

 Milk (Rice)

 Yogurt (Almond)

 Yogurt (Coconut)

 Milk (Soya)

 Milk (Almond)

 Milk (Coconut)

 Milk (Oat)

Drinks



Please note: While some alcoholic drinks may be listed in green, we still do not advocate that these should be consumed more than the standard recommended alcohol intake

 Lager

 Tea (rooibos)

 Port

 Tea (oolong)

 Brandy

 Tea (chamomile)

 Tea (green)

 Coconut Water

 Tequila

 Champagne

 Rum

 Sambuca

 Tea (black)

 Vermouth

 Beer

 Schnapps

 Whisky

 Sake

 Prosecco

 Tea (jasmine)

 Coffee (black)

 Gin

 Vodka

Fish & Seafood

 Seabass

 Oysters

 Mackerel

 Red Snapper

 Trout (Rainbow)

 Squid

 Halibut

 Octopus

 Pilchard

 Herring

 Scallops

 Swordfish

 Flounder

 Crayfish

 Sardine

 Prawns