

Test Report & Patient Guidebook



Food Intolerance

What is Food Intolerance?

The terms food allergy, food intolerance, food sensitivity, hypersensitivity are often used interchangeably, and are often confused, but essentially they all mean an abnormal reaction to certain foods which can manifest themselves in a number of ways.

Scientifically, the reactions can be differentiated by the fact that some cause an immune response, whereas others do not.

Reactions producing an Immune Response

The reactions that trigger an immune response are most often referred to as allergies. The most common ones are classed as follows:

- **Type I (IgE reaction)**

This is also known as an IgE mediated allergy, Type I hypersensitivity reaction, 'true' or 'classical' allergy. Such a food allergy produces an immediate adverse reaction; i.e. within seconds or minutes after ingestion of certain foods (for example peanuts and shellfish) and produces symptoms such as rashes, sneezing, difficulty in breathing, and for some people can even be life threatening because of an anaphylactic shock. It is usually obvious which foods are responsible for a food allergy and these have to be avoided for the rest of your life.

- **Type III (IgG reaction)**

This is also known as IgG mediated reaction, Type III allergy, delayed onset, hypersensitivity/food sensitivity, however it is more commonly referred to as food intolerance. This is the type of reaction that is measured in your Food Intolerance Test.

Food intolerances are associated with a range of symptoms that are caused by chronic inflammatory processes. The onset of symptoms is within hours or days after ingestion of the food. Symptoms include anxiety, depression, IBS, headaches/ migraines, fatigue, hypertension, eczema, hypothyroidism, asthma, joint pain, chronic rhinitis, arthritis, weight problems and myalgia.

The good news is that with a food intolerance, it is possible to eliminate the food from the diet for a period of time and then to re-introduce them gradually back into the diet after an improvement in symptoms.

Reactions that do not produce an Immune Response

Those reactions that do not produce an immune response are most often referred to as intolerances. An example of this type of reaction is an enzyme deficiency such as :

- Lactose intolerance which is due to a deficiency of the enzyme lactase. Symptoms include bloating, excessive wind, diarrhoea and stomach pains.
- Histamine intolerance which is due to the deficiency or inhibition of the enzyme diamine oxidase, DAO. Symptoms include migraines, headaches, dizziness, bowel/ stomach problems, rhinitis, depression, irritation or reddening of the skin. Foods containing histamine include red wine, cheese, tuna fish or chocolate and citrus fruits.





Interpreting your Test Results

You have been tested against all of the foods listed in your report. As you can see, each food is listed in the red, yellow or green column. Each colour indicates the strength of your body's immune reaction to each food.

If you are experiencing adverse symptoms and your test is showing raised IgG antibodies to certain foods, this may indicate an intolerance to these foods. Removing these from your diet for at least 3 months usually results in an improvement of symptoms.

Your Food Intolerance Test results are shown as **ELEVATED**, **BORDERLINE** or **NORMAL** and the concentration of IgG antibodies (in U/ml) is shown in brackets after each food.



ELEVATED

Indicates a strong antibody reaction to that particular food.

These are your primary problem foods. You should eliminate these foods for at least 3 months. Substitute other foods listed in the NORMAL column and the relevant food group.

BORDERLINE

Indicates a lower antibody reaction to that particular food.

These are moderate to severe problem foods. You should reduce and rotate these foods for at least 3 months to avoid an increase in intolerance.

Choose alternative foods from the green NORMAL column and the relevant food group (ensuring they are not listed in the ELEVATED column).

NORMAL

Indicates no significant reaction to that particular food.

These foods can be eaten as normal without restriction, unless you already know of any specific foods that have previously caused a reaction.

If you suffer with rapid onset type, classic reactions to any of these foods, do not eat them.

FOOD INTOLERANCE TEST REPORT

Health Mate:

Date: 26/02/2018



Sr. No.	GROUP OF FOOD	FOOD ITEMS	INTOLERANCE RESULT
1	CEREALS	OAT (जई)	BORDERLINE
2		WHEAT (गेहूँ)	ELEVATED
3		RICE (चावल)	NORMAL
4		CORN (मक्का)	BORDERLINE
5		SEMOLINA (सूजी)	BORDERLINE
6		BARLEY (जौ)	NORMAL
7		RYE (राई)	NORMAL
8		FLEX SEED (सन का बीज)	NORMAL
9		GLUTEN	ELEVATED
10	NUTS & BEANS	ALMOND (बादाम)	NORMAL
11		CASHEW (काजू)	NORMAL
12		WALNUT (अखरोट)	NORMAL
13		TEA	NORMAL
14		MILK	ELEVATED
15	MEAT	EGG	NORMAL
16		CHICKEN	NORMAL
17		LAMB	NORMAL
18		PORK	NORMAL
19	FISH	KING FISH (SURMAI)	BORDERLINE

FOOD INTOLERANCE TEST REPORT

Health Mate: |

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Sr. No.	GROUP OF FOOD	FOOD ITEMS	INTOLERANCE RESULT
20		MACKEREL (BANGDA)	NORMAL
21		PRAWN	NORMAL
22		CRAB	NORMAL
23	VEGETABLES	MUSTARD FAMILY (सरसों परिवार)	NORMAL
24		CARROT FAMILY	BORDERLINE
25		POTATO	BORDERLINE
26		TOMATO	NORMAL
27		ONION	NORMAL
28		BRINJAL (बैंगन)	NORMAL
29		PEPPERS (काली मिर्च)	NORMAL
30	PULSES	TUR DAL	BORDERLINE
31		CHANA DAL	BORDERLINE
32		MOONG DAL	ELEVATED
33		LEGUME MIX (फलियां)	ELEVATED
34		BANANA	NORMAL
35		GOURD MIX	NORMAL
36		PEANUTS (मूंगफली)	NORMAL
37		SOYA BEAN	NORMAL
38		CHOCOLATE	NORMAL

FOOD INTOLERANCE TEST REPORT

Health Mate:

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Sr. No.	GROUP OF FOOD	FOOD ITEMS	INTOLERANCE RESULT
39	FRUITS	APPLE	NORMAL
40		BLACK RAISIN (काली किशमिश)	NORMAL
41		OLIVE (जैतून)	NORMAL
42		LEMON / ORANGE/ GRAPE FRUIT	NORMAL
43		STRAWBERRY	NORMAL
44		GINGER (अदरक)	BORDERLINE
45		GARLIC (लहसुन)	BORDERLINE
46		MUSHROOM	BORDERLINE
47		YEAST (खमीर)	BORDERLINE

NOTE:

Legume Mix: Pea, Red Kidney & Haricot

Carrot Family Mix: Carrot, Celery

Mustard Family Mix: Broccoli, Cabbage

Peppers: Red, Green & Yellow

Carrot Family Mix: Carrot, Celery

Gourd Mix: Melon, Cucumber

Important Points to Note

- If there are no foods in the **ELEVATED** column, then the **BORDERLINE** foods should be avoided for 3 months.
- To rotate foods, you need to eat them no more than once every 4-5 days as the digestive process takes up to three days.
- For example, to rotate wheat, you could have wheat bread on day 1; oat cakes on day 2; corn cakes on day 3; rye crisp bread on day 4; durum wheat pasta on day 5 etc.
- It can be difficult to eliminate many **ELEVATED** foods at one time. You may find it easier to:
 - completely avoid the top 4 or 5 foods showing the highest antibody concentrations
 - reduce and/ or rotate the remaining foods showing lower antibody concentrations
- You may feel worse for a few days after eliminating a food. This is your body dealing with the changes and is experiencing withdrawal symptoms. Be prepared to persevere, as improvements may only become apparent anything from a few days to a few weeks into the diet.
- It is essential that if you cut out a food group, eg milk, you obtain nutrients found in this food (eg calcium) from other foods.
- Do not eliminate one food and substitute solely with another food as you are likely to build intolerance to that food. For example, if you cut out wheat at breakfast, do not swap to porridge oats every day.
- Many people have experienced the greatest improvement when completely eliminating the reactive foods. However, do not worry if you cannot completely eliminate these foods or you need to break your diet occasionally. Just start again as soon as you are able to.
- If you have been avoiding a food for more than 3 months then it is likely to show a **NORMAL** reaction.
- If, after changing your diet according to your test results, no improvement has been achieved, then food IgG intolerance may not be the cause and it is recommended that you seek advice from a qualified doctor/ healthcare professional.
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- Gliadin is a protein found in gluten which is present in the grains of wheat, barley and rye. Due to the nature of our Food Intolerance Test, gliadin is tested separately from these grains. If your test shows a positive response to gliadin, we advise that you avoid wheat, barley and rye containing foods even if these grains are in the green/**NORMAL** column of your report.



Planning Your Diet

We advise that you take a day or two to prepare yourself before starting on your new diet. Reading this guidebook will give you most of the information you need to get the best results from your test. We recommend that you plan your daily menus well in advance. By collecting recipe ideas using your **NORMAL** foods and shopping ahead you are less likely to struggle with what to eat.

If you have any foods listed as **ELEVATED** or **BORDERLINE** in your Food Intolerance Test results, you will need to avoid or rotate these foods for at least 3 months.

Most foods are relatively straightforward to eliminate from your diet, and you simply replace with another food (from the same food group) from the **NORMAL** list of your results.

However, there are certain foods that are more difficult to eliminate from the diet, as they are widely used on a daily basis and are found in many foods. These foods are wheat/gluten, dairy, eggs, soya and yeast. For each of these foods, there is further information provided in this booklet, to help you plan your diet.

Before you change your diet

Nutrition and health go hand in hand and there are some standard rules you should follow before you change your dietary regime.

- If you have a medical condition, are pregnant or on medication it is advisable to discuss your proposed dietary change with a health professional.
- Know the range of foods you can eat. While you may be sensitive to a few foods, there will be many unreactive foods that you should be free to eat. Rather than concentrate on what you can't eat, it is often more positive to concentrate on all the good things you can eat ie those in the green **NORMAL** column.
- Recognise what food products contain your reactive foods. Many ready-made meals and sauces contain a variety of ingredients that you may not have necessarily associated with the product, so it is important to always check the labels.
- Vary your foods as much as possible. Choose a variety of different coloured fruit and vegetables daily; include different proteins such as scrambled egg for breakfast, tuna salad for lunch and chicken casserole for evening meal. By eating a variety of foods, you increase the range of important vitamins and minerals in your diet and decrease the risk of intolerance to any single food.

Good luck with planning your new diet!





Monitoring Your Diet and Symptoms

You may find it useful to keep a food and symptom diary to monitor your progress.

Record all food and drink that you consume before you change your diet and continue whilst making changes to your diet. If you record how you feel and note any changes in symptoms (i.e. better or worse), then you may find a pattern emerging with respect to certain foods.

Re-introducing Foods

After at least 3 months, when your symptoms have subsided, you may want to reintroduce some of your reactive foods.

This should be a gradual process. Add one food at a time and monitor your symptoms over a 5 day period. If you notice the return of symptoms then you can assume that this food is still a problem and should be avoided for another month or two. If you find that you do not experience a return of your symptoms, you can continue with that food in your diet occasionally. You can then add another food to your diet and monitor any reactions over the next 5 days, and so on.

Hints and Tips

- Be patient when introducing foods back into your diet.
- Do not over-indulge! You may have missed your favourite food but enjoy it only occasionally from now on to prevent any future problems.
- Initially re-introduce foods with the lowest antibody reading (found in brackets next to each food in your report). Wait 5 days and observe symptoms before introducing the next food.
- Continue to introduce increasingly reactive foods, one at a time again, leaving 5 days between each new food.

Avoiding New Food Intolerances

As you alter your diet and introduce new foods, it is possible you may develop intolerances to these new foods. This usually occurs when a "problem" food is swapped almost exclusively for a different food. So, for example, if your test shows positive for wheat, instead of swapping your toast for porridge every day, vary your breakfasts and alternate porridge, with fruit salad and yoghurt or poached eggs on rye bread.

In summary, to avoid new food intolerances:

- Avoid eating any one food too regularly.
- Limit each food to every few days.
- Include a wide variety of foods in your diet to ensure you consume a range of important vitamins and minerals.

Occasionally a food may need to be omitted from your diet indefinitely

How to Avoid Dairy

If your results have shown an **ELEVATED** reaction to milk, it is recommended that you eliminate your consumption of cow's milk and cow's milk products.

Milk is an important source of protein, calcium and vitamins including A, D & B complex. If you are giving up cow's milk, it is important to obtain these nutrients from alternative food sources



Foods to avoid	What to look for (and avoid) on food ingredient labels	Alternative foods to eat
<p>Dairy is found in many foods such as:</p> <ul style="list-style-type: none"> • Milk, milk shakes • Cheese • Butter, spreads • Custards, puddings, sauces, • yoghurt, ice-cream, cream • Baked goods (cakes, doughnuts, waf es, scones, biscuits, • pancakes), bread, pizza • Instant mashed potato, creamed • soup, ready meals, processed • meats and sausages, gravy • Packet snacks, chocolate, • confectionery, Bread, pizza • Chocolate, confectionary • Ready meals • Processed meats, sausages • Soups 	<p>Dairy/cow's milk may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase.</p> <p>Below are some terms/ ingredients that may be listed:-</p> <ul style="list-style-type: none"> • Butter, butter oil • Casein, calcium caseinate • Cheese • Cream, light cream • Demineralised whey • Beta-lactoglobulin • Alpha-lactalbulin • Fat replacement • Non-fat milk • Milk powder, skimmed milk powder • Milk solids, non-fat milk solids • Whey, sweet whey powder 	<p>There are many alternative dairy-free foods available such as:-</p> <ul style="list-style-type: none"> • Milks - Oat milk, rice milk, soya milk, quinoa milk, pea milk, coconut milk, nut milks such as almond or cashew (if no risk of allergic reaction). Some people can tolerate other animal milks, however sheeps, goat's and buffalo milks contain similar proteins to cow's milk, and can cause similar reactions, therefore these milks should be consumed cautiously • Butter – dairy free and vegan spreads; nut spreads, tahini, cold pressed olive oil, coconut oil • Cheese - hard, soft, melting and parmesan and varieties of soya cheese; • Rice slices • Yoghurts – soya, oats • Ice-creams – soya, oat, rice • Cream – soya, oat, cashew, almond • Fromage frais – soft tofu • Chocolate – dairy free chocolate • Mayonnaise – dairy-free mayonnaise

Protein, calcium and vitamins

You can ensure a rich source of protein, calcium and vitamins A, D and B complex by consuming a variety of other foods such as soya, cod liver oil, vegetable oil, sardines, whitebait, salmon (with small bones), nuts, red meat, fresh fruit and vegetables especially green leafy vegetables such as spring greens, watercress and spinach, broccoli, rhubarb, figs, mushroom, oranges, apricots, prunes, pumpkin seeds, sesame seeds, lentils and legumes. Note: calcium is water soluble

– ideally vegetables should be steamed or boiled in a little water which can be used in soups, gravy and sauces.

How to Avoid Eggs

If your results have shown an **ELEVATED** reaction to eggs it is recommended that you eliminate your consumption of eggs and egg proteins.

Eggs are an excellent source of protein and provide significant amounts of calcium, iron, zinc and B vitamins. However, eggs are not an essential part of your diet as there are many other commonly consumed foods that provide equivalent nutritional value.



Foods to avoid

Eggs can be found in many foods such as:

- Omelettes, quiches
- Cakes, biscuits, sweets, meringues, ice-cream, custard
- Steamed pudding, pancakes, crepes, cheesecakes, pavlova, crème caramel
- Pasta, noodles
- Chinese rice and soups, some sushi
- Yorkshire puddings, anything coated in batter, some foods coated in breadcrumbs
- Mayonnaise, tartar sauce, horseradish sauce, lemon curd salad dressings Scotch eggs, gala pie, hash browns, some potato products, ready meals
- Fresh bakery goods may not be labelled so check the ingredients with the bakers
- Soups

What to look for (and avoid) on food ingredient labels

There are many foods that contain eggs and it is important to always read the food ingredient labels carefully before purchase.

Below is a checklist of the main product ingredients that are derived from eggs:-

- Albumin
- Egg white
- Frozen egg
- Ovalbumin
- Ovovitellin
- Egg powder
- Egg yolk
- Globulin
- Ovaglobulin
- Pasteurised egg
- Egg protein
- Dried egg
- Livetin
- Ovamucin
- Vitellin

Alternative foods to eat

There are many egg-free foods available such as:

- Pasta made from corn, rice, quinoa or buckwheat (soba)
- Rice or buckwheat noodles
- Plain boiled or fried rice (eg brown basmati rice)
- Clear soup or broth
- Egg free mayonnaise
- Egg-free snacks (eg crisps, rice cakes, corn thins, rye crispbreads)
- Fresh fruit, stewed fruit, crumble, soya ice-cream, sorbet, custard
- Home-made cakes made using egg replacer Jams, jelly marmalade, glaze icing

How to Avoid Wheat

If your results have shown an **ELEVATED** reaction to wheat, it is recommended that you avoid all wheat and wheat products for at least 3 months.

Wheat is an important source of fibre, vitamins and minerals, particularly vitamin B complex, chromium and zinc. If you avoid wheat, it is important that these nutrients are obtained from alternative sources.

Foods to avoid

Wheat is found in many foods such as:

- Breads, rolls, chapattis, naan breads, crumpets, scones, pancakes, wafers, cakes, biscuits
- Breakfast cereals
- Pizza, pasta, pastries and Yorkshire puddings
- Ice-cream, powdered drinks, malted drinks, chocolate bars, liquorices and puddings
- Beer, stout, lager and most spirits
- Wheat is also found in many convenience foods such as soups, sauces, spices, malted drinks, processed meats and ready-made meals, including burgers, oven chips, salami, sausages, scotch eggs, meat or fish coated in bread crumbs, corned beef, pates and spreads, pizzas, crisps, commercial sauces, salad dressings, ham, gravy, stock cubes, herbs, spices, baking powder, tinned foods including beans, spaghetti and soup

What to look for (and avoid) on food ingredient labels

Wheat may be hidden in many foods and so it is important to always read the ingredient labels carefully before purchase.

Below are some terms/ ingredients that may be listed:-

- Binder, brown flour
- Breadcrumbs
- Bulgar wheat, triticale, kamut, spelt, cracked wheat, kibbled wheat
- Couscous, wheat bran, durum wheat, semolina
- Gum base
- Hydrolysed wheat protein, wheat gluten
- Rusk, Wheat starch, modified starch, food starch, wheat flakes, edible starch
- Whole wheat, puffed wheat
- Wheat germ flour or unbleached flour
- Wheat germ oil, wheat germ extract
- Wholegrain, wholemeal flour



How to Avoid Wheat

Although wheat is a significant source of nutrients, there are alternative food products that provide equivalent vitamins and minerals. Whilst it may be challenging, you can use these alternatives to ensure an enjoyable, varied and healthy diet:

- Breads: wheat free bread is now widely available and generally made from rice flour, rye flour or blended from potatoes and corn. These types of bread contain the essential B vitamins, iron and folic acid that are found in wheat bread. Choose from 100% rye bread, pumpernickel or soda bread. Crackers or crisp breads such as rye crisp breads, oatcakes, corn cakes and rice cakes can be used in place of bread for meals and snacks.
- Pasta: choose pasta made from rice, quinoa, corn or buckwheat, which all also contain B vitamins. Noodles are also available in buckwheat or rice too.
- Biscuits: a wide range of biscuits are available that are made from maize or oats and can be either sweet or savoury.
- Breakfast cereals: there are a wide selection of cereals available that do not contain wheat, such as wheat-free muesli, porridge oats, millet puffs, brown rice puffs, puffed buckwheat, shredded oat bites and quinoa flakes. These all provide a good source of B vitamins and iron.
- Batter and breadcrumbs: are made from wheat flour. Use a wheat free bread or corn flakes to make bread crumbs instead.
- Sausages: usually contain wheat rusk but rice rusk is used in some wheat free alternatives that are available in some supermarkets, butchers shops and meat producers at farmers markets.
- Japanese, Chinese and Thai dishes - containing soy sauce will contain wheat as soy sauce is produced using wheat. At home, try Japanese Tamari soy sauce which is made without wheat.
- Gravy - if you like to make gravy with meat juices you can continue to use vegetable stock or wheat free stock tablets and thicken with corn flour. If a brown gravy is preferred add gravy browning. Wheat/ gluten free instant gravy powder are available too.
- Sauces - to make a white sauce use corn flour or another wheat free flour (eg rice, potato or gram flour) to thicken the sauce. To prevent lumps forming mix the corn flour first with a little cold milk. Heat the remaining milk in a pan. Then add a small amount of the hot milk to the cold mix and stir. Stir whilst adding this mix to the remaining hot milk in the pan and cook through. Then add the flavouring e.g. grated cheese, parsley.
- Baking - There are many foods that can be used as a substitute to wheat that will provide variety to your meals and essential nutrients

Ingredients that can be used in many recipes instead of wheat include:

Bicarbonate of soda, cream of tartar, tapioca, gelatine or veggel based desserts, pure spices, corn flour, rice and arrowroot. Amaranth; Potato flour; Barley - flakes or flour, Quinoa, Buckwheat - flakes or flour, Rice grains - flakes or flour, Corn, cornflour, maize, polenta Rye; Ground nuts e.g. almonds; Sago; Lentil, pea, bean, gram flours; Soy - flakes or flour; Millet grains - flakes or flour; Tapioca; Oats

- Wheat-free manufactured products - A wide variety of wheat-free speciality products - such as flour, bread, biscuits, cakes and gravy mixes are now available at supermarkets, chemists and the internet. Some cafés or restaurants sell home baked gluten-free cakes; check that they are also wheat-free. Please note that products marked gluten-free may not be wheat-free as some are made from wheat starch - these are not suitable for wheat free diets. REMEMBER - always check the label.

How to Avoid Gluten



**HEALTH
CULTURE**

Good Health. Good Life

If your results have shown an **ELEVATED** reaction to gliadin (also known as gluten), then it is recommended that you avoid all foods that contain gliadin/ gluten for at least 3 months even if these foods do not show a positive response. This includes wheat, rye and barley, and foods containing these grains.

Some people with gluten intolerance cannot tolerate oats. Often oats and oat products are contaminated with wheat, rye and/or barley and therefore it is recommended that foods containing oats should also be avoided if gliadin shows an **ELEVATED** response.

Foods to avoid

Any food containing wheat, rye or barley

Foods containing wheat, refer to to 'Wheat' section

Foods containing rye, include:

- Crisp breads
- Crackers
- Pumpernickel bread
- Rye bread
- Some types of whisky
- Some types of beer

Foods containing barley, include:

- Barley water
- Pot barley
- Pearl barley
- Some soups and stews
- Coffee substitutes
- Some types of whisky
- Some types of beer

What to look for (and avoid) on food ingredient labels

Gluten may be hidden in many foods and so it is important to always read ingredients labels carefully before purchase.

Below are some terms/ ingredients that may be listed:-

- wheat
- rye
- barley
- spelt
- durum wheat
- couscous
- kamut
- malt
- bran
- triticale
- dextrin
- oats

Alternative foods to eat

Alternative ingredients that can be used in gluten-free baking include:

- Amaranth
- Potato
- Quinoa
- Buckwheat
- Rice
- Corn
- Ground nuts (eg almonds)
- Sago
- Lentil
- Chickpea /gram
- Soy
- Millet
- Tapioca

Refer to the 'Alternative foods and useful tips' in the Wheat Section for further information. A wide range of gluten-free products are available in supermarkets and health-food shops.

Coeliac Disease

If your test results indicate a sensitivity to gliadin, and you have ongoing symptoms, then you may wish to investigate the possibility of Coeliac Disease. Please contact CNS or your GP for further information about the Coeliac Screening Test.

How to Avoid Yeast

If your results have shown an **ELEVATED** reaction to Baker's or Brewer's Yeast it is recommended that you eliminate or cut down on your consumption of yeast.

Note: Bakers and Brewer's Yeast are 2 strains of the same organism and it is highly likely that if there is a reaction to one, then there may be a reaction to the other. It is also advisable to avoid all forms of yeast such as in mould, fungi, mouldy cheeses, and other forms of fungi in their foods and environment.

Of all the foods to avoid, yeast is probably the most difficult as it is hidden in so many processed foods, therefore it is vital that you plan ahead before you start your yeast-free diet.

Live yeast is used in food preparation and processing where it converts sugar into carbon dioxide and alcohol. It is a good source of vitamin B but this can be obtained in other foods such as meat, fish, whole grains, nuts and dark green leafy vegetables.

Yeast free diets need to avoid natural sources of yeast as well as those added to food, and therefore a low sugar diet may also provide benefits by preventing the growth of yeast cells within the digestive system.

Yeast is found in many foods, but there are many foods that are similar to yeast, or promote the growth of yeast that should be avoided, including:-

foods to Avoid

Yeast is found in many foods such as:

- Baker's yeast, Brewer's yeast
- Breads, pizza bases, pastries such as croissants, and other bread-type cakes raised with yeast
- Some flat breads, for example, pitta and naan breads both contain a small amount of yeast which allow them to rise when cooked producing 'pockets'
- Some sourdough and Pumpernickel breads use a starter that includes yeast and a lactobacillus culture
- Yeast extract such as Marmite, Vegemite, Bovril, stock cubes and gravies
- Fermented food and drink such as beer, wine, cider, spirits, ginger ale, vinegar, soy sauce and dressings
- Tempeh, Miso and Tamari (Japanese /Indonesian seasonings made by fermenting soybeans)
- Vinegar containing foods such as pickles, relishes, salad dressings, tomato ketchup, mayonnaise Worcestershire sauce, horseradish and chilli sauce
- Mushrooms, mushroom sauce, truffles etc contain organisms closely related to yeast
- Pickled, smoked and dried fish, meat and poultry
- Cured pork bacon
- Peanuts and peanut products
- Pistachios
- Ripe foods especially very ripe cheeses such as Brie and Camembert
- Malted milk, malted drinks and home-made ginger beer
- Textured vegetable protein, Quorn (Mycoprotein) and tofu
- Dried fruits (egs, dates, raisins, apricots etc)
- Over-ripe fruit, any unpeeled fruit
- Fruit juices – only freshly squeezed are yeast-free
- Ingredients labels with hydrolysed protein, hydrolysed vegetable protein or leavening
- Citric acid and sodium monoglutamate may be derived from yeast
- Some nutritional supplements – check label

How to Avoid Yeast

Alternative foods to eat

The following list of foods are yeast free:

- Pasta, brown rice, brown ours, corn, wild rice, buckwheat, couscous, barley, millet
- Rice cakes, oat cakes, corn tortillas, tacos, rye-crispbreads (eg Ryvita)
- Home-made breads (with baking powder/ bicarbonate soda for leavening). Also muffins, biscuits, chapatis, Irish soda bread
- Flat breads that do not contain yeast eg matzos and our tortillas.
- Pan cakes and crepes use baking soda or baking powder instead of yeast.
- Fresh, frozen or tinned vegetables and vegetable juice. Particularly good are onions, garlic, green leafy vegetables such as cabbage, broccoli, kale, Brussels sprouts, spring greens, mange-tout etc.
- Salad vegetables such as salad leaves, herbs, rocket, spinach, peppers, alfalfa sprouts, avocado etc
- Peas, beans, lentils
- Free range/ organic poultry, lamb, pork, beef, veal
- Fish especially mackerel, sardines, cod, salmon, herring, tuna, trout
- Shellfish
- Free-range eggs, soya milk, cottage cheese, plain organic live yoghurt (the lactobacilli content will help to re-balance the gut flora)
- Non-citrus fruits such as black currants, strawberries, tropical fruits (pineapple, papaya, mango, kiwi, banana etc)

What to look for (and avoid) on food ingredient labels

- Hydrolysed protein
- Hydrolysed vegetable protein
- Leavening, yeast





Frequently Asked Questions

Is it possible that I am affected by food that are not detected by your IgG food test?

Yes - some foods may cause a classic allergic reaction involving the production of IgE antibodies. These will not be detected by any IgG food test. There are also many foods that can cause a reaction in the body without involving the immune system but produce symptoms similar to IgG reactions. For example, amines in chocolate, cheese and red wine may cause migraines; some food additives such as tartrazine can cause hives, rashes and asthma; monosodium glutamate in Chinese dishes can produce sweating and dizziness; and 'Nightshade' alkaloids in potatoes, tomatoes and eppers may affect the joints. Food intolerance may also be due to a deficiency of a particular enzyme, as in lactose intolerance. You should avoid any foods if you suspect they are affecting you adversely.

I have been avoiding a food for several months/years will this affect my test results?

The IgG food intolerance test is based on your immune system producing antibodies in response to you eating certain foods. If you have been avoiding a particular food for more than 3 months, it is likely that the test will be unable to detect any antibodies and therefore will show as a negative response. To test intolerance to a certain food you should include it in your diet daily for at least 4-6 weeks before testing. However, if you know that the food concerned causes you extreme symptoms do not to reintroduce that food at all.

What does U/ml mean?

U/ml stands for Units per millilitre and is a measure of concentration. All positive results on the Food Intolerance Test report are expressed in U/ml to show the concentration of food IgG antibodies in the blood.

Do I need to visit a nutritionist to discuss these results?

Once you have received your results, we advise you to see a nutritionist registered with the British Association for Nutritional Therapy (www.bant.org.uk), who can help you with further with your diet and provide you with a supplement programme to help address your symptoms. They may also offer support and encouragement with regular progress checks, as it can be quite a daunting task sticking to a new diet on your own.

If cow's milk comes up positive, does that mean that I am lactose intolerant?

No. Lactose intolerance is the inability to digest lactose, the major sugar found in milk, and is caused by a deficiency of the enzyme lactase. The food intolerance test detects whether you have an intolerance to the proteins in dairy but does not detect the lactase enzyme and therefore cannot diagnose lactose intolerance.

Is gluten-free the same as wheat-free?

No. A product can be wheat-free but not gluten free and vice versa. You can buy products that are both gluten-free and wheat-free. It is important to read ingredient labels to be certain. In the food intolerance test, our wheat, barley and rye food samples have had the gluten (gliadin) removed and this is tested separately. Therefore, if you show a reaction to wheat, rye or barley, the reaction may be due to any of the other proteins in the grains.

However wheat, barley and rye all contain gluten naturally and therefore, if you test positive for gluten, you should also avoid eating these foods and substitute with naturally gluten-free foods such as quinoa, buckwheat, corn and oats.



Frequently Asked Questions

If I come up positive to wheat, does that mean I have Coeliac Disease?

No. Coeliac disease is an autoimmune disease that results in a severe reaction to gluten, a protein found in wheat, barley and rye. Our wheat extract does not contain gluten and so a positive test result for wheat only indicates an intolerance to wheat proteins, not to gluten.

Do I have to be referred by my GP before I have a food intolerance test?

No, you can order from us directly or through your healthcare practitioner.

Isn't it dangerous to cut out whole food groups?

You do have to be careful when changing your diet which is why we offer follow-up dietary advice from our qualified nutritionists to anyone who has taken our tests.

Are these tests suitable for children?

We recommend a lower age limit of 2 years or older.

Do I need to have a re-test after a few months?

Most people do not need to have a re-test, but if you would like another test we usually advise a period of 12 months in between tests. If your symptoms have improved and you have been able to successfully reintroduce the foods, then a re-test is unnecessary.

Why do I react against a food that I have never eaten?

It is occasionally observed that reactions with some foodstuffs occur, although the patient is convinced of never having eaten this foodstuff.

This is absolutely not unusual, and also not attributable to a false measurement. In this case, one talks of a so-called "cross reaction" i.e. the antibody recognizes not only the antigen for which it was originally formed, but also other antigens which belong to other foodstuffs. This is possible because some foodstuffs have identical molecules or identical parts of molecules, although they evidently do not have to be directly related with each other. These identical molecules or parts of molecules can then be recognized by an antibody. Please call CNS for further information on cross-reactions.

What if I don't experience any improvement at all?

If, after changing your diet according to your test results, no improvement has been achieved after 3 months, then food intolerance is unlikely to be the cause and other remedies should be sought. Your test results are complementary to the best medical advice and are provided as a guide to diet alteration only.