



Wellness Plan

Prepared For

Sample Patient - Sample Physician

Prepared by:
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Introduction



Congratulations Sample for taking this step toward better health. Your journey begins today. This Wellness Plan has been customized for you based on your test results.

Before using this guide, please keep the following in mind.

- You may find one to several pages of test results depending on what your practitioner ordered; therefore, it is important that you understand which antibody has been tested and which antibody you have responded to.
- Your Wellness Plan should be viewed only as a guideline.
- Please read through your entire plan thoroughly and keep it in a safe place for future reference.
- It is extremely important to understand the difference between a true food allergy and food sensitivity. If you have a history of anaphylaxis to a particular food, DO NOT consume it; eating it can possibly be life threatening.

Defining Food Allergy versus Food Sensitivity

A **food allergy** is a reaction to a particular food within eight hours of ingestion. Symptom onset is *usually* rapid and may include swelling of the tongue or throat, development of hives, wheezing, nausea and abdominal cramps. Reactions can vary from mild to severe and the response varies between individuals, as does the amount of food needed to trigger a reaction. This type of reaction involves the antibody called Immunoglobulin E (IgE). **If you reacted to any IgE (allergic) foods on your test result you are advised to avoid them completely.**

A **food sensitivity** is a delayed food reaction. Reactions can occur up to 72 hours after the food has been ingested making it difficult to pinpoint which food is causing the reaction. Symptoms may include bloating, headache, and gastrointestinal discomfort, along with many unidentified ailments. The symptoms produced are a result of specific antibody exposure, which may include different immunoglobulins, yet most commonly the Immunoglobulin G (IgG).

Introduction



Understanding Your Wellness Plan?

The Wellness Plan is an eating program based on the elimination of reactive foods. Its main purpose is to give your immune system time to rest and prevent the development of new food sensitivities.

Any food to which you scored Class 1*, 2**, or 3*** for IgG (sensitivity) on the test result has been eliminated from your Wellness Plan. We recommend that you avoid these potential culprit foods for at least 8-12 weeks, while following the rotation portion of your Wellness Plan. The first few days may be challenging. You may not feel relief of your symptoms initially.

The plan provides food suggestions for each day in a four-day cycle. The purpose of the elimination and rotation plan is to eliminate foods that you have become sensitive to and rotate other nutritious foods into your diet. We recommend that you spend the first week on the plan focusing on the foods you need to eliminate. You may move any food on days 1 to 4 to another day to suit your meal planning. The main principle of the Wellness Plan is not to consume the same foods on consecutive days.

Reintroducing Foods

- After 8-12 weeks of eliminating foods you reacted to, you are ready to start reintroducing foods. Begin with Class 1 foods to start the re-introduction phase.
- Try one culprit food per week to see if you can tolerate it. Please keep a food diary and make notes of any symptoms. Symptoms can take up to 72 hours to develop. If you are able to tolerate the food you can add the food back into your Wellness Plan on a rotation basis.
- If there is a reaction, continue eliminating that food until all other foods have been re-introduced.
- Once all Class 1 sensitive foods are rotated back into your diet, move on to Class 2 foods. Eventually the Class 3's will be re-introduced.
- Keep in mind that food sensitivities may be a result of repetitive eating or lack of diversity in the diet. Food sensitivities can be affected by antibiotics, other medications, and cross-reactivity with seasonal environmental allergies.

Special Considerations for Your Wellness Program



GLUTEN - You have tested positive for gluten sensitivity or indicated on the nutrition questionnaire that you avoid gluten. Please note, even if you did not test positive to barley, malt, oats, rye and/or wheat, these grains may be removed from your plan as they contain varying amounts of gluten. Your doctor may liberalize these recommendations according to your personal needs and goals.

The following is a list of foods that may contain gluten:

- Ale, beer, lager
- Baked goods, cereals, pastas or soups made from barley, oats, rye or wheat
- Batter dipped or breaded foods
- Bulgur
- Couscous
- Durum, semolina, enriched flour, graham flour
- Farina
- Kamut, farro, spelt
- Malt, malt beverages, malt extract, malt flavoring, malt vinegar
- Oat
- Rye
- Triticale
- Seitan

Dextrin, flavorings, hydrolyzed vegetable/plant protein (HVP, HPP), luncheon meats, modified food starch, salad dressings, seasonings and starch may also contain gluten. You may contact the product manufacturer to confirm whether or not the product is certified gluten-free.

Special Considerations for Your Wellness Program



YEAST - Your test result showed a positive score for both Baker's Yeast and Brewer's Yeast. Dietary factors that encourage the overgrowth of yeast include eating highly processed and refined foods and those containing various forms of sugar.

The following foods must be eliminated from your diet:

- Sugar in all its forms including honey, sucrose, fructose, molasses
- All artificial sweeteners
- Fruits that are high in sugar, dried or canned fruits, and fruit juices
- Refined grains
- Processed meats (smoked, preserved and vacuum packed such as bacon and Spam)
- Aged cheeses such as cheddar, Swiss and provolone
- Mushrooms (all fungi including truffles)
- Sweetened beverages (soda, energy/sports drinks, fruit juices)
- Condiments that contain sugar (ketchup, salad dressing, pickles)
- Vinegar and products containing it such as salad dressing and mustard
- Oils, margarine, shortening made with cottonseed and peanuts
- Yeast breads

Some black teas and chocolate are dried using fungi or molds. These foods are removed because fungus and mold may also feed the yeast. Green tea and various herbal teas may be allowed as they are dried without fungus or mold.

Unpasteurized or raw apple cider vinegar is allowed on the yeast elimination diet.

Some of the Foods That You Must Avoid



Protein Sources

Almond butter	Buffalo	Caviar	Cheese (All kinds)
Cheese (Blue)	Cheese (Cheddar)	Cheese (Cottage)	Cheese (Cow Milk)
Cheese (Swiss)	Clam	Flounder	Goat cheese
Ham	Herring	Lamb	Miso
Mussel	Peanut butter	Salmon	Sausage
Sole	Soy cheese	Soybean	Sprout (Mung Bean)
Tempeh	Tofu	Tofu yogurt	Turkey
Yogurt			

Grain Products

Amaranth	Amaranth flour	Barley	Barley malt
Bran	Bran (Wheat)	Buckwheat	Buckwheat flour
Bulgur	Couscous	Farina	Gluten
Groats	Kamut	Kasha	Malt
Oats	Rye	Sea grape	Semolina
Soba noodles	Soy flour	Soy grits	Soybean Flour
Spelt	Triticale	Wheat	

Vegetables

Alfalfa sprouts	Chicory	Escarole	Garden sorrel
Jicama	Lettuce	Mushroom	Pea (Green)
Radish	Sauerkraut	Sorrel	Sugar snap peas
Truffle			

Fruits

Banana	Barbados cherry	Cantaloupe	Cranberry
Date	Fig	Grape	Lemon
Litchi	Melon (Honeydew)	Olive (Green)	Persian melon
Raisin	Watermelon		

Nuts and Seeds

Almond	Peanut	Soy Nuts	
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Spices and Flavorings

Horseradish	Soy (Tamari)	Soy sauce	Tabasco
Tamari	Vinegar		

Fats and Oils

Bacon	Butter	Peanut oil	Safflower oil
Soy oil			

Beverages

Alcoholic Beverages	Almond nut milk	Apple juice	Buttermilk
Grape Juice	Grapefruit Juice	Milk (Cow)	Milk (Goat)
Orange juice	Pear Juice	Pear nectar	Pineapple Juice
Prune Juice	Soy milk	Tea (Black)	

Miscellaneous

Some of the Foods That You Must Avoid



Agave
Chocolate
Date sugar
Lemon grass
Maple syrup
Rennet
Sugar (Cane)
Yeast (Brewer)

Beet sugar
Cocoa
Goat ice cream
Lemon juice
Molasses
Rice Syrup
Sugar beet

Cane sugar
Corn sugar
Honey
Maltose
Nutritional yeast
Safflower
Whey

Casein
Corn syrup
Lactalbumin
Maple sugar
Raw sugar
Sorghum grain syrup
Yeast (Baker)

Recipes and Products that May Contain Some of the Foods that You Should Avoid



The following list is by no means complete. The purpose is to make you aware of the major sources of the foods to which you are sensitive. Be sure to read labels carefully each time that you purchase an item. When you dine away from home, ask about ingredient contents and preparation of foods. Check with your pharmacist about the contents of your medications.

Almond - Almond butter, marzipan, almond extract, cookies, cakes, ice cream, pudding, custard, candy bars, dried cereals, salad topping, chicken salad, as topping for vegetables, fish or poultry, Oriental dishes, mixed nuts.

Barley - Pearled barley, pablum, barley grits, barley malt, GrapeNuts and any other cereal, beverage or other processed food containing barley or malt, soups containing barley, casseroles containing barley, beer and other alcoholic beverages made from barley or containing malt.

Barley malt - Enriched flour, baked goods, beer, ale, candies, malted milkshakes, bread, dry cereals.

Bran - Wheat bran, fiber supplements, processed cereals containing bran, baked goods including breads, muffins, pancakes, waffles containing bran (usually labeled "high fiber"), meatloaf may have added bran.

Bran (Wheat) - Fiber supplements, processed cereals containing bran, baked goods including breads, muffins, pancakes, waffles containing bran (usually labeled "high fiber"), meatloaf may have added bran.

Buckwheat - Buckwheat groats, kasha, buckwheat flour, buckwheat grits, buckwheat pancakes, buckwheat bread, buckwheat noodles (soba noodles - beware, some brands contain wheat), buckwheat pillows, buckwheat eye masks.

Casein - Milk(cow), milk(goat), milk(sheep), buttermilk, lactose-reduced milk, evaporated milk, butter, curds, yogurt, milk solids, cheese (cow, goat or sheep), cottage cheese, cheese food, rice cheese, some soy cheese, feta, infant formulas, milkshakes, dry milk powders, evaporated milk, condensed milk, baked goods, milk chocolate, some salad dressings, sodium caseinate, potassium caseinate, ice cream, sherbet, cream, sour cream, cream soups, creamed vegetables, some canned tuna. May contain casein: high protein flour, caramel color, caramel flavor, natural flavoring.

Clam - Chowder, other soups, stuffed clams, clam sauces, seafood platter, casserole containing clams

Recipes and Products that May Contain Some of the Foods that You Should Avoid



Gluten - Ale, barley, bulgur, beer, couscous, doughnuts, durum, enriched flour, farina, flour, graham, kamut, lager, malt, malt vinegar, oat, rye, semolina, spelt, triticale, wheat; baked goods or cereals containing barley, oats, rye or wheat. Check with manufacturer on the following ingredients to determine whether or not product is gluten free: dextrin, flavorings, hydrolyzed vegetable/plant protein (HVP, HPP) luncheon meats, modified food starch, salad dressings, seasonings, starch.

Lamb - Any cut of fresh lamb, lambburgers, casseroles or stew made with lamb.

Lemon - Fresh, lemon juice, lemon zest, entrees (often fish, poultry or veal) prepared with lemon or lemon juice, salad dressings containing lemon juice, lemon pie filling, lemon frozen desserts, lemon flavored yogurt, vegetables seasoned with lemon juice, dishes with cut up raw apple (often sprinkled with lemon juice to avoid discoloration).

Lettuce - Any salad made with lettuce. Lettuce as a sandwich ingredient, tacos, romaine, leaf, red leaf, Boston, bibb and chicory. Some Low Carb "sandwiches" replace bread with lettuce leaves.

Malt - Enriched flour, baked goods, beer, ale, candies, malted milkshakes, bread, dry cereals.

Milk (Cow) - Skim milk, Lactose-reduced milk, lactose-free milk, dry milk solids, evaporated milk, non-fat dried milk powder, yogurt, cheeses, ice cream, sherbet, other frozen desserts with milk, pudding, custard, baked goods, candy, including chocolates, sour cream, sour milk, cream soups, creamed vegetables, any food containing casein, caseinates, whey, lactose, lactalbumin, rennet, butter, artificial butter flavor, curds, May contain milk: high protein flour, caramel color, caramel flavor, natural flavoring, margarine.

Oats - Whole rolled oats, oatmeal (all styles), oat bran, oat milk, oat flour, steel cut oats, granola, Muesli-style cereals, any processed cereal containing oats.

Pea (Green) - Any fresh, frozen, canned or dried green peas, garden peas, pea sprouts, sugar snaps, snow peas, split pea soup, any soup, salad, casserole or pot pie containing peas.

Peanut - Mixed nuts, peanut butter, other nut butters, cereals, chili, soups, Oriental and Thai dishes, Marzipan, candies, stir fried dishes, cookies, Nu-Nuts® flavored nuts, peanut flour, baked goods.

Recipes and Products that May Contain Some of the Foods that You Should Avoid



Rye - Rye berries, rye bread, pumpernickel bread, rye crackers, any breads, muffins or rolls containing rye flour, triticale, cream of rye, rye flour, any processed cereal containing rye.

Safflower - Any salad dressing containing safflower oil, (including mayonnaise, tartar sauce) foods prepared with safflower oil, some brands of rice milk, some nutritional supplements, some "functional food" shakes.

Salmon - Salmon salad, salmon loaf, lox (smoked salmon), salmon bisque, seafood bisque, omelet with salmon, certain appetizers.

Sole - Any form of this fish that bears close similarity to flounder.

Soybean - Tofu, miso, tempeh, edamame, many processed low carbohydrate foods, soy flour, soy sauce, tamari, soy nuts, imitation nuts, many baked goods, foods containing soy or soya lecithin, many vitamin/mineral nutritional supplements, many commercial protein shakes, infant formulas (unless soy-free), some ice cream, soy cheese, soy milk, tofutti, foods containing textured vegetable protein (TVP)(e.g. vegetarian burgers, some commercial hamburgers) (soybean oil may be tolerated -discuss with your practitioner), some brands and kinds of cold cuts, some processed cheeses.

Tea (Black) - Loose, in bags, powdered mixes or pre-made any kind other than herbal, green. Be alert for herbal teas that are black tea with an herb(s) added.

Turkey - Any cut of fresh turkey, deli/packaged, sliced turkey, smoked turkey, turkey jerky, turkey bacon, turkey sausage, turkey pot pie, soups containing turkey, turkey salad, casseroles containing turkey, turkey gravy.

Wheat - Whole wheat berries, cracked wheat, bulgur, couscous, farina, semolina, pasta, any baked good made with whole wheat or enriched (white) wheat flour, pancakes, waffles, processed cereals containing wheat, Muesli, gravies, soups, pie fillings or any other food thickened with wheat flour; any food containing wheat bread crumbs; Chinese fried noodles, LoMein noodles, some brands of soy sauce, some brands of ice cream.

Yeast (Baker) - Bread, rolls, pizza, danish, Babka.

Yeast (Brewer) - Beer, wine, other alcoholic beverages, vinegars, condiments containing vinegar, soy sauce, black tea and other fermented foods.

Whey - Whey protein, many protein powders, protein supplements, protein bars, snack bars, cow, goat and sheep milk, cheese, yogurt.

Foods For Day 1



Protein Sources

Bean (Lima)	Bean (Pinto)	Beans (Kidney)	Black beans
Chicken	Duck	Egg (Duck)	Egg (Whole)
Egg white	Egg yolk	Fava beans	Garbanzos (Chickpeas)
Lentil	Navy bean	Perch (Ocean)	Pike (Walleye)
Sardine	Trout		

Grain Products

Garbanzo Flour	Quinoa
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Vegetables

Artichoke	Bean (Green)	Bean (Red)	Beet greens
Beets	Carrot	Celery	Chard
Cilantro	Fennel	Lambs quarters	Parsnip
Pea (Black eyed)	Spinach	Swiss Chard	

Fruits

Grapefruit	Kumquat	Lime	Orange
Papaya	Plantain	Tangerine	

Nuts and Seeds

Filbert	Flaxseed	Hazelnut	Sesame
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Spices and Flavorings

Anise	Caraway	Caraway seed	Celery seeds
Coriander	Cream of tartar	Cumin	Dill
Fenugreek	Licorice	Lovage	Oil of Wintergreen
Parsley	Tarragon		

Fats and Oils

Flaxseed Oil	Sesame Oil	Sunflower oil
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Beverages

Green tea

Miscellaneous

Carob	Stevia	Sunflower	Vanilla bean
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Foods For Day 2



Protein Sources

Catfish	Codfish	Crab	Crayfish
Haddock	Lobster	Pork	Rabbit
Shrimp			

Grain Products

Basmati rice	Millet	Oatmeal	Oats (Gluten free)
Rice (Brown)	Rice (White)	Teff	Wild rice

Vegetables

Asparagus	Bamboo shoots	Cucumber	Leeks
Onion	Pumpkin	Scallion	Seaweed
Shallot	Squash	Yucca	Zucchini

Fruits

Avocado	Casaba melon	Chayote	Coconut
Persimmon	Pineapple	Pomegranate	

Nuts and Seeds

Pine nut	Poppy seed	Pumpkin seed and meal	
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Spices and Flavorings

Bay leaf	Cardamom	Chives	Cinnamon
Garlic	Ginger	Saffron	Turmeric

Fats and Oils

Canola oil	Olive oil	Rice Bran Oil	
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Beverages

Cinnamon tea	Coconut milk	Rice milk	
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Miscellaneous

Agar	Carageen	Jobs Tears	
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Foods For Day 3



Protein Sources

Abalone
Grouper
Scallop

Bass
Halibut
Venison

Cashew butter
Moose
Walnut butter

Egg (Turkey)
Oyster

Grain Products

Corn
Grits
Tapioca

Corn flour
Hemp

Corn meal
Hominy

Corn tortillas
Popcorn (Plain)

Vegetables

Capsicum
Pepper (Purple)

Cassava
Pepper (Red)

Eggplant
Potato (White)

Pepper (Green)
Tomato

Fruits

Apple
Pear

Blueberry

Kiwi

Mango

Nuts and Seeds

Cashew

Pecan

Pistachio

Walnut (Black)

Spices and Flavorings

Ginseng
Pepper (Chili)

Nutmeg

Paprika

Pepper (Cayenne)

Fats and Oils

Corn oil

Walnut oil

Beverages

Cashew Nut Milk

Coffee

Hemp Milk

Tomato Juice

Foods For Day 4



Protein Sources

Beef
Ostrich
Tuna

Bison
Ostrich Egg

Goat
Swordfish

Mackerel
Tilapia

Vegetables

Arugula
Cabbage
Kohlrabi

Bokchoy
Cauliflower
Potato (Sweet)

Broccoli
Collard greens
Rhubarb

Brussel sprouts
Kale
Turnip

Fruits

Apricot
Loganberry
Raspberry (Black)

Blackberry
Nectarine
Raspberry (Red)

Cherry
Peach
Strawberry

Guava
Plum

Nuts and Seeds

Brazil nut
Macadamia

Chestnut
Water chestnut

Chia seed

Cola

Spices and Flavorings

Basil
Lavender
Pepper (Black)
Sage

Caper
Marjoram
Pepper (White)
Savory

Cloves
Mustard
Peppermint
Spearmint

Horehound
Oregano
Rosemary
Thyme

Fats and Oils

Cocoa butter

Ghee

Beverages

Mint Tea

Raspberry Leaf Tea

Miscellaneous

Gelatin

Your Shopping List



Protein Sources

Abalone	Bass	Bean (Lima)	Bean (Pinto)
Beans (Kidney)	Beef	Bison	Black beans
Cashew butter	Catfish	Chicken	Codfish
Crab	Crayfish	Duck	Egg (Duck)
Egg (Turkey)	Egg (Whole)	Egg white	Egg yolk
Fava beans	Garbanzos (Chickpeas)	Goat	Grouper
Haddock	Halibut	Lentil	Lobster
Mackerel	Moose	Navy bean	Ostrich
Ostrich Egg	Oyster	Perch (Ocean)	Pike (Walleye)
Pork	Rabbit	Sardine	Scallop
Shrimp	Swordfish	Tilapia	Trout
Tuna	Venison	Walnut butter	

Grain Products

Basmati rice	Corn	Corn flour	Corn meal
Corn tortillas	Garbanzo Flour	Grits	Hemp
Hominy	Millet	Oatmeal	Oats (Gluten free)
Popcorn (Plain)	Quinoa	Rice (Brown)	Rice (White)
Tapioca	Teff	Wild rice	

Vegetables

Artichoke	Arugula	Asparagus	Bamboo shoots
Bean (Green)	Bean (Red)	Beet greens	Beets
Bokchoy	Broccoli	Brussel sprouts	Cabbage
Capsicum	Carrot	Cassava	Cauliflower
Celery	Chard	Cilantro	Collard greens
Cucumber	Eggplant	Fennel	Kale
Kohlrabi	Lambs quarters	Leeks	Onion
Parsnip	Pea (Black eyed)	Pepper (Green)	Pepper (Purple)
Pepper (Red)	Potato (Sweet)	Potato (White)	Pumpkin
Rhubarb	Scallion	Seaweed	Shallot
Spinach	Squash	Swiss Chard	Tomato
Turnip	Yucca	Zucchini	

Fruits

Apple	Apricot	Avocado	Blackberry
Blueberry	Casaba melon	Chayote	Cherry
Coconut	Grapefruit	Guava	Kiwi
Kumquat	Lime	Loganberry	Mango
Nectarine	Orange	Papaya	Peach
Pear	Persimmon	Pineapple	Plantain
Plum	Pomegranate	Raspberry (Black)	Raspberry (Red)
Strawberry	Tangerine		

Nuts and Seeds

Brazil nut	Cashew	Chestnut	Chia seed
Cola	Filbert	Flaxseed	Hazelnut
Macadamia	Pecan	Pine nut	Pistachio
Poppy seed	Pumpkin seed and meal	Sesame	Walnut (Black)
Water chestnut			

Your Shopping List



Spices and Flavorings

Anise	Basil	Bay leaf	Caper
Caraway	Caraway seed	Cardamom	Celery seeds
Chives	Cinnamon	Cloves	Coriander
Cream of tartar	Cumin	Dill	Fenugreek
Garlic	Ginger	Ginseng	Horehound
Lavender	Licorice	Lovage	Marjoram
Mustard	Nutmeg	Oil of Wintergreen	Oregano
Paprika	Parsley	Pepper (Black)	Pepper (Cayenne)
Pepper (Chili)	Pepper (White)	Peppermint	Rosemary
Saffron	Sage	Savory	Spearmint
Tarragon	Thyme	Turmeric	

Fats and Oils

Canola oil	Cocoa butter	Corn oil	Flaxseed Oil
Ghee	Olive oil	Rice Bran Oil	Sesame Oil
Sunflower oil	Walnut oil		

Beverages

Cashew Nut Milk	Cinnamon tea	Coconut milk	Coffee
Green tea	Hemp Milk	Mint Tea	Raspberry Leaf Tea
Rice milk	Tomato Juice		

Miscellaneous

Agar	Carageen	Carob	Gelatin
Jobs Tears	Stevia	Sunflower	Vanilla bean

Reading Labels and Healthy Eating



Reading Labels

The Food Allergen Labeling and Consumer Act, (FALCPA), 2006, has helped to take some of the stress out of label reading.

Before purchasing any processed foods you must carefully read the food labels and the ingredient lists to ensure these products do not contain any offending foods. Supplements must also be carefully checked by reading their ingredient lists. If you are unsure of any ingredient you should contact the manufacturer of the product for clarification.

The most common “allergic” foods include eggs, milk, nuts, tree nuts, soy, shellfish, fish and wheat. All FDA regulated manufactured food products that contain any of these, as an ingredient is required by U.S. law to list them on the product label.

The majority of your diet should consist of single ingredient foods that do not require a food label.

Tips to Healthy Eating

A healthy, balanced diet should include a variety of foods such as vegetables, fruits, grains, protein sources and healthy fats and oils.

Plan ahead and use the shopping list provided to create a healthy eating plan. Your shopping list is not limited to only the foods listed. It is important to ensure you consume adequate calories and nutrients for overall health. For adequate fluid intake, drink 6-8 glasses of water per day. Avoid alcoholic beverages as they interfere with the healing process. Limit the intake of sugars and sweets as these provide empty calories. Instead, choose nutrient dense foods and try to include fresh foods more often than processed foods. Learn to substitute new and delicious foods. When eating out always ask questions regarding food preparation. Please note that a list of resources and web addresses are available on the back page of your plan. Most importantly, have fun trying new foods and recipes.

Now that you have read through your Wellness Plan please feel free to contact our Nutrition Department with any questions.

Registered Dietitian Hours are available Tuesday through Friday 11:30 AM to 4:30 PM EST.

If these times are inconvenient please email us or leave a voicemail with a convenient time to return your call. Our contact information is on the front cover of your Wellness Plan.

Resources



Cook Books

Complete Candida Yeast Guidebook

Jeanne Marie Martin and Zoltan P. Roma, M.D.

Gluten & Dairy Free Cookbook

Marilyn LeBreton

Special Diets for Special Kids

Lisa Lewis, Ph.D.

The Candida Albicans Yeast-Free Cookbook

Pat Connolly

The Gluten-Free Gourmet Cooks Fast and Healthy

Bette Hagman

The Yeast Free Kitchen: Recipes to Help You Achieve Victory Over the Yeast

Jane Remington

The Peanut Allergy Answer Book, 2nd Edition

Michael C. Young, M.D.

The Complete Gluten-Free Whole Grains Cookbook

Judith Finlayson

Healing With Whole Foods

Paul Pitchford

Special Diet Solutions

Carol Fenster, Ph.D.

The Allergy Self-Help Cookbook

Marjorie Hurt Jones

The Complete Food Allergy Cookbook

Marilyn Gioannini

The Super Girl Food Allergy Cookbook

Lisa Lundy

Understanding and Implementing A Gluten-Free Diet

Lisa Lewis

The Kid Friendly ADHD and Autism Cookbook

Pamela J. Compart, M.D. and Dana Laake, R.D.

Food Allergen-Free Baker's Handbook

Cybele Pascal

Websites

Food Allergy and Anaphylaxis Network (FAAN)

www.foodallergy.org

Food and Nutrition Information Center

www.nal.usda.gov/fnic/

Kids with Food Allergies

www.kidswithfoodallergies.org

Living Without Magazine

www.livingwithout.com

Apps

Fooditive

Allergy Free Entertainment

ShopNOGMO

UPC Food Scanner

Eco-Labels