

## Food Testing Instructions

For the column below, please bring in a food/drink item that satisfies each description. Do NOT mark in the Yes/No columns.

	Yes	No
1. An item containing gluten		
2. Corn (frozen, canned, or fresh)		
3. Egg yolk*		
4. Egg white*		
5. Cheese		
6. Cow's milk or yogurt		
7. A nightshade*		
8. Soy (edamame, tofu or soymilk)		

We also want you to test for other foods/drinks you commonly consume that may not be included in the column to the left. Please choose 6 **additional** foods/drinks to bring (that you suspect might be causing poor health symptoms) and write their names in the boxes below. Do NOT mark in the Yes/No columns.

	Yes	No
9.		
10.		
11.		
12.		
13.		
14.		

- Do NOT bring more than 14 food/drink items.
- Isolate foods as much as you can—for example, do NOT bring cheddar popcorn to satisfy both the “Cheese” and “Corn” categories. If you test bad for cheddar popcorn, we wouldn’t know if it was the cheese or the corn causing the problem. Bring the simplest food form.
- Do NOT cross-contaminate foods. For example, do not bring in a salad that has tomato, cheese, eggs, croutons, etc. When food touches, it can cross-contaminate, making the testing less valid. It is best to separately bag items.
- Be sure to bring enough food for 1-2 bites, or enough liquid for a few sips.
- Bring food/drink in the form you would consume it (cooked v. raw; liquid coffee v. a bean). Ex: if you hate raw broccoli but love it cooked, make sure to bring it in cooked!
- Other considerations: bring organic v. conventional; processed v. homemade, etc.
- **Please bring a bottle of water with you to rinse your mouth in between tests**

\*Egg yolk/white: these are easiest to test if you bring in a hard-boiled egg.

\*Nightshades include tomatoes, white potatoes, eggplants, or peppers