



**Brenda McCool, ND**  
HOLISTIC PRACTITIONER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**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 four to 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
- \_\_\_ Sheep cheese

**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. Pwdr.

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**SPICES**

- Anise
- Basil
- Savory
- 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

**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 seed
- 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 Wort
- Peppermint
- Sage
- Black Tea
- Lemon balm
- Camomile

Notes: \_\_\_\_\_  
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