

Patient report:
JANE DOE

date of birth: 06.02.1986 ■ age: 31 ■ sex: f ■ sample id: 843527



Allowed in 4-day rotation

Meat	Shrimp, prawn	Bamboo shoots	Milk, cooked	Capers	Hazelnut
Beef	Sole	Beetroot	Rennet cheese (cow)	Caraway	Linseed
Chicken	Squid, cuttlefish	Broad bean	Ricotta	Cardamom	Macadamia nut
Deer	Swordfish	Broccoli	Sheep: milk and cheese	Chervil	Peanut
Duck	Tunafish	Brussel sprouts	Sour-milk products	Chive	Pine nut
Goat meat	Zander	Carrots	(cow)	Cinnamon	Poppy seeds
Goose	Eggs	Cauliflower	Salads	Clove	Pumpkin seeds
Hare	Chicken egg yolk	Chard, beet greens	Butterhead lettuce	Coriander	Sesame
Lamb	Goose eggs	Chickpeas	Chicory	Cumin	Sunflower seed
Ostrich meat	Fruits	Chili Cayenne	Dandelion	Dill	Walnut
Pork	Apricot	Chili Jalapeno	Endive	Garden cress	Specials
Quail	Avocado	Chinese cabbage	Iceberg lettuce	Horseradish	Aloe Vera
Rabbit	Banana	Courgette	Lamb's lettuce	Juniper berry	Aspergillus Niger
Turkey hen	Blackberry	Fennel	Lollo rosso	Lavender	Candied lemon peel
Veal	Blueberry	Green pea	Radicchio	Lemon balm	Vine leaves
Venison	Cranberry	Kale, curled kale	Rocket	Lovage	Algae
Wild boar	Currant	Kohlrabi (Turnip cabbage)	Romaine / Cos lettuce	Marjoram	Red algae(nori)
Fish and seafood	Date	Leek	Mushrooms	Mustard seed	Spirulina
Anchovy	Fig	Lentil	Bay boletus	Nutmeg	Cereals containing gluten
Angler, monkfish	Gooseberry	Molokhia	Cep (boletus)	Oregano	Barley
Blue mussels	Grapefruit	Mung bean, green gram	Chanterelle	Paprika, spice	Gluten
Carp	Guava	Okra, lady's finger	Meadow mushrooms	Parsley	Kamut
Cod, codling	Honeydew melon	Olive	Oyster mushrooms	Pepper, black	Oats
Crayfish	Lemon	Onion	Shiitake	Pepper, white	Rye
Eel	Lime	Parsnip	Sweeteners	Rosemary	Spelt
Gilthead bream	Lingonberry	Potato	Agave nectar	Saffron	Wheat
Haddock	Lychee	Pumpkin	Cane sugar	Sage	Cereals w/o gluten and alternatives
Hake	Mandarin	Radish red - Radish white	Honey (Mixture)	Savory	Amaranth
Halibut	Mango	Rutabaga	Maple syrup	Thyme	Arrowroot
Herring	Nectarine	Savoy cabbage	Teas, coffee and tannin	Vanilla	Buckwheat
Iridescent shark, Sutchi catfish	Peach	Soy bean	Camomile	Wild garlic	Carob
Lobster	Pear	Spinach	Coffee	Food additives	Cassava
Mackerel	Plum	Stalk celery	Nettle	Agar-Agar (E406)	Fonio
Ocean perch	Pomegranate	Tomato	Peppermint	Benzoic acid (E210)	Jerusalem artichoke
Octopus	Prickly pear	White cabbage	Rooibus tea	Carrageenan (E407)	Lupine
Oysters	Quince	Milk products	Rose hip	Curcumin (E100)	Millet
Plaice	Raspberry	Camel's milk	Tannin	Pectin (E440)	Quinoa
Pollock	Rhubarb	Goat: milk and cheese	Tea, black	Sorbic acid (E200)	Rice
Red Snapper	Sea buckthorn	Halloumi	Tea, green	Tragacanth (E413)	Sweet chestnut
Salmon	Watermelon	Kefir	Spices and herbs	Xanthan gum	Sweet potato
Sardine	Yellow plum	Mare's milk	Alfalfa	Seeds and nuts	Tapioca
Scallop	Vegetables	Milk (cow)	Allspice	Almond	Teff
Sea bass	Artichoke		Aniseed	Cashew kernels	
Shark	Asparagus		Basil	Cocoa bean	
	Aubergine		Bay leaf	Coconut	

Avoid for at least 5 weeks

Apple	Chicken egg white	Ginger	Kiwi	Pineapple	Sweet pepper
Brazil nut	Chili Habanero	Grape / Raisin	Maize, sweet corn	Pistachio	Trout
Celeriac, knob celery	Cucumber	Green bean	Orange	Quail eggs	Yeast
Cherry	Garlic	Guar flour (E412)	Papaya	Strawberry	