

The FIT (*Food Inflammation Test*): Food & Additives Tested

<u>Additives</u>	<u>Plant & Food: Beans</u>	<u>Plant Foods: Berries</u>
Aspartame	Cocoa	Avocado
Benzoic Acid	Coffee	Blueberry
BHA	Green,string	Cranberry
MSG	Kidney	Grape, White seedless
Polysorbate 80	Lima	Raspberry
Red #2	Navy	Strawberry
Red #3	Pinto	<u>Extracts/Misc.</u>
Red #40	Soy	Canola Oil
Saccharin	Wax	Gelatin
Yellow #6	<u>Plant Foods: Fruits</u>	Sugar,cane
<u>Dairy</u>	Apple	Tea
Casein	Apricot	Mushroom
Milk, Cow	Banana	<u>Microbial</u>
Egg,white,chick.	Cantaloupe	Candida
<u>Fish</u>	Cherry	Yeast,baker's
Catfish	Grapefruit	Yeast,brewer's
Codfish	Honeydew Melon	<u>Poultry</u>
Flounder	Lemon	Chicken
Grouper	Lime	Duck
Halibut	Olive,green	Turkey
Orange Roughy	Onion,white	<u>Seeds</u>
Salmon	Orange	Cotton
Snapper	Peach	Dill
Sole	Pear	Safflower
Swordfish	Pineapple	Sesame
Trout	Plum	Sunflower
Tuna	Watermelon	<u>Shellfish</u>
<u>Grains</u>	<u>Plant Foods: Vegetable</u>	Clam
Barley	Artichoke	Crab
Buckwheat	Asparagus	Lobster
Millet	Broccoli	Scallops
Oat	Beets	Shrimp
Rice	Cabbage	<u>Spice</u>
Rye	Carob	Basil
Wheat,gulten	Lettuce	Cinnamon
Wheat,whole	Carrot	Garlic
<u>Meats</u>	Cauliflower	
Beef	Celery	
Lamb	Corn,sweet	
Pork	Cucumber	
<u>Nuts</u>	Pea,green	
Almond	Potato,sweet	
Cashew	Potato,white	
Coconut	Pumpkin	
Colanut	Spinach	
Walnut,English	Squash Mix	
Hazelnut	Tomato	
Peanut	Zucchini	
Pecan		