

Name : HANNELORE MUSTERFRAU

Date : 25.03.2008

Session code : 222

Date of birth : 16.04.1961

Number of incompatible foods : 37

Vegetables	1	2	3	4
Artichoke				
Asparagus				
Aubergine				
Beetroot				
Broccoli				
Brussel sprouts				
Carrots				
Cauliflower				
Celeriac, knob celery				
Chard, beet greens				
Chili Cayenne				
Chinese cabbage				
Courgette				
Cucumber				
Kale, curled kale				
Kohlrabi (Turnip cabbage)				
Leek				
Olive				
Onion				
Parsnip				
Potato				
Pumpkin				
Radish red - Radish white				
Red cabbage				
Rutabaga				
Savoy cabbage				
Spinach				
Stalk celery				
Sweet pepper				
Tomato				
White cabbage				
<b>Legumes</b>				
Broad bean				
Chickpeas				
Green bean				
Green pea				
Lentil				
Mung bean, green gram				
Soyabean				
<b>Meat</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Meat</b>				
Beef				
Goat meat				
Lamb				
Pork*				
Veal				
<b>Poultry</b>				
Chicken				
Duck				
Goose				
Ostrich meat				
Quail				
Turkey hen				
<b>Game</b>				
Deer				
Hare				
Rabbit				
Roe Deer				
Wild boar				
<b>Cereals</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Cereals with gluten</b>				
Barley				
Gluten				
Kamut				
Oats				
Rye				
Spelt				
Wheat				
<b>Gluten free cereals, starch and dry vegetables</b>				
Amaranth				
Arrowroot				
Buckwheat				
Carob				
Cassava				
Fonio				
Jerusalem artichoke				
Lupine				
Maize, sweet corn				
Millet				
Quinoa				
Rice				
Sweet chestnut				
Sweet potato				
Tapioca				
Teff				
<b>Fish and seafood</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Fishes</b>				
Anchovy				
Carp				
Cod, codling				
Gilthead bream				
Haddock				
Hake				
Halibut				
Herring				
Mackerel				
Ocean perch				
Plaice				
Pollock				
Salmon				
Sardine				
Shark				
Sole				
Swordfish				
Trout				
Tunafish				
Zander				
<b>Molluscs</b>				
Squid, cuttlefish				
<b>Crustaceans</b>				
Crayfish				
<b>Eggs</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Chicken egg				
Goose eggs				
Quail eggs				
<b>Sweeteners</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Cane sugar*				
Honey (Mixture)*				

\*Nutritionists advise to consume the food only in moderate quantities

1 = weak; 2 = moderate; 3 = strong; 4 = very strong

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Fruits	1	2	3	4
<b>Fresh fruits</b>				
Apple				
Apricot				
Banana				
Cherry	1			
Fig				
Grape / Raisin				
Kiwi				
Lemon				
Lychee				
Mango				
Nectarine				
Orange	1			
Papaya				
Peach				
Pear				
Pineapple				
Plum				
Strawberry				
Watermelon				
Yellow plum				
<b>Dry fruits</b>				
Date				
<b>Fruits that contain oil</b>				
Avocado				
<b>Seeds and nuts</b>	1	2	3	4
Almond				
Brazil nut				
Cashew kernels	2	3	4	
Cocoa bean*				
Coconut				
Hazelnut				
Linseed				
Macadamia nut				
Peanut*				
Pine nut				
Pistachio				
Poppy seeds	1			
Pumpkin seeds				
Sesame	1			
Sunflower seed				
Walnut	2	3	4	
<b>Spices and herbs</b>	1	2	3	4
Basil				
Chive				
Cinnamon				
Garlic				
Horseradish				
Mustard seed	1			
Nutmeg				
Oregano				
Paprika, spice				
Parsley				
Pepper, black	2	3		
Rosemary				
Thyme				
Vanilla	2	3		
<b>Food additives</b>	1	2	3	4
<b>Thickening agents</b>				
Guar flour (E412)				

Milk Products	1	2	3	4
<b>Cow milk and products</b>				
Halloumi*		2		
Kefir*		3	4	
Milk (cow)*		3	4	
Milk, cooked*		3	4	
Rennet cheese* (cow)		3	4	
Ricotta*		3	4	
Sour-milk products* (cow)		3	4	
<b>Other sorts of milk and products</b>				
Camel's milk				
Goat: milk and cheese		2		
Mare's milk				
Sheep: milk and cheese	1			
<b>Salads</b>	1	2	3	4
Butterhead lettuce				
Chicory				
Endive				
Iceberg lettuce				
Lamb's lettuce		2		
Lollo rosso				
Radicchio				
Rocket		2		
Romaine / Cos lettuce				
<b>Mushrooms</b>	1	2	3	4
Meadow mushrooms				
<b>Tea, coffee and wine</b>	1	2	3	4
Peppermint	1			
<b>Yeast</b>	1	2	3	4
Yeast*	1			

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