



Test Reaction Levels			
Non-Reactive	Moderately Reactive	Reactive	
Vegetables			
	Reaction Level		
STRING BEAN			
SWEET POTATO			
PUMPKIN			
BROCCOLI			
CUCUMBER			
LETTUCE			
CABBAGE			
BEET			
ZUCCHINI			
YELLOW SQUASH			
ONION			
ASPARAGUS			
CAULIFLOWER			
CELERY			
CARROT			
GREEN PEPPER			
TOMATO			
EGGPLANT			
WHITE POTATO			
SPINACH			
MUSHROOM			
Grains			
	Reaction Level		
BUCKWHEAT			
KAMUT			
SPELT			
CORN			
OAT			
MILLET			
RICE			
QUINOA			
WHEAT			
AMARANTH (GRAIN)			
RYE			
BARLEY			
Chemicals			
	Reaction Level		
POTASSIUM NITRATE			
PHENYLETHYLAMINE			
SALICYLIC ACID			
CAFFEINE			
SORBIC ACID			
LECITHIN			
FD&C RED #3			
SACCHARINE			
MSG			
SODIUM METABISULFITE			
IBUPROPHEN			
POLYSORBATE 80			
SOLANINE			
TYRAMINE			
SODIUM SULFITE			
ACETAMINOPHEN			
FD&C GREEN #3			
FD&C YELLOW #5			
FD&C YELLOW #6			
ASPARTAME			
FRUCTOSE			
BENZOIC ACID			
CANDIDA ALBICANS			
POTASSIUM NITRITE			
FD&C RED #40			
FD&C BLUE #1			
FD&C BLUE #2			

Fruits			
	Reaction Level		
GRAPE			
OLIVE			
ORANGE			
AVOCADO			
STRAWBERRY			
PLUM			
PEAR			
CHERRY			
HONEYDEW MELON			
WATERMELON			
BANANA			
PEACH			
MANGO			
CANTALOUPE			
PAPAYA			
CRANBERRY			
RASPBERRY			
PINEAPPLE			
APPLE			
APRICOT			
BLUEBERRY			
GRAPEFRUIT			
Meats & Poultry			
	Reaction Level		
DUCK MEAT			
EGG			
LAMB			
BEEF			
TURKEY			
CHICKEN			
PORK			
Seafood			
	Reaction Level		
RED SNAPPER			
SOLE			
SCALLOP			
TUNA			
SALMON			
SHRIMP			
TROUT			
CLAM			
CRAB			
CODFISH			
Flavor Enhancers			
	Reaction Level		
BLACK PEPPER			
GINGER			
LEEK			
VANILLA			
COCOA			
CINNAMON			
NUTMEG			
CANE SUGAR			
HONEY			
COCONUT			
DILL			
CAYENNE PEPPER			
MINT			
PAPRIKA			
TURMERIC			
PARSLEY			
LEMON			
OREGANO			
POPPY SEED			
SESAME			
BASIL			
MUSTARD			
GARLIC			
CUMIN			
BAY LEAF			



Beans/Nuts/Legumes	Reaction Level
LENTIL	Low (Green)
ALMOND	Low (Green)
SUNFLOWER SEED	Low (Green)
HAZELNUT	Low-Mid (Green)
PECAN	Low-Mid (Green)
GREEN PEA	Low-Mid (Green)
SOYBEAN	Mid (Green)
PISTACHIO	Mid (Green)
WALNUT	Mid (Green)
GARBANZO BEAN	Mid (Green)
CASHEW	Mid (Green)
PINTO BEAN	Mid-High (Yellow)
LIMA BEAN	High (Yellow)
PEANUT	High (Yellow)

Dairy	Reaction Level
SWISS CHEESE	Low (Green)
BLUE CHEESE	Low (Green)
AMERICAN CHEESE	Low-Mid (Green)
YOGURT	Low-Mid (Green)
GOAT'S MILK	Mid (Green)
COTTAGE CHEESE	Mid-High (Yellow)
COWS MILK	High (Yellow)

Miscellaneous	Reaction Level
COLA	Low (Green)
COFFEE	Low-Mid (Green)
BAKER'S YEAST	Low-Mid (Green)
HOPS	High (Red)
TEA	High (Red)