

# Foods Checklist

File: 1111111 00/00/0000

Patient: TEST PATIENT

Clinic/Doctor: TEST PRACTITIONER

Language: 1

## Bread

### Brown Rice Bread

Barkat

Ingredients: Rice flour, water, potato starch, rice bran, canola oil, yeast, organic sugar, salt, carrageenan (E407), locust bean gum (E410), methylcellulose, natural colour.

RICE

CANDIDA ALBICAN

CANE SUGAR

BAKER'S YEAST

WHITE POTATO

### Brown Rice Bread (1)

Ener-G

Ingredients: Filtered water, cold pressed safflower oil, brown rice flour tapioca starch, white rice flour, pear juice, yeast, gelling agent (methylcellulose), calcium phosphate,

PEAR

SAFFLOWER

RICE

BAKER'S YEAST

CANDIDA ALBICAN

### Brown Soda Bread

Irwins

Ingredients: Buttermilk, wholemeal flour, sugar, vegetable oil, calcium carbonate, salt, raising agents (sodium bicarbonate), emulsifier, oatflakes, colours (annatto, curcumin).

COCONUT

SUNFLOWER

CANE SUGAR

SOYBEAN

OAT

CASEIN

COW'S MILK

WHEAT

CORN

### Easy Bake Bread Mix

Orgran

Ingredients: Maize starch, rice flour, raising agents: glucono delta lactone, sodium bicarbonate, fructose, emulsifier: monodiglyceride from vegetable gums: carboxymethyl-cellulose, guar gum, methylcellulose, sea salt.

CORN

RICE

### Flax Corn Rice Sourdough

Sunnyvale

Ingredients: Organic stoneground whole corn flour, filtered water, organic whole rice, organic flax, sea salt, stabilizer: guar gum.

RICE

CORN

### Gluten Free Mixed Grain Sourdough Bread

Sunnyvale

Ingredients: Organic maize flour, filtered water, organic long grain rice, organic linseed, sea salt, binder (guar gum).

CORN

RICE

### Organic Flaxseed Bread

Bavarian

Ingredients: Whole rye, mountain spring water, whole wheat, flaxseed (5%), yeast, sea salt

CANDIDA ALBICAN

RYE

WHEAT

BAKER'S YEAST

### Organic Pumpernickel Bread

Bavarian

Ingredients: Whole rye, mountain spring water, yeast, sea salt

BAKER'S YEAST

CANDIDA ALBICAN

RYE

### Organic Pumpernickel Bread (1)

Biona

Ingredients: Wholemeal rye, water, yeast, sea salt.

CANDIDA ALBICAN

RYE

BAKER'S YEAST

### Organic Sunflower Seed Bread

Mestemacher

Ingredients: Rye, wholemeal rye flour, water, wholemeal wheat flour, sunflower seeds, sea salt, yeast.

BAKER'S YEAST

SUNFLOWER

RYE

WHEAT

CANDIDA ALBICAN

### Organic Sunflower Seed Rye Bread

Bavarian

Ingredients: Whole rye, mountain spring water, sunflower seeds (5%), malt extract, yeast, sea salt.

SUNFLOWER

RYE

BAKER'S YEAST

CANDIDA ALBICAN

MALT

### Organic Wholemeal Rye Bread

Mestemacher

Ingredients: Rye, wholemeal rye flour, water, wholemeal wheat flour, oats, linseeds, sesame seeds, sea salt, yeast

SESAME

OAT

WHEAT

RYE

CANDIDA ALBICAN

BAKER'S YEAST

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## Wholemeal Sliced Bread

Glutano

Ingredients: Whole rice, whole maize, millet, water, whole soya flour, salt, thickener guar gum, yeast.

BAKER'S YEAST

RICE

CORN

MILLET

CANDIDA ALBICAN

SOYBEAN

## Cereal

### All Bran Bite Size

Kelloggs

Ingredients: Wheat, Sugar Beet, Sugar Cane and Salt

WHEAT

CANE SUGAR

CANDIDA ALBICAN

### Barley Puffs

Good Morning

Ingredients: Barley

BARLEY

### Brown Rice Flakes

Ingredients: Rice and Salt

RICE

### Buckwheat Puffs

Good Morning

Ingredients: Buckwheat

BUCKWHEAT

### Corn Flakes

Kelloggs

Ingredients: Corn, Sugar Beet, Sugar Cane, Malt and Salt

CORN

CANDIDA ALBICAN

CANE SUGAR

MALT

## Corn Puffs

Good Morning

Ingredients: Corn

CORN

## Gluten Free Cornflakes

Glutano

Ingredients: Corn and Salt

CORN

## Honey Crispix

Kelloggs

Ingredients: Corn, Sugar Beet, Sugar Cane, Malt, Honey and Salt

CORN

CANE SUGAR

MALT

HONEY

CANDIDA ALBICAN

## Koala Crisp

Environkidz

Ingredients: Rice, Sugar Cane, Cocoa, Malt and Salt

CANDIDA ALBICAN

CANE SUGAR

RICE

MALT

COCOA

## Millet Puffs

Good Morning

Ingredients: Millet

MILLET

## Oat Puffs

Good Morning

Ingredients: Oat

OAT

## Organic Amazon Frosted Flakes

Envirokidz

Ingredients: Corn, Sugar Cane, Honey and Salt

CANDIDA ALBICAN

CORN

CANE SUGAR

HONEY

## Organic Cornflakes

Evernat

Ingredients: Corn, Apple and Salt

CORN

APPLE

## Organic Crunchy

Jordans

Ingredients: Oat, Sugar Cane, Grape, Coconut, Sea Salt, Palm Oil and Vanilla

GRAPE

CANE SUGAR

COCONUT

VANILLA

CANDIDA ALBICAN

OAT

## Organic Gorilla Munch

Envirokidz

Ingredients: Corn, Sugar Cane and Sea Salt

CANDIDA ALBICAN

CANE SUGAR

CORN

## Organic Muesli

Jordans

Ingredients: Wheat, Oat, Coconut, Hazelnut, Cashew, Sunflower and Grape

COCONUT

OAT

HAZELNUT

CASHEW

SUNFLOWER

GRAPE

WHEAT

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# Foods Checklist

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## Weetabix

Ingredients: Wheat, Malt, Sugar Beet and Sugar Cane

CANDIDA ALBICAN

CANE SUGAR

MALT

WHEAT

## Wheat Puffs

Good Morning

Ingredients: Wheat

WHEAT

## Crispbread

### Corn Cakes

Orgran

Ingredients: Corn

CORN

### Corn Crispbread

Orgran

Ingredients: Corn, Soya, Rice and Sea Salt

SOYBEAN

RICE

CORN

### Matzos Crackers

Rakeusens

Ingredients: Wheat and Salt

WHEAT

### Oat Cakes

Pattersons

Ingredients: Oat, Palm Oil and Salt

OAT

### Rice & Millet Crispbread

Orgran

Ingredients: Brown rice, millet, sea salt

RICE

MILLET

## Rice Cakes

Kallo

Ingredients: Rice

RICE

## Rice Crispbread

Orgran

Ingredients: Rice, Soya, Corn and Sea Salt

CORN

RICE

SOYBEAN

## Rice Crispbread + Pepper

Orgran

Ingredients: Rice, Soya, Corn, Black Pepper and Sea Salt

CORN

SOYBEAN

BLACK PEPPER

RICE

## Ryvita

Ingredients: Rye and Sea Salt

RYE

## Scandinavian Bran Crispbread

G.G.

Ingredients: Unprocessed wheat bran, Rye flour, Salt

WHEAT

RYE

## Flour

### Barley Flour

Ingredients: Barley Flour

BARLEY

### Buckwheat Flour

Ingredients: Buckwheat Flour

BUCKWHEAT

## Corn Flour

Ingredients: Corn Flour

CORN

## Lentil Flour

Ingredients: Lentil Flour

LENTIL BEAN

## Millet Flour

Ingredients: Millet Flour

MILLET

## Oat Flour

Ingredients: Oat Flour

OAT

## Pea Flour

Ingredients: Pea Flour

GREEN PEA

## Potato Flour

Ingredients: Potato Flour

WHITE POTATO

## Rice Flour

Ingredients: Rice Flour

RICE

## Rye Flour

Ingredients: Rye Flour

RYE

## Soy Flour

Ingredients: Soy Flour

SOYBEAN

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## Potato Milk

Dari-free

Ingredients: Potato, Honey, Sea Salt and Fructose

WHITE POTATO

HONEY

## Rice Milk

Rice Dream

Ingredients: Rice, Safflower and Salt

SAFFLOWER

RICE

## Soya Milk (Sweetened)

Provamel

Ingredients: Soybean and Apple

APPLE

SOYBEAN

## Soya Milk (Unsweetened)

Ingredients: Soybean

SOYBEAN

## Sunflower Milk

Whitesun, Plamil

Ingredients: Sunflower, Green Pea and Apple

APPLE

GREEN PEAS

SUNFLOWER

## Oil

### Almond Oil

Ingredients: Almond Oil

ALMOND

### Avocado Oil

Ingredients: Avocado Oil

AVOCADO

## Coconut Oil

Ingredients: Coconut Oil

COCONUT

## Corn Oil

Ingredients: Corn oil

CORN

## Grape Oil

Ingredients: Grape Oil

GRAPE

## Hazelnut Oil

Ingredients: Hazelnut Oil

HAZELNUT

## Olive Oil

Ingredients: Olive

OLIVE

## Peanut Oil

Ingredients: Peanut oil

PEANUT

## Safflower Oil

Ingredients: Safflower Oil

SAFFLOWER

## Sesame Seed Oil

Ingredients: Sesame Seed Oil

SESAME

## Soybean Oil

Ingredients: Soybean Oil

SOYBEAN

## Sunflower Oil

Ingredients: Sunflower Oil

SUNFLOWER

## Walnut Oil

Ingredients: Walnut Oil

WALNUT

## Pasta

### Corn & Vegetable Pasta

Orgran

Ingredients: Maize, Rice, Spinach, Tomato, Beetroot, Celery, Onion

ONION

CELERY

BEETROOT

TOMATO

SPINACH

RICE

CORN

### Corn Pasta

Orgran

Ingredients: Maize meal

CORN

### Corn Pennette (Penne)

ioBio

Ingredients: Organic corn flour, water.

CORN

### Gluten-Free Fusilli

Juvela

Ingredients: Maize Starch, Potato Flour, Rice Starch, Soya Protein Isolate, Soya Flour, Emulsifier (E471).

WHITE POTATO

SOYBEAN

CORN

RICE

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