

FOODS FOR WELLNESS BIOSURVEY



Food plays a critical role in your overall wellness. While the phrase, "An apple a day keeps the doctor away" is good advice for most, a diet that is optimal for one individual likely won't be optimal for another. This concept is known as bio-individuality.

The Food for Wellness scan addresses your bio-individuality by gathering and displaying readings of food items for which your body showed a biological coherence, or preference, as well as items that your body had an incoherent response to.

Please note that this biosurvey does not identify allergies. Be sure to take any known allergies into consideration when referring to this report to help you make wellness decisions about your diet.

Diet Filters Selected

This report will show only those items that fit into the following selected diet categories, if any:

Peanut-Free

ITEM RESPONSES: POSITIVE dR VALUES BY CATEGORY

Below is a list of your most biologically coherent, or preferred, items separated by food category. These can be incorporated into your diet along with other recommendations made by your practitioner.

Beans & Legumes



Beans & Legumes include any fruit or seed of leguminous plants used for food, which includes beans and peas. According to the USDA, beans and peas fit under both the Vegetable Group and the Protein Group (1). Beans and legumes have high mineral and fiber content without the saturated fat found in some animal proteins. (2)

Copper Bean
17.41

Black Bean
13.78

Fava Bean
9.96

Snap Peas
9.28

Green Pea
8.50

Blackeyed Pea
8.09

Jicama
6.37

Broad Bean
5.57

Pinto Bean
5.33

Red Kidney Bean
5.27

Cannellini Bean (White)
5.17

Haricot Bean
4.38

Navy Bean (White)
3.97

Azuki Bean
3.60

Tamarind Bean
3.21

Beverages



Beverages that are considered healthy include water, tea, juice, and wine. Water is especially critical for hydration and helps the body eliminate toxic substances (3). Tea originated in China and has been used for medicinal purposes for thousands of years. Drinking wine in moderation has been linked to a healthier heart, stronger bones, and a sharper mind. (4)

Dandelion Tea 21.20	Milk Thistle Tea 17.83	Chamomile Tea 15.63
Licorice Tea 13.39	Ginger Tea 12.49	Green Tea 11.37
Burdock Tea 10.53	Licorice Root Tea 10.20	Ginseng Tea 9.63
Pomegranate Juice 9.09	Coffee 8.91	Peppermint Tea 8.90
Water 8.40	Fenugreek Tea 7.41	Raspberry Leaf Tea 5.93
Slippery Elm Tea 5.79	Hawthorn Tea 5.50	Oolong Tea 5.10
Thyme Tea 4.40	Black Tea 4.33	Valerian Tea 4.28
Red Wine 4.06	Cranberry Juice 3.45	

Dairy & Eggs



Dairy includes milk, cheese, butter, and yogurt. It is a good source of calcium, vitamin D, and potassium. Consuming too much dairy, however, has been linked to certain health issues. Eggs consist of a yolk and egg white. As a whole, they are high in protein but not high in fat or calories. (5)

Goat Cheese 17.40	Goat Milk 11.56	Cow Milk, Whole 8.44
Kefir 5.57	Raw Milk 5.37	Egg, Whole 5.00
Cottage Cheese 4.61	Ricotta Cheese 4.38	Cow Whey 3.65
Butter 3.60		

Fats & Oils



Fats & Oils that are considered healthy include certain nut and seed oils, butter, avocado oil, and cod liver oil. The body needs essential fats such as these for energy, cell growth support, hormone production, and nutrient absorption. (6)

Olive Oil 9.41	Walnut Oil 8.46	Flax Seed Oil 5.82
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Macadamia Oil
5.42

Sesame Oil
5.23

Grapeseed Oil
4.95

Butter
3.60

Fish & Seafood



Fish & Seafood is rich in vitamins, minerals, and protein. It is high in omega-3 fatty acids, which have a number of health benefits. Foods rich in omega-3s such as fish & seafood promote heart, joint, eye, brain, and immune health. (7)

Pacific Cod
21.25

Tilapia
20.30

Haddock
18.13

Perch
16.96

Scallop
16.91

Yellow Snapper
15.32

Crayfish (Crawfish)
13.19

Black Cod (Sablefish)
12.91

Red Snapper
12.76

Barramundi
10.57

Sardine
8.73

Mussels
5.82

Clam
3.88

Atlantic Pollock
3.62

Fruits



Fruits are a good source of vitamins and simple sugars, which are essential for optimal health. Their high fiber content helps with bowel movements and wards off cholesterol. Fruits also contain antioxidants, which can protect the body from stress and disease. Due to their many beneficial properties, fruits can prevent and delay the effects of aging. (8)

Raspberry
16.19

Peach
16.06

Boysenberry
14.29

Pineapple
12.15

Plantain
12.07

Papaya
10.97

Apple
9.65

Loganberry
8.84

Mango
8.47

Lime
7.83

Cantaloupe
6.97

Prune
6.86

Date
5.95

Persimmon
5.58

Fig
5.32

Prickly Pear
5.07

Starfruit
5.02

Watermelon
4.92

Lemon
4.89

Mandarine Orange
3.69

Kiwi
3.59

Coconut
3.57

Passion Fruit
3.08

Raisin
1.81

Grains



Grains include wheat, rice, and corn. They provide an abundance of nutrients including fiber, antioxidants, protein, B vitamins, and trace minerals. Consumption of grains can reduce the risk of heart disease, obesity, and diabetes. Grains can also reduce inflammation. However, grains might not be appropriate for certain people such as those with celiac disease or gluten sensitivity. (9)

Jasmine Rice 33.43	Corn 24.31	Freekeh 17.85
Quinoa 14.39	Wild Rice 12.26	Rice, White 11.87
Barley 11.79	Oat 10.70	Indian Ricegrass 10.01
Spelt 7.64	Wheat Berries 5.44	Buckwheat 4.30
Amaranth 2.96	Sorghum 2.88	

Meats & Poultry



Meats & Poultry contain a large amount of protein, an essential building block of body tissue and source of fuel for the body. Many meats are also rich in iron, zinc, and selenium as well as vitamin A, B, and D (10). On the downside, eating certain meats can potentially harden blood vessels and negatively impact the colon and brain. (11)

Partridge 23.90	Beef 21.12	Moose 9.73
Goat 8.56	Cow Liver 7.97	Buffalo 5.92
Emu 5.62	Goose 5.56	Cornish Hen 5.18
Elk 5.06	Pork 3.38	

Miscellaneous Foods

Balsamic Vinegar 16.31	Kimichi 13.39	Ginger 13.06
Mustard (food) 9.24	Rice Vinegar 7.77	Kelp 7.48
Dulse 7.48	Red Vinegar 5.90	Sauerkraut 4.54
Barley Malt 4.25	Arrowroot 3.36	

Nuts & Seeds



Nuts & Seeds contain heart-healthy fats, fiber, protein, and minerals. They can reduce inflammation, slow digestion to help you feel full for longer, and reduce heart and cancer risk. Different nuts contain differing ratios of healthy fats, so consuming a variety in moderation is recommended. (12)

Pecans 17.17	Hazelnut (Filbert) 15.18	Macadamia 14.98
Black Walnut 14.96	English Walnut 11.04	Hemp Seed 6.17
Poppyseed 5.24	Chia Seed 5.15	Lychee 4.91
Cashew Nut 4.86	Brazil Nut 4.76	Almond 4.49
Grape Seeds 4.19	Anise Seed 3.78	Coconut 3.57
Pomegranate Seeds 3.44	Sunflower Seed 3.29	Pine Nut 2.96
Chestnut 1.87	Pistachio 1.18	

Spices & Seasonings



Spices & Seasonings may help protect against certain chronic conditions such as heart disease, cancer, and diabetes, according to WebMD. Certain spices and herbs contain antioxidants, which can curb inflammation in the body. Studies also show that they help with weight control. (13)

Chili Pepper 28.10	Nutmeg 25.96	Galangal 24.24
Nigella 21.72	Bouquet Garni 21.42	Marjoram 20.61
Rosemary 18.67	Savory 18.43	Lovage 17.48
Fines Herbs 17.28	Quatre Epice 14.84	Paprika 14.59
Cinnamon 14.24	Epazote 13.85	Wasabi 13.80
Bay Leaf 13.36	Kokum 13.24	Chives 12.76
Lemon Myrtle 12.15	Chicory Spice 11.90	Fenugreek 11.51
Green Masala 10.35	Tamarind 10.22	Bush Tomato / Akudjura 10.16
Pandan Leaf 9.68	Caraway Seed 9.41	Dill 8.82
Clove 8.74	Amchur (Mango) 8.62	Annatto 8.35
Jamaican Sorrel 8.29	Aleppo Pepper 8.23	Ginger 8.06
White Turmeric / Zedoary 7.58	Chervil 7.50	Za'atar 7.35
Lemon Verbena 7.23	Borage 7.13	Elderberry / Elderflower 6.57

Vanilla 6.56	Monarda 6.15	Cassia 6.07
Sage 5.91	Sambar Spice Blend 5.76	Coriander 5.73
Soapwort 5.73	Candlenut 5.58	Szechuan Pepper 5.56
Garam Masala 5.49	Harissa 5.24	Lemon Balm 5.14
Dukkah 4.97	Wattleseed 4.78	Pepper 4.74
Mastic 4.63	Poppy Seed 4.31	Cubeb 4.15
Kaffir Lime 4.00	Mandrasa Masala 3.94	Black Lime / Loomi 3.86
Anise Seed 3.78	Thyme 3.70	Cilantro 3.52
Cardamom 3.36	Chermoula 2.91	Shichimi-Togarashi Recipe 2.91
Sumac 2.85	Saffron 1.47	

Sugars & Sweeteners



Sugars & Sweeteners that are considered healthy include honey, maca, stevia, and agave. These and other good sweeteners provide many benefits such as lowering blood pressure, improving bone density, and feeding good bacteria in the gut. (14)

Molasses 27.65	Honey 20.82	Maple Sugar 14.00
Maple Syrup 11.22	Coconut Sugar 6.75	Stevia 5.91
Xylitol 4.81	Brown Rice Syrup 3.59	Maca 2.56

Vegetables



Vegetables are an important source of nutrients including fiber, folic acid, vitamin A, vitamin C, and potassium. They can help maintain blood sugar, lower the risk of heart disease, reduce constipation, boost the immune system, and keep the teeth and gums, skin, and eyes healthy. (15)

Shiitake Mushroom 26.15	Red Cabbage 26.14	Sweet Potato 24.75
Corn 24.31	Iceberg Luttuce 19.89	Kale 19.56
Tempeh 19.14	Okra 18.16	Jalapenos 17.85

Carrot 16.76	Water Chestnut 15.90	Tomato 15.56
Potato Starch 13.66	Asparagus 13.63	Mustard Greens 13.34
Chives 12.76	Pepper, Green & Red 11.91	Spinach 11.10
Romaine Lettuce 8.65	Green Pea 8.50	Onion 8.13
Celeriac (Celery Root) 8.01	Red Potato 7.59	Mixed Lettuce 7.53
Kohlrabi 6.93	Beet Root 5.93	Bell Pepper 5.82
Brussel Sprouts 5.68	Beet Greens 5.58	Chinese Cabbage 5.46
Radicchio 5.38	Winter Squash 5.31	Cauliflower 5.23
Escarole 5.05	Fennel 4.95	Palm Hearts 4.94
Lettuce Leaf 4.83	Collard Greens 4.80	Eggplant 4.45
Arugula 4.40	Caraway 4.25	Broccoli 4.18
Bok Choy 3.67	Cilantro 3.52	Rutabaga 3.03
Bamboo Shoots 2.64	Avocado 1.60	

ITEM RESPONSES: TOP NEGATIVE dR VALUES

The following are the top food items your body showed an incoherent biological response to. These are items you may want to consider limiting or eliminating from your diet under the guidance of your practitioner.

Endive -30.51	White Tea -27.18	Onion -25.85
Quail -23.18	Avocado Oil -23.12	Strawberry -23.02
Swiss Chard -22.56	Tuna Fish -22.25	Chicken Meat -21.81
Basil -21.58	Artichoke -21.28	Garlic -21.19
Pumpkin seed Oil -20.98	Barberry -20.41	Butternut Squash -20.15
Watercress -19.17	Pureh Tea -19.13	Catfish -19.10
Pepperberry -18.97	Ostrich -18.82	Blackberry -18.61

Chocolate
-18.56

Tarragon
-17.24

Horseradish
-16.81

Hoja Santa
-18.53

Coconut Oil
-17.08

Scented Geranium
-16.72

St. John's Wort Tea
-17.38

Herring
-17.00

Grapefruit
-16.57

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