

<b>Date</b>						
<b>Wheat</b>						
<b>Milk/Dairy</b>						
<b>Soy</b>						
<b>Corn</b>						
<b>Oats</b>						
<b>Egg</b>						
<b>Potato</b>						
<b>Tomato</b>						
<b>Eggplant</b>						
<b>Bell peppers</b>						
<b>Hot peppers</b>						
<b>Paprika</b>						
<b>Rye</b>						
<b>Barley</b>						
<b>MSG (Accent)</b>						
<b>Aspartame</b>						
<b>Saccharin</b>						
<b>Sucralose</b>						
<b>Sugar</b>						
<b>Baker's yeast</b>						
<b>Brewer's yeast</b>						
<b>Peanut</b>						
<b>Strawberry</b>						
<b>Orange</b>						
<b>Bean</b>						

