

# Health4life

CONCIERGE MEDICINE

INCLUDES Customized Shopping List & Wellness Plan

\$600 Non Member Pricing  
\$500 Member Pricing

## 184 FOOD PANEL

TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS	TEST	SCORE	CLASS
<b>MEAT &amp; POULTRY</b>			<b>VEGETABLES</b>			<b>FRUITS</b>			<b>NUTS, SEEDS &amp; OILS</b>		
Beef	0.146	0	Artichoke	0.182	0	Apple	0.158	0	Almond	0.192	0
Buffalo	0.144	0	Asparagus	0.216	1 *	Apricot	0.132	0	Brazil Nut	0.136	0
Chicken	0.139	0	Beets	0.150	0	Avocado	0.141	0	Canola	0.142	0
Duck	0.131	0	Bell Pepper	0.135	0	Banana	0.215	1 *	Cashew	0.198	0
Lamb	0.135	0	Broccoli	0.142	0	Blackberry	0.199	0	Chestnut	0.152	0
Pork	0.139	0	Brussel Sprouts	0.148	0	Blueberry	0.152	0	Chia Seed	0.149	0
Turkey	0.140	0	Cabbage	0.150	0	Cantaloupe	0.154	0	Cola	0.191	0
Venison	0.130	0	Carrot	0.144	0	Cherry	0.175	0	Flaxseed	0.499	3 ***
<b>FISH &amp; SHELLFISH</b>			Cauliflower	0.149	0	Coconut	0.299	1 *	Hazelnut	0.297	1 *
Anchovy	0.133	0	Celery	0.144	0	Cranberry	0.147	0	Hemp	0.151	0
Bass	0.141	0	Cucumber	0.151	0	Date	0.154	0	Macadamia Nut	0.289	1 *
Clam	0.187	0	Eggplant	0.151	0	Fig	0.215	1 *	Pecan	0.159	0
Codfish	0.145	0	Garlic	0.183	0	Grape	0.181	0	Pine Nut	0.227	1 *
Crab	0.165	0	Green Bean	0.180	0	Grapefruit	0.145	0	Pistachio	0.151	0
Flounder	0.140	0	Kale	0.154	0	Honeydew	0.149	0	Poppy Seed	0.245	1 *
Haddock	0.163	0	Kelp	0.153	0	Kiwi	0.149	0	Safflower	0.177	0
Halibut	0.139	0	Lettuce	0.163	0	Lemon	0.196	0	Sesame	0.171	0
Herring	0.143	0	Mushroom	0.245	1 *	Lime	0.149	0	Sunflower Seed	0.152	0
Lobster	0.146	0	Okra	0.244	1 *	Mango	0.283	1 *	Walnut	0.343	2 **
Mackerel	0.149	0	Olive, Green	0.136	0	Orange	0.147	0	<b>HERBS, SPICES, FLAVORINGS</b>		
Mussel	0.187	0	Onion	0.139	0	Papaya	0.162	0	Basil	0.141	0
Oyster	0.187	0	Parsnip	0.139	0	Peach	0.135	0	Bay Leaf	0.171	0
Perch	0.134	0	Potato	0.156	0	Pear	0.136	0	Black Pepper	0.189	0
Red Snapper	0.155	0	Potato, Sweet	0.153	0	Pineapple	0.303	2 **	Cilantro	0.172	0
Salmon	0.147	0	Pumpkin	0.152	0	Plum	0.137	0	Cinnamon	0.192	0
Scallop	0.276	1 *	Radish	0.158	0	Raspberry	0.139	0	Cloves	0.188	0
Shrimp	0.142	0	Spinach	0.197	0	Rhubarb	0.138	0	Dill	0.192	0
Sole	0.147	0	Squash	0.306	2 **	Strawberry	0.135	0	Fennel Seed	0.168	0
Squid	0.243	1 *	Tomato	0.144	0	Tangerine	0.162	0	Ginger	0.245	1 *
Swordfish	0.154	0	Turnip	0.158	0	Watermelon	0.163	0	Ginseng	0.150	0
Trout	0.132	0	Zucchini	0.161	0	<b>BEVERAGES &amp; MISC</b>			Horseradish	0.150	0
Tuna	0.155	0	<b>LEGUMES &amp; PULSES</b>			Black Tea	0.189	0	Licorice	0.231	1 *
Walleye Pike	0.152	0	Black-eyed Peas	0.226	1 *	Carob	0.150	0	Mustard	0.160	0
<b>GRAINS &amp; STARCHES</b>			Chickpea	0.144	0	Cocoa	0.155	0	Nutmeg	0.198	0
Amaranth	0.189	0	Green Pea	0.150	0	Coffee	0.148	0	Oregano	0.181	0
Arrowroot	0.159	0	Kidney Bean	0.185	0	Green Tea	0.194	0	Paprika	0.180	0
Barley	0.173	0	Lentil	0.145	0	Honey	0.172	0	Parsley	0.155	0
Bran	0.189	0	Lima Bean	0.141	0	Yeast, Baker's	0.338	2 **	Peppermint	0.179	0
Buckwheat	0.165	0	Navy Bean	0.196	0	Yeast, Brewer's	0.410	3 ***	Rosemary	0.188	0
Corn	0.155	0	Peanut	0.168	0	<b>DAIRY &amp; EGG</b>			Sage	0.230	1 *
Gluten	0.232	1 *	Soybean	0.146	0	Blue Cheese	0.291	1 *	Tarragon	0.152	0
Hops	0.303	2 **	<b>DAIRY &amp; EGG</b>			Casein	0.257	1 *	Thyme	0.179	0
Malt	0.194	0	Blue Cheese	0.291	1 *	Cheddar Cheese	0.158	0	Turmeric	0.242	1 *
Millet	0.216	1 *	Casein	0.257	1 *	Cottage Cheese	0.152	0	Vanilla Bean	0.295	1 *
Oats	0.149	0	Cheddar Cheese	0.158	0	Egg, White	0.169	0			
Quinoa	0.399	2 **	Cottage Cheese	0.152	0	Egg, Yolk	0.184	0			
Rice	0.153	0	Egg, White	0.169	0	Milk, Cow's	0.260	1 *			
Rye	0.187	0	Egg, Yolk	0.184	0	Milk, Goat's	0.192	0			
Sorghum	0.193	0	Milk, Cow's	0.260	1 *	Milk, Sheep's	0.196	0			
Tapioca	0.140	0	Milk, Goat's	0.192	0	Mozzarella Cheese	0.264	1 *			
Teff	0.232	1 *	Milk, Sheep's	0.196	0	Swiss Cheese	0.198	0			
Wheat	0.217	1 *	Mozzarella Cheese	0.264	1 *	Whey	0.187	0			
			Swiss Cheese	0.198	0	Yogurt	0.185	0			