

Health4life

CONCIERGE MEDICINE

INCLUDES Customized Shopping List & Wellness Plan

\$450 Non Member Pricing
\$350 Member Pricing

96 FOOD PANEL

TEST	SCORE	CLASS
MEAT & POULTRY		
Beef	0.151	0
Chicken	0.148	0
Lamb	0.139	0
Pork	0.154	0
Turkey	0.160	0
FISH & SHELLFISH		
Clam	0.232	1 *
Codfish	0.238	1 *
Crab	0.155	0
Haddock	0.251	1 *
Lobster	0.144	0
Salmon	0.135	0
Scallop	0.151	0
Shrimp	0.147	0
Sole	0.141	0
Swordfish	0.169	0
Tuna	0.155	0
DAIRY & EGG		
Cheddar Cheese	0.184	0
Cottage Cheese	0.162	0
Egg, White	0.158	0
Egg, Yolk	0.190	0
Milk, Cow's	0.241	1 *
Mozzarella Cheese	0.192	0
Yogurt	0.194	0
BEVERAGES & MISC		
Black Tea	0.222	1 *
Cocoa	0.189	0
Coffee	0.199	0
Honey	0.272	1 *
Yeast, Baker's	0.161	0
Yeast, Brewer's	0.304	2 **

TEST	SCORE	CLASS
VEGETABLES		
Asparagus	0.168	0
Bell Pepper	0.170	0
Broccoli	0.157	0
Cabbage	0.150	0
Carrot	0.152	0
Cauliflower	0.148	0
Celery	0.144	0
Cucumber	0.184	0
Eggplant	0.261	1 *
Garlic	0.224	1 *
Green Bean	0.220	1 *
Kale	0.156	0
Kelp	0.146	0
Lettuce	0.227	1 *
Mushroom	0.169	0
Olive, Green	0.161	0
Onion	0.180	0
Potato	0.165	0
Potato, Sweet	0.185	0
Spinach	0.170	0
Squash	0.188	0
Tomato	0.259	1 *
LEGUMES & PULSES		
Green Pea	0.141	0
Lima Bean	0.221	1 *
Peanut	0.140	0
Soybean	0.260	1 *
NUTS, SEEDS & OILS		
Almond	0.141	0
Cashew	0.249	1 *
Chia Seed	0.151	0
Cola	0.190	0
Safflower	0.226	1 *
Sesame	0.183	0
Sunflower Seed	0.277	1 *
Walnut	0.184	0

TEST	SCORE	CLASS
FRUITS		
Apple	0.217	1 *
Avocado	0.131	0
Banana	0.189	0
Blueberry	0.153	0
Cantaloupe	0.169	0
Coconut	0.174	0
Grape	0.191	0
Grapefruit	0.195	0
Lemon	0.198	0
Orange	0.183	0
Peach	0.158	0
Pear	0.284	1 *
Pineapple	0.178	0
Strawberry	0.159	0
Watermelon	0.272	1 *
GRAINS & STARCHES		
Barley	0.189	0
Bran	0.163	0
Corn	0.188	0
Gluten	0.333	2 **
Malt	0.186	0
Oats	0.158	0
Rice	0.270	1 *
Rye	0.160	0
Wheat	0.305	2 **
HERBS, SPICES, FLAVORINGS		
Basil	0.174	0
Bay Leaf	0.149	0
Black Pepper	0.172	0
Cinnamon	0.170	0
Dill	0.184	0
Ginger	0.191	0
Mustard	0.164	0
Oregano	0.187	0
Tarragon	0.134	0