

Mr Example Results
York Test Group Ltd,
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Dear Mr Results,

Thank you for choosing the Body ID Plan. Attached is your Personalised Dietary Plan, incorporating the results of your Food Intolerance test.

What to do next?

1. Read through your Personalised Dietary Plan

Your plan is divided into three categories, as follows:

Avoid - The foods in your Avoid list are those that your sample showed a 'Food Intolerance' reaction to. These should be eliminated from your diet as they may be affecting your overall health and vitality, and in turn can have an impact on your weight or shape. In order to help you, the foods have been listed in order of the strength of reaction, so if you have reacted to a number of foods and you are unsure where to start, you should begin by eliminating those at the top of the list first and then work your way down to avoid them all. In most cases small changes in diet should be acceptable, however should you have a large number of foods in this 'avoid' section, and / or you are considering taking a number of foods out of your diet you should discuss this with your Health Care Professional before proceeding.

Enjoy in moderation - These foods are fine to eat within your plan as long as you don't over indulge! If however you already know that any of these foods cause you a reaction or problem and you have been avoiding them then continue to do so.

Help yourself - These foods should form the core of your plan, so enjoy! As above, if there are foods here that you are already avoiding you should continue to do so.

2. Read through your 'Make it happen' support pack

It is important that your test results are used in conjunction with your Make it Happen booklet as this contains important information regarding maintaining a healthy diet. This will assist you with changing your diet and hopefully answer any questions you may have. In it you will find information to help you make the changes required for you to meet your goals.

On first glance the diet may seem limiting but in fact these basic food sources create the bulk of most meals, just without the trimmings of added chemicals, high stimulants and the complex processing of ready meals and snack foods.

I wish you all the very best in achieving your goals and look forward to hearing about your progress in due course.

Yours sincerely,



Dr Gill Hart AIBMS



Example Results's Personalised Dietary Plan

Avoid

The laboratory analysis of your sample has found a food intolerance reaction to the foods listed below.

Gluten (Gliadin)

Wheat

Cows Milk

Egg White

Yeast

Haricot Bean / Pea / Peanut / Soya

Coffee

Mushroom

These foods have been listed in order of reaction (strongest first) - if you have a number of avoid foods and are unsure where to start it may help if you start with those at the top of your list. To see which specific foods your sample was tested against please refer to your Make It Happen support pack.

Enjoy in moderation

The foods below can be eaten as part of your healthy eating plan, however care should be taken not to over-indulge on any of them.

Red Meat

Egg Yolk

Nuts

Seeds

Grains (except Wheat and those containing Gluten(Gliadin)) - but limit grains to one meal per day

Citrus Fruits

Fruit Juices

Alcohol (except drinks containing Yeast) - please follow recommended government guidelines

Go ahead

The foods listed below should form the core of your healthy eating plan. These foods will provide you with the nutrients you need while also enabling you to avoid foods that will hinder you in achieving your personal goals.

White Fish and Seafood

Vegetables (except Haricot Bean / Pea / Peanut / Soya and Mushroom)

Rice

Drink - only water, herbal and fruit teas

Fruit (except Citrus fruit or fruit juices)

Don't eat anything that you know you already react to, don't like eating or don't eat for moral or religious reasons.

For further help and guidance about foods to include in a balanced diet, please refer to the 'Make it Happen' booklet. Don't forget to book your 30 minute consultation with our Nutritionist. Call 0800 074 6185 and speak to a member of our customer care team.