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Fueling to Perform & Recover

Erica Beine

Bachelor of Arts
Master of Science
Certified Sports Nutritionist
Certified Health Coach



As a Sport Nutritionist

Certified Sports Nutritionist

Board Certified Holistic Health Coach

Worked with over 50 Olympians

Worked with NCAA Champions

Worked with FINA World Record Holders

Worked with American Record Holders

Worked with Olympic Gold Medalists

Worked with Domestic & International Teams

As a Coach

Coached NCAA All-Americans

Coached International Medalists - Team USA

Coached USA National Team Member

Coached 2016 Olympian

Youngest Head Coach in Division I

1 of 4 Women as Head Coach of Men's Team

Youngest Woman Head Coach to Win a Men's Team Championship

Horizon League Men's Coach of the Year

13 Years Div. I Coaching: **Ball State University, University of Wisconsin-Milwaukee, University of Maryland, Purdue University**



Free Resources

Instagram

- [@ericabeine](#)

Beine Wellness Building Site

- Beinewellnessbuilding.net

14 Day Smoothie Challenge

- <https://beinewellnessbuilding.net/freebie-optin-short-form/>

5 Clean Eating Hacks

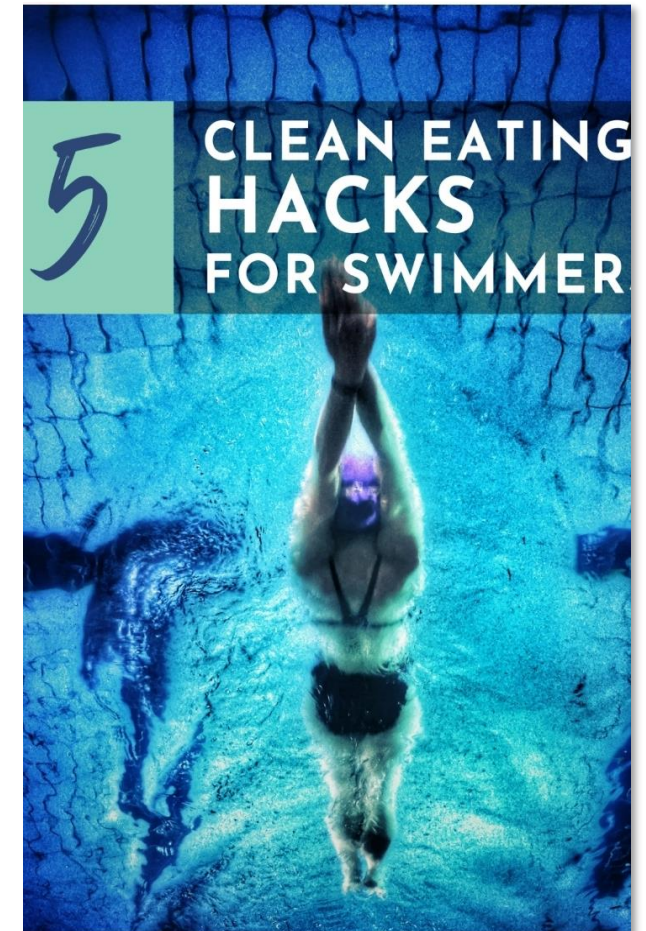
- <https://beinewellnessbuilding.net/clean-eating-hacks/>

Kick Your Sugar Cravings in the Gutter

- <https://beinewellnessbuilding.net/sugarcravings/>

Amazon Shop

- <https://www.amazon.com/shop/ericabeine>



Swimmer's Nutrition Questions

Should I take pre-workout?

Should I eat after practice?

Should I take vitamins and supps?

How much water should I drink?



Should I eat before practice?

Food = Fuel



Demanding physical activity without fuel results in “bonking”, dizziness, lightheadedness, fatigue, and over time physical exhaustion.



Do Your Athletes Eat Before Morning Practice?



Why Carbs Before Practice?

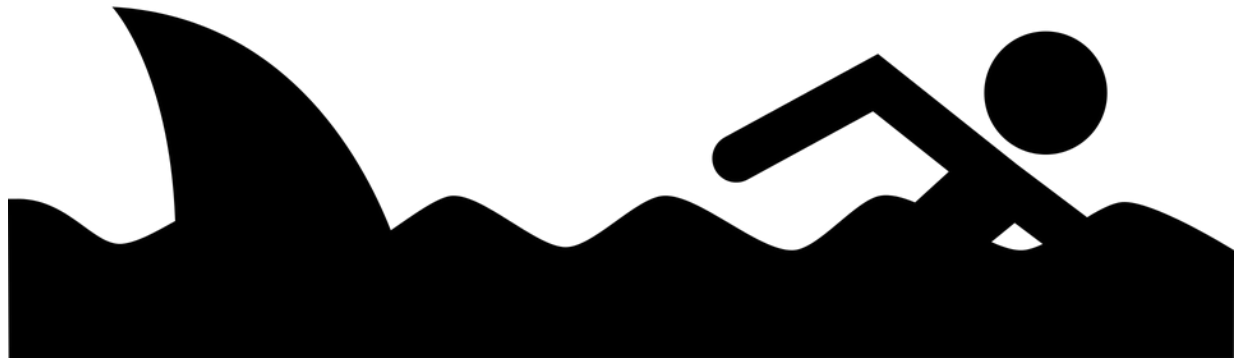
Carbs are FUEL!

Recommended Calculation

1-4g of carbs per kg of body weight in the 1-4 hours prior to exercise.

Example - 120lb Swimmer (54.4kg)

$54.4\text{kg} \times 1-4\text{g} = \text{Range of } (54.4\text{g}-217.6\text{g})$ 1-4 hours prior to practice.



Carb-Heavy Pre-Workout Ideas



150 Calories, 21g Carb,
2g Fiber, 2g Protein



200 Calories, 27g Carb,
3g Fiber, 4g Protein



110 Calories, 28g Carb,
3g Fiber, 1g Protein



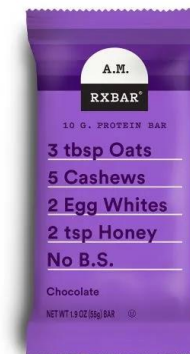
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1g Fiber, 2g Protein



80 Calories, 20g Carb,
1g Fiber, 0g Protein



250 Calories, 49g Carb,
3g Fiber, 11g Protein



230 Calories, 28g Carb,
4g Fiber, 10g Protein



Do Your Athletes Eat After Morning Practice?



Eating After Morning Practice

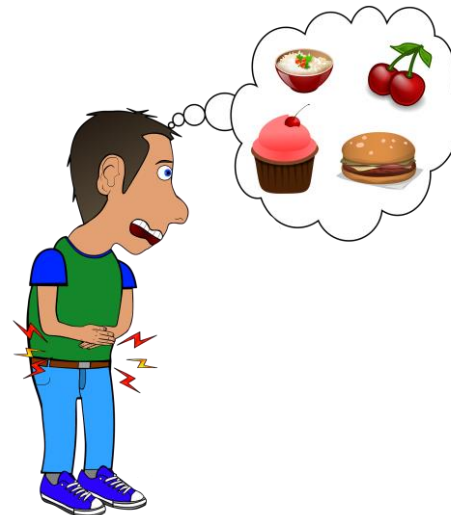
Morning Deficit

- 400-600+ Calories - Sleep Deficit
- 500-800+ Calories - 1.5 Hour Workout Deficit

Starting the School Day 900-1400+ Calories in Debt

Swimmers **NEED** to get out of Debt!!

- Breakfast is the most important meal of the day



What's an Ideal Breakfast?

Protein

- Eggs with Spinach
- Nitrate & Nitrite Free Sausage or Bacon

Carbs

- Oatmeal
- Bread/Toast
- Granola/Cereal
- Bagel
- Fruit/Veggies

Fat

- Nut Milk
- Avocado
- Eggs
- Nut Butter



3 Minute Avocado Egg Toast

Ingredients

- 1-2 Eggs
- 1-2 Slices Bread
- ½ Avocado
- Salt & Pepper/Garlic Salt to Taste

Directions

- Put toast in toaster
- Crack eggs into microwave safe bowl, add salt, pepper, garlic salt to taste, beat with fork - microwave on high for 1-1.5 minutes
- Place toast on plate, top with egg, scoop avocado on top and spread evenly.

Additional Toppings of Choice

- Cheese, Applegate Farms Bacon or Sausage Patty



Smoothies for Breakfast

4 PROTEIN
1 tbsp - ½ cup

Protein helps you feel full!

1 tbsp: Hemp seeds Nut or seed butters	½ cup: Greek yogurt Cottage cheese Silken or soft tofu
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5 VEGGIES
½ - 1 cup

**Add some veggies.
You can't even taste them!**

Spinach Kale Grated carrots	Cucumber Grated or canned beets Grated zucchini
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2 FRUIT
1 cup

**Natural sweetness!
Use frozen fruit for a creamy texture.**

Banana Mango Pineapple Kiwi	Berries Peaches Cherries Apples
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1 BASE
1 cup

Look for unsweetened dairy or alternatives.

Dairy: Cow's milk Yogurt Kefir	Non-Dairy: Soy, coconut, Almond, cashew oat, hemp, rice
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What if Your Athletes Don't Go Home After Morning Practice?



Convenient Clean Breakfast Ideas



Siggi's
19g Protein



RX Oats
12g Protein



Range Meal Bar
19g Protein



Orgain Shake
20g Protein



Magic Spoon Cereal
13g Protein



RX Cereal
11g Protein



Three Wishes Cereal
8g Protein

Carb-Heavy Pre-Workout Ideas



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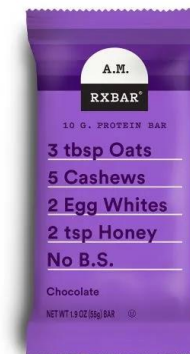
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230 Calories, 28g Carb,
4g Fiber, 10g Protein

Overnight Oats

Ingredients:

- 1/2 cup old-fashioned rolled oats
- 1/2 cup unsweetened almond milk
- 1/2 cup chopped strawberries + more for serving
- 1/4 cup plain Greek yogurt
- 1 teaspoon maple syrup or honey
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- pinch of sea salt

Directions:

1. Place all ingredients in a container and stir until well combined. Seal with a lid and place in the fridge overnight (or at least a couple hours).
2. Bring out of the fridge in the morning and stir. You'll notice that the oats soak up a lot of the liquid so you may want to add a little more almond milk before serving. Top oats with additional chopped strawberries and serve.
3. Overnight oats will keep for up to 5 days in the fridge in a sealed container.



Why Carbs, Protein, Fat After Practice?

Recovery + Fuel!!!!



School Day Fueling



Snack consistently throughout the day - making sure not to neglect protein.

Eating During School - Easy Ideas



150 Calories, 21g Carb,
2g Fiber, 2g Protein



90 Calories, 0g Carb,
0g Fiber, 9g Protein



210 Calories, 11g Carb,
3g Fiber, 5g Protein



110 Calories, 11g Carb,
3g Fiber, 3g Protein



100 Calories, 12g Carb,
2g Fiber, 6g Protein



90 Calories, 0g Carb,
0g Fiber, 16g Protein



170 Calories, 10g Carb,
2g Fiber, 4g Protein

Liquid Calories During School - Easy Ideas



150 Calories, 9g Carb,
1g Fiber, 20g Protein



20 Calories, 4g Carb,
0g Fiber, 0g Protein



150 Calories, 8g Carb,
3g Fiber, 26g Protein



90 Calories, 0g Carb,
0g Fiber, 20g Protein



50 Calories, 6g Carb,
2g Fiber, 1g Protein



170 Calories, 11g Carb,
3g Fiber, 20g Protein



80 Calories, 3g Carb,
3g Fiber, 10g Protein

B6 Trail Mix



B6 TRAIL MIX

THE SWEET AND SALTY MIXTURE OF THIS SNACK WILL HAVE YOU CRAVING MORE WHILE YOU FEED YOUR BODY NATURAL B6 DERIVED FROM FOOD. YOU'LL WANT TO KEEP THIS ON HAND FOR A QUICK AND EASY SNACK!

Ingredients:

- 1 Cup Peanuts
- 1 Cup Almonds
- 1/2 Cup Dried Fruit
- 3 TBSP Pumpkin Seeds
- 3 TBSP Sunflower Seeds
- 1/2 Cup Pistachios
- 1/2 Cup Dark Chocolate Chips

Directions:

1. Combine all ingredients into a container with an airtight lid.

Why Fuel at School?

Energy to Learn
& Fuel for
Afternoon
Practice!!!





Do Your Athletes Eat After School/Before Practice?



Why Carbs Before Practice?

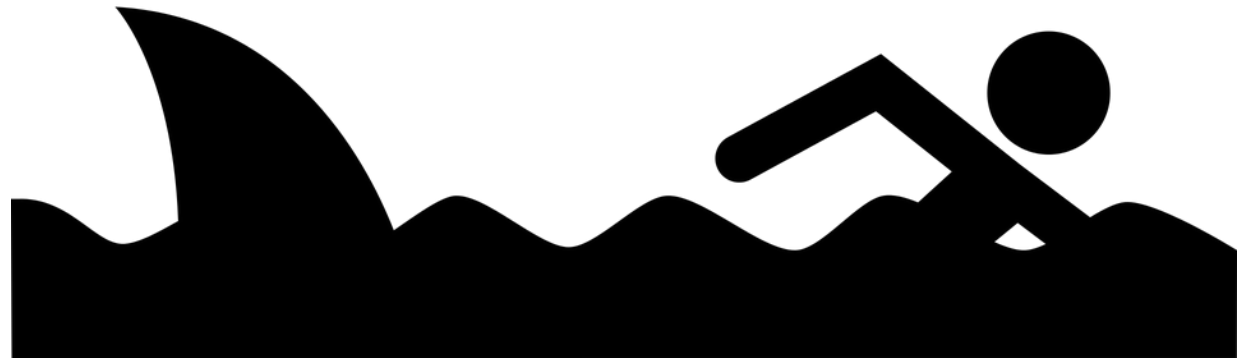
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Before Practice Ideas



Pasta + Black Beans + Spinach + Banana = 108g Carbs



PB&J Sandwich + Banana + Carrots = 80g Carbs



Bagel + PB + Banana + Apple = 103g Carbs



On the Go: Shake + Grapes + Carrots + RX AM Bar = 82g Carbs

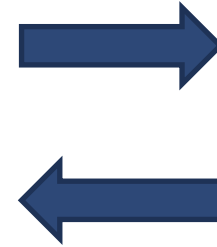


Granola + Yogurt + Berries + Banana = 77g Carbs

Fueling Between Workouts



Weights



Swim

Fueling Between Workouts

Carbohydrate ingestion during exercise has been shown to help delay fatigue and thus improve exercise performance.

- Carbohydrate consumption of approximately 30 to 60 grams of carbohydrates per hour should begin near the onset of exercise and continue throughout the session.
- Individuals engaging in ultra-endurance exercise may tolerate up to 90 grams of carbohydrate per hour.

Best Sources of Carbs for Quick Absorption & Use

- Sucrose
 - Glucose
 - Maltodextrin
 - Starches
- *fructose absorbs half as fast as these other options



Carb Ideas



21g Carb - Glucose



16g Carb - Sucrose



28g Carb - Sucrose, Fructose, Glucose



20g Carb - Sucrose



50g Carb - Sucrose



20g Carb - Sucrose



79g Carb - Maltodextrin, Fructose



How Soon Do Your Athletes Eat After Practice?



Post-Workout (30 Minute) Fuel



“Taking in protein after a workout provides the amino acid building blocks needed to repair muscle fibers that get damaged and catabolized during exercise, and to promote the development of new muscle tissue.” (Murphy 2017)

“To maximize muscle glycogen replacement, athletes should consume a carbohydrate-rich snack within this 30-minute window”. (Murphy 2017)

30 Minute Magic Window Ideas



Power Balls

Ingredients

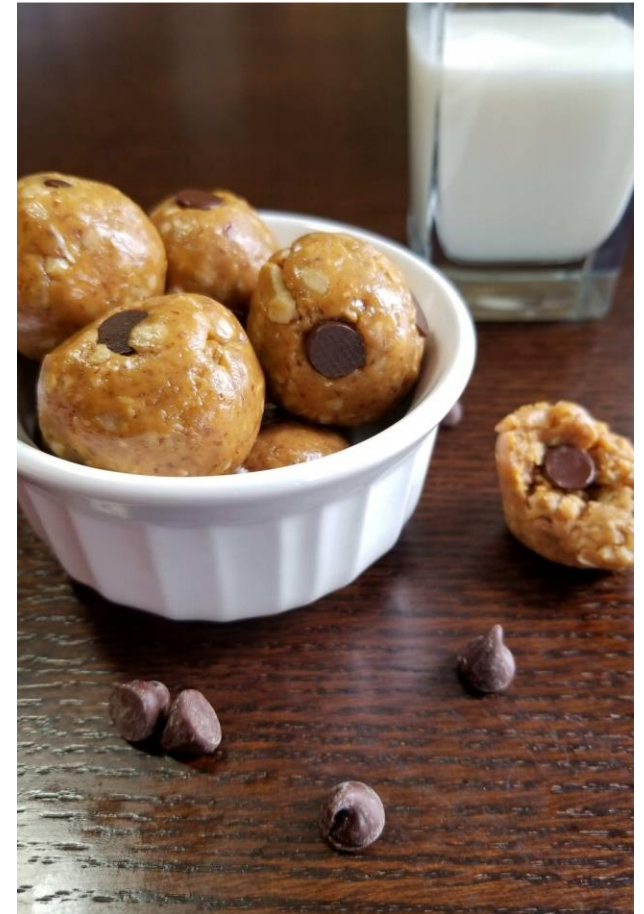
1 Cup Natural Peanut Butter (Sub Almond Butter or Sun Butter for Peanut Allergy)
1/4 to 1/3 Cup Honey
3/4 Cup Rolled Oats
1/2 Cup Unsweetened Shredded Coconut
1/8 Cup Milled Flax Seed
1/8 Cup Chopped Nuts of Choice
1 1/2 tsp Vanilla Extract
1 tsp Cinnamon
Pinch Sea Salt
1/3 Cup Dark Chocolate Chips (sub with Enjoy Life Chips for a dairy free alternative)

Directions

1. In a large mixing bowl, add all ingredients except chocolate chips. Mix until well combined.
2. If dough is too sticky, add more dry ingredients. If dough is too dry, add more peanut butter.
3. Add in chocolate chips and mix until well combined. Dough should hold together like playdough.
4. Using approximately 1-2 TBSP of dough each, roll into balls.
5. Place balls in airtight container storing in refrigerator or freezer.

Additional Ingredients of Choice

Pumpkin
Protein Powder



Why Food After Practice?

Fast
Recovery!!



Hydration



“It is important to restore hydration status before the next exercise period. Rehydration will be more effective when sodium is included with the fluid and food consumed during recovery-especially in hot/humid conditions”. (Murphy 2017)

Hydration Rules

Before Exercise

- Aim for 17 to 20 ounces of water two to three hours before workout.
- 20 to 30 minutes before workout, drink an additional 8 ounces for optimal hydration

Replenishing fluid levels improves muscle flexibility, builds strength, and prevents muscle soreness

Rule #1 of Hydration

- Drink a bare minimum number of ounces of non-caffeinated liquid daily (half of body weight in oz)
- Add 20+ ounces to the total as an athlete



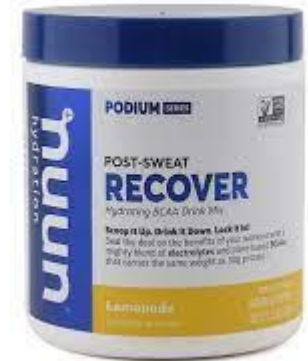
Post-Workout Hydration

"The data from this study showed high prevalence of hypohydration in adolescent swimmers in the morning and leading up to practice, as indicated from their concentrated urine. Our findings indicated that post-swimming urinary hydration markers may not accurately reflect hydration state in swimmers.

This should be made apparent to coaches and trainers monitoring the hydration state of swimmers through urinary markers. Because many athletes are using urine color as a quick and easy estimate of hydration, they should be aware that swimming could affect urine concentration and color independently of their hydration state. Changes in body weight should be used in swimmers for assessing water loss during practice". (Journal of Strength and Conditioning Research 2016)

[Link to Full Study in Journal of Strength & Conditioning](#)

Clean Hydration - Easy Ideas





Keep Your Tank Full!!!



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What Can We Do to Help Your Athletes?

Become a Wellness Warrior!





The Next Steps

Schedule a Free Consultation: [Schedule Here](#)

1. We'll learn about your nutrition and recovery struggles as a team.
2. We'll ask questions about nutrition knowledge on the team.
3. We'll explain the entire process of working with us and find the best fit for your needs and budget.
4. You'll get our discount options on team testing and workshops. WSCA10





Schedule Here

We Answer **SPECIFIC** Questions

Am I sensitive or intolerant to dairy?

Do I absorb and convert vitamins in my body?

What types of snacks are best for me?

How much cooldown do I need for my recovery result?



Do I need extra protein before bed?

12 Week Genetic Reboot

- 38 Genes Tested (Physical, Food, Vitamins)



FOLATE

SLIGHTLY INCREASED FOLATE REQUIREMENTS

Vitamin B9 – Folate
Folate refers to both the natural folates found in food and to folic acid, the synthetic form found in fortified foods and supplements. Folate is essential for brain development and nerve function. It helps control levels of homocysteine in your blood, an amino acid that may be associated with heart disease. Also, an inadequate folate status during early pregnancy increases the risk of certain birth defects.

GOOD FOOD SOURCES OF FOLATE

Food	Quantity	Calories	% Daily Value
Lentils	1 cup	230	90
Pinto beans	1 cup	245	74
Garbanzo beans	1 cup	269	71
Asparagus	1 cup	40	67
Spinach	1 cup	41	66
Black beans	1 cup	277	64
Avocados	1 fruit	322	41
Turnip greens	1 cup	29	42
Broccoli	1 cup	55	42
Beets	1 cup	75	34

THE GENE WE TESTED
A common variant in the *MTHFR* gene has been associated with lowered folate and elevated homocysteine levels in the blood. The *MTHFR* gene codes for methylenetetrahydrofolate reductase, an enzyme that activates folate (or folic acid) by adding a methyl group to it. Activated folate goes on to transfer its methyl group to other nutrients and substances, essential to form neurotransmitters, create immune cells, process hormones, produce energy and detoxify chemicals. If you inherited two copies of the 66 allele, you should have normal folate metabolism.

YOUR PERSONALIZED GUIDANCE
You have a version of the *MTHFR* gene which results in slightly reduced folate metabolism. Dietary folate has a greater impact on your homocysteine and activated folate levels. If you eat a sensible diet, your levels are likely to be in the normal range. If you do not include folate-rich foods in your diet, your activated folate levels are more prone to begin falling.
Increase folate in your diet by consuming more beans, lentils, spinach, asparagus, and avocados. Supplementing with activated methyl-folate will

Recommended daily intake of folate:
Males over 13 years: 400 mcg
Females over 13 years: 400-600 mcg
Pregnancy, all ages: 400-600 mcg
Breastfeeding females, all ages: 500 mcg

be more effective than folic acid. Since many of the processes in folate metabolism also require vitamins B6 and B12, ensure adequate amounts of these in your diet to maximize the absorption and metabolism of folate.

YOU WILL BENEFIT FROM EATING MORE FOODS HIGH IN FOLATE, BECAUSE YOU HAVE SLIGHTLY REDUCED FOLATE METABOLISM.

RECOVERY

SLOW RECOVERY

Delayed Onset Muscle Soreness
Delayed onset muscle soreness (DOMS) occurs 12-72 hours after you start a new exercise or increase the intensity, resistance, frequency or duration of your workout. It is important to manage DOMS to receive maximum benefit from your training and minimize fatigue and risk of injury. This soreness is different than muscle pain from an injury which develops during or right after an exercise. Training some muscles does not impede recovery. If done properly, training can speed up recovery from DOMS by shutting down to recovering muscle tissue.

YOU ARE MORE SUSCEPTIBLE TO DELAYED ONSET MUSCLE SORENESS.
Don't let soreness keep you from training; take extra effort to precondition your muscles before starting a new training regimen, stretch, and use a foam roller more frequently to lengthen muscles and break up knots.

THE GENE WE TESTED
Substitutions on the *SLC22A9* gene are associated with the level of susceptibility to DOMS and also with the body's zinc stores and glucose and insulin levels. The alternate (T) version of the gene offers some protection against DOMS.

KNOW THE DIFFERENCE BETWEEN SORENESS AND PAIN DUE TO INJURY

Soreness	Pain
Tired or burning feeling during exercise and dull ache or tightness at rest	Sharp pain at rest or during exercise
Worsens with sitting still	Worsens with continued activity
Slight discomfort at routine everyday activities	Everyday activity is disturbed due to excessive discomfort or pain
Felt in muscles	Felt in muscles or joints
Felt most intense 1-2 days after exercise, subsides after 2-3 days	Pain starts during exercise or up until a day after and may persist if left untreated
Improves with stretching and active rest	Improves with rest and applying ice to affected area

YOUR PERSONALIZED GUIDANCE
As a result of genetics, you are more likely to experience DOMS after you increase the intensity and/or duration of your workouts. This can be averse to strength training, resulting in decreased motivation, especially for novices.
The repeated bout effect is very effective in minimizing or preventing DOMS. This is an adaptation whereby a single bout of exercise protects against muscle damage from subsequent bouts of activity by preconditioning muscles, even weeks in advance. It can be begun by utilizing low weights or even just your body weight.
Regularly stretch and use a foam roller to lengthen muscles and break up knots.
Take active rest after hard workouts. Low intensity cardio will reduce lactate levels, improve aerobic capacity and speed up recovery.
Many other ways to deal with DOMS include avoiding training in high heat environments, staying hydrated, acupuncture, varying workout activities, and the use of topical dietary-gene and dietary supplements containing branched-chain amino acids, glutamine, caffeine, turmeric and arsaucoures.

DIETARY FATS

MEDIUM SENSITIVITY TO DIETARY FATS

It's not just the amount of fat you eat - the type of fat plays a more significant role.
Fats are essential nutrients that provide energy and are required for many physiological functions. Genetics play a significant role in how your body uses fats, and where excess dietary fat is likely to be stored for use later. Not all fats are the same- some fats are better for your health than others. Genetic factors also contribute to the extent of harm or benefit derived from consuming different types of fat.

It is important to pay attention to your proper ratio of different types of dietary fats. Eat more foods with olive oil and less soybean and sunflower oils.

YOUR DAILY FAT REQUIREMENTS

- MUFAs up to 20%
- Saturated Fats < 7%
- PUFAs = 5-8%
- Omega-6 = 4-6%
- Omega-3 = 1-2%

- Reduce saturated fat, omega-6 PUFAs and total fat
- Increase omega-3 PUFAs and MUFAs
- Ideal ratio of omega-6 to omega-3 is 4:1 or less

Most foods contain a mixture of different types of fats, see **Appendix B: Fats & Oils Chart**. The healthier fats include monounsaturated fats (MUFAs) and polyunsaturated fats (PUFAs). Saturated fats are less healthy, and fats that have been modified to trans-fats are harmful, even in small amounts. Omega-6 and omega-3 fats are essential PUFAs that your body cannot make so you must get them from your diet. They are both required for normal growth and development but consuming them in a high omega-6 to omega-3 ratio may promote inflammation and chronic disease.

YOUR PERSONALIZED GUIDANCE
Reduce total fat and try to limit saturated fat to 7% or less of total calories. Replace saturated fat with MUFAs - the majority of fats in your diet should be MUFAs. Olive oil, avocados, hazelnuts and almonds are high in MUFAs.
Avoid margarine and any solid form of vegetable oil. Check ingredients to avoid foods containing hydrogenated or partially hydrogenated vegetable oils (possible sources of trans fats). It's better to use real butter or ghee (in moderation). Coconut oil is even better when you need a solid fat for cooking - it is high in lauric acid, a saturated fat with many health benefits. Use a variety of nut butter (in moderation) for spreads.
Use extra virgin olive oil for salad dressing and light cooking - it is high in MUFA, health-protective polyphenols, and antioxidants with potent anti-inflammatory and anti-aging benefits. Other healthy choices include walnut, flax and avocado oils. Avoid dressings made with corn, soybean, sunflower or safflower oil.
Increase intake of omega-3 fats to counter inflammation from omega-6 fats. Eat more fish, walnuts, flaxseeds and chia seeds. Supplement omega-3 fats with fish oil. Limit corn and soybean oil because they are very high in omega-6 fats. Limit fried foods and processed foods - high amounts of omega-6 fats and possibly trans fats.
Check ingredients of food labels claiming "no saturated fat" or "reduced fat" - replacing saturated fat with sugar and hydrogenated vegetable oils will increase your risk for obesity and type II diabetes.



12 Week Genetic Reboot

Program Includes

- DNA Collection Kit
- Lab Fees
- 90 Minute DNA Review
- Customized DNA Action Plan
- 30 Minute Supplement Review
- 30 Minute Mid-Point Check In
- 30 Minute Follow Up Call
- Access to Live "Take Your Mark" Zoom Sessions
- Access to Private Client Facebook Group
- Access to Partner Discounts
- US Taxes
- USPS Shipping (International Shipping Available)



Food Sensitivity Panel

IgG 96								
ALMOND	11	NORMAL	0 score	LETTUCE	8	NORMAL	0 score	01
APPLE	27	ABNORMAL	1 score	LOBSTER	7	NORMAL	0 score	01
ASPARAGUS	19	ABNORMAL	1 score	MALT	4	NORMAL	0 score	01
AVOCADO	13	NORMAL	0 score	MILK, COWS	32	ABNORMAL	1 score	01
BANANA	5	NORMAL	0 score	MUSHROOM	13	NORMAL	0 score	01
BARLEY	20	ABNORMAL	1 score	MUSTARD	7	NORMAL	0 score	01
BASIL	4	NORMAL	0 score	OATS	52	ABNORMAL	1 score	01
BAY LEAF	41	ABNORMAL	1 score	OLIVE, GREEN	5	NORMAL	0 score	01
BEAN, GREEN	3	NORMAL	0 score	ONION	5	NORMAL	0 score	01
BEAN, LIMA	7	NORMAL	0 score	ORANGE	28	ABNORMAL	1 score	01
BEEF	2	NORMAL	0 score	OREGANO	14	NORMAL	0 score	01
BLUEBERRY	9	NORMAL	0 score	PEA, GREEN	28	ABNORMAL	1 score	01
BRAN	5	NORMAL	0 score	PEACH	2	NORMAL	0 score	01
BROCCOLI	6	NORMAL	0 score	PEANUT	6	NORMAL	0 score	01
CABBAGE	7	NORMAL	0 score	PEAR	5	NORMAL	0 score	01
CANTALOUPE	13	NORMAL	0 score	PEPPER, BELL	30	ABNORMAL	1 score	01
CARROT	20	ABNORMAL	1 score	PEPPER, BLACK	3	NORMAL	0 score	01
CASHEW	35	ABNORMAL	1 score	PINEAPPLE	19	ABNORMAL	1 score	01
CAULIFLOWER	7	NORMAL	0 score	PORK	1	NORMAL	0 score	01
CELERY	8	NORMAL	0 score	POTATO, SWEET	12	NORMAL	0 score	01
CHEESE, CHEDDAR	2	NORMAL	0 score	POTATO, WHITE	30	ABNORMAL	1 score	01
CHEESE, COTTAGE	3	NORMAL	0 score	PRAWN	2	NORMAL	0 score	01
CHEESE, MOZZARELLA	11	NORMAL	0 score	RICE, BROWN	3	NORMAL	0 score	01
CHIA SEED	4	NORMAL	0 score	RYE	23	ABNORMAL	1 score	01
CHICKEN	32	ABNORMAL	1 score	SAFFLOWER	11	NORMAL	0 score	01
CINNAMON	106	ABNORMAL	2 score	SALMON	11	NORMAL	0 score	01
CLAM	6	NORMAL	0 score	SCALLOP	4	NORMAL	0 score	01
COCOA	21	ABNORMAL	1 score	SESAME	6	NORMAL	0 score	01
COCONUT	4	NORMAL	0 score	SOLE	7	NORMAL	0 score	01
CODFISH	12	NORMAL	0 score	SOYBEAN	17	NORMAL	0 score	01
COFFEE	17	NORMAL	0 score	SPINACH	13	NORMAL	0 score	01
COLA	5	NORMAL	0 score	SQUASH	12	NORMAL	0 score	01
CORN	1	NORMAL	0 score	STRAWBERRY	8	NORMAL	0 score	01
CRAB	5	NORMAL	0 score	SUNFLOWER	9	NORMAL	0 score	01
CUCUMBER	8	NORMAL	0 score	SWORDFISH	3	NORMAL	0 score	01
DILL	8	NORMAL	0 score	TARRAGON	4	NORMAL	0 score	01
EGG WHITE	38	ABNORMAL	1 score	TEA, BLACK	15	NORMAL	0 score	01
EGG YOLK	30	ABNORMAL	1 score	TOMATO	14	NORMAL	0 score	01
EGGPLANT	21	ABNORMAL	1 score	TUNA	11	NORMAL	0 score	01
GARLIC	29	ABNORMAL	1 score	TURKEY	17	NORMAL	0 score	01
GINGER	23	ABNORMAL	1 score	WALNUT, BLACK	8	NORMAL	0 score	01
GLUTEN	4	NORMAL	0 score	WATERMELON	12	NORMAL	0 score	01
GRAPE	4	NORMAL	0 score	WHEAT	34	ABNORMAL	1 score	01
GRAPEFRUIT	26	ABNORMAL	1 score	YEAST, BAKERS	12	NORMAL	0 score	01
				YEAST, BREWERS	15	NORMAL	0 score	01
				YOGURT	10	NORMAL	0 score	01

Food Sensitivity Panel

Program Includes

- Collection Kit
- 96 Common Foods Tested
- Discussion of results During DNA Review
- Included steps for action in DNA Action Plan
- US Taxes
- USPS Shipping (International Shipping Available)





Confidentiality



**SAFE
SPORT**



**HIPAA
COMPLIANT**



Additional Support

Access to recordings, recipe of the month, newsletters, exclusive partner vitamin/supplement discounts, monthly support calls, and more.

[New Monthly Support Options](#)

<https://beinewellness.subkit.com/>





Questions?

