

Vegan 150+

Test Report : Food Groups

Patient Name: Demo Patient 1
 Patient Number: 185320
 Date of Birth: 01/02/2003

Analysis Date: 15/01/2026
 Test Reference: 310219

ELEVATED (≥ 30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤ 23 U/ml)

GRAINS (Gluten-Containing)*

35	Barley	<15	Malt	31	Wheat
<15	Couscous	42	Oat	15	Wheat Bran
<15	Durum Wheat	<15	Rye		
66	Gladin*	28	Spelt		

GRAINS (Gluten-Free)

16	Amaranth	<15	Millet	50	Rice
<15	Buckwheat	<15	Polenta	<15	Tapioca
<15	Corn (Maize)	<15	Quinoa		

FRUIT

<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	15	Plum
<15	Banana	<15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
16	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
<15	Cherry	<15	Mulberry	<15	Rhubarb
<15	Cranberry	<15	Nectarine	<15	Strawberry
<15	Date	<15	Olive	<15	Tangerine
<15	Fig	25	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
<15	Grapefruit	<15	Peach		

VEGETABLES

<15	Artichoke	<15	Cauliflower	42	Potato
<15	Asparagus	19	Celery		
<15	Aubergine	<15	Chard	<15	Radish
25	Bean (Broad)	<15	Chickpea	<15	Rocket
<15	Bean (Green)	<15	Chicory	15	Shallot
21	Bean (Red Kidney)	<15	Cucumber	16	Soya Bean
30	Bean (White Haricot)	<15	Fennel (Leaf)	<15	Spinach
<15	Beetroot	<15	Leek	44	Squash (Butternut/Carnival)
<15	Broccoli	15	Lentil	<15	Sweet Potato
<15	Brussel Sprout	<15	Lettuce	<15	Tomato
<15	Cabbage (Red)	<15	Marrow	<15	Turnip
<15	Cabbage (Savoy/White)	<15	Onion	<15	Watercress
<15	Caper	38	Pea	<15	Yuca
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Parsley
<15	Basil	<15	Garlic	<15	Peppercorn (Black/White)
<15	Bayleaf	<15	Ginger	<15	Peppermint
<15	Camomile	<15	Ginseng	<15	Rosemary
<15	Cayenne	<15	Hops	<15	Saffron
<15	Chilli (Red)	<15	Liquorice	<15	Sage
<15	Cinnamon	<15	Marjoram	<15	Tarragon
<15	Clove	<15	Mint	<15	Thyme
<15	Coriander (Leaf)	33	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
<15	Curry (Mixed Spices)	<15	Nutmeg		

NUTS / SEEDS

15	Almond	25	Hazelnut	<15	Rapeseed
34	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
79	Cashew Nut	31	Peanut	32	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
19	Flax Seed	98	Pistachio	<15	Walnut

MISCELLANEOUS

36	Agar Agar	<15	Cocoa Bean	<15	Tea (Green)
15	Aloe Vera	<15	Coffee	<15	Yeast (Baker's)
<15	Carob	<15	Mushroom	<15	Yeast (Brewer's)
<15	Chestnut	<15	Tea (Black)		

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

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Test Report : Order of Reactivity

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ELEVATED FOODS (≥30 U/ml)

98	Pistachio	42	Potato	32	Sunflower Seed
79	Cashew Nut	38	Pea	31	Peanut
66	Gliadin*	36	Agar Agar	31	Wheat
50	Rice	35	Barley	30	Bean (White Haricot)
44	Squash (Butternut/Carnival)	34	Brazil Nut		
42	Oat	33	Mustard Seed		

BORDERLINE FOODS (24-29 U/ml)

28	Spelt	25	Hazelnut
25	Bean (Broad)	25	Orange

NORMAL FOODS (≤23 U/ml)

21	Bean (Red Kidney)	<15	Buckwheat	<15	Dill
19	Celery	<15	Cabbage (Red)	<15	Durum Wheat
19	Flax Seed	<15	Cabbage (Savoy/White)	<15	Fennel (Leaf)
16	Amaranth	<15	Camomile	<15	Fig
16	Blackcurrant	<15	Caper	<15	Garlic
16	Soya Bean	<15	Carob	<15	Ginger
15	Almond	<15	Carrot	<15	Ginseng
15	Aloe Vera	<15	Cauliflower	<15	Grape (Black/Red/White)
15	Lentil	<15	Cayenne	<15	Grapefruit
15	Plum	<15	Chard	<15	Guava
15	Shallot	<15	Cherry	<15	Hops
15	Wheat Bran	<15	Chestnut	<15	Kiwi
<15	Aniseed	<15	Chickpea	<15	Leek
<15	Apple	<15	Chicory	<15	Lemon
<15	Apricot	<15	Chilli (Red)	<15	Lettuce
<15	Artichoke	<15	Cinnamon	<15	Lime
<15	Asparagus	<15	Clove	<15	Liquorice
<15	Aubergine	<15	Cocoa Bean	<15	Lychee
<15	Avocado	<15	Coconut	<15	Macadamia Nut
<15	Banana	<15	Coffee	<15	Malt
<15	Basil	<15	Coriander (Leaf)	<15	Mango
<15	Bayleaf	<15	Corn (Maize)	<15	Marjoram
<15	Bean (Green)	<15	Couscous	<15	Marrow
<15	Beetroot	<15	Cranberry	<15	Melon (Galia/Honeydew)
<15	Blackberry	<15	Cucumber	<15	Millet
<15	Blueberry	<15	Cumin	<15	Mint
<15	Broccoli	<15	Curry (Mixed Spices)	<15	Mulberry
<15	Brussel Sprout	<15	Date	<15	Mushroom

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NORMAL FOODS ...continued

<15	Nectarine	<15	Quinoa	<15	Tangerine
<15	Nettle	<15	Radish	<15	Tapioca
<15	Nutmeg	<15	Raisin	<15	Tarragon
<15	Olive	<15	Rapeseed	<15	Tea (Black)
<15	Onion	<15	Raspberry	<15	Tea (Green)
<15	Papaya	<15	Redcurrant	<15	Thyme
<15	Parsley	<15	Rhubarb	<15	Tiger Nut
<15	Peach	<15	Rocket	<15	Tomato
<15	Pear	<15	Rosemary	<15	Turnip
<15	Pepper (Green/Red/Yellow)	<15	Rye	<15	Vanilla
<15	Peppercorn (Black/White)	<15	Saffron	<15	Walnut
<15	Peppermint	<15	Sage	<15	Watercress
<15	Pine Nut	<15	Sesame Seed	<15	Watermelon
<15	Pineapple	<15	Spinach	<15	Yeast (Baker's)
<15	Polenta	<15	Strawberry	<15	Yeast (Brewer's)
<15	Pomegranate	<15	Sweet Potato	<15	Yuca

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