

Vegetarian 160+

Test Report : Food Groups

Patient Name: Demo Patient 1
 Patient Number: 123456
 Date of Birth: 01/02/2003

Analysis Date: 15/01/2026
 Test Reference: 123456

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
<15	Alpha-Lactalbumin	69	Egg White	140	Milk (Cow)
<15	Beta-Lactoglobulin	<15	Egg Yolk	80	Milk (Goat)
121	Casein	<15	Milk (Buffalo)	115	Milk (Sheep)
GRAINS (Gluten-Containing)*					
35	Barley	<15	Malt	31	Wheat
<15	Couscous	42	Oat	15	Wheat Bran
<15	Durum Wheat	<15	Rye		
66	Gliadin*	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	Radish
<15	Aubergine	<15	Chard	<15	Rocket
25	Bean (Broad)	<15	Chickpea	15	Shallot
<15	Bean (Green)	<15	Chicory	16	Soya Bean
21	Bean (Red Kidney)	<15	Cucumber	<15	Spinach
30	Bean (White Haricot)	<15	Fennel (Leaf)	44	Squash (Butternut/Carnival)
<15	Beetroot	<15	Leek	<15	Sweet Potato
<15	Broccoli	15	Lentil	<15	Tomato
<15	Brussel Sprout	<15	Lettuce	<15	Turnip
<15	Cabbage (Red)	<15	Marrow	<15	Watercress
<15	Cabbage (Savoy/White)	<15	Onion	<15	Yuca
<15	Caper	38	Pea		
<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)

140	Milk (Cow)	66	Gliadin*	35	Barley
121	Casein	50	Rice	34	Brazil Nut
115	Milk (Sheep)	44	Squash (Butternut/Carnival)	33	Mustard Seed
98	Pistachio	42	Oat	32	Sunflower Seed
80	Milk (Goat)	42	Potato	31	Peanut
79	Cashew Nut	38	Pea	31	Wheat
69	Egg White	36	Agar Agar	30	Bean (White Haricot)

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

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NORMAL FOODS ...continued

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

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