



IgG FOOD ALLERGY TESTS AT HOME

# Complete - 270 Foods

## MEAT

- + Beef
- + Chicken
- + Deer
- + Duck
- + Goat meat
- + Goose
- + Hare
- + Lamb
- + Ostrich meat
- + Pork
- + Quail
- + Rabbit
- + Roe deer
- + Veal
- + Turkey ham
- + Wild boar

ALTERNATIVES TO CEREALS  
AND STARCHY PRODUCTS

- + Amaranth
- + Arrowroot
- + Buckwheat
- + Carob
- + Cassava

- + Fonio
- + Jerusalem artichoke
- + Lupine
- + Maize, sweet corn
- + Millet
- + Quinoa
- + Rice
- + Sweet chestnut
- + Sweet potato
- + Tapioca, cassava
- + Teff

## CEREALS (WITH GLUTEN)

- + Barley
- + Gluten
- + Kamut
- + Oats
- + Rye
- + Spelt
- + Wheat

## VEGETABLES

- + Artichoke
- + Asparagus
- + Aubergine

- + Bamboo shoots
- + Beetroot
- + Broccoli
- + Brussels sprouts
- + Carrot
- + Cauliflower
- + Celeriac, knob celery
- + Chard, beet greens
- + Chili cayenne
- + Chili habanero
- + Chili jalapeno
- + Chinese cabbage
- + Courgette
- + Cucumber
- + Fennel
- + Kale, curled kale
- + Kohlrabi (turnip  
cabbage)
- + Leek
- + Molokhia
- + Okra, lady's finger
- + Olive
- + Onion

- + Parsnip
- + Potato
- + Pumpkin
- + Radish red and white
- + Red cabbage
- + Rutabaga
- + Savoy cabbage
- + Spinach
- + Stalk celery
- + Sweet pepper
- + Tomato
- + White cabbage

#### MUSHROOMS

- + Bay boletus
- + Cep (boletus)
- + Chanterelle
- + Meadow mushrooms
- + Oyster mushrooms
- + Shiitake

#### SPICES & HERBS

- + Alfalfa
- + Allspice
- + Aniseed
- + Basil
- + Bay leaf
- + Capers
- + Caraway
- + Cardamom
- + Chervil
- + Chive
- + Cinnamon
- + Clove
- + Coriander
- + Cumin
- + Curcumin(E100)
- + Dill
- + Garden cress
- + Garlic
- + Ginger
- + Horseradish
- + Juniper berry
- + Lavender
- + Lemon balm
- + Lovage
- + Marjoram
- + Mustard seed
- + Nutmeg
- + Oregano

- + Paprika, spice
- + Parsley
- + Pepper, black
- + Pepper, white
- + Rosemary
- + Saffron
- + Sage
- + Savory
- + Thyme
- + Vanilla
- + Wild garlic

#### SWEETENERS

- + Agave nectar
- + Cane sugar
- + Honey (mixture)
- + Maple syrup

#### SALADS

- + Butterhead lettuce
- + Chicory
- + Dandelion
- + Endive
- + Iceberg lettuce
- + Lamb's lettuce

- + Lollo rosso
- + Radicchio
- + Rocket
- + Romaine / cos lettuce

## LEGUMES

- + Broad bean
- + Chickpea
- + Green bean
- + Green pea
- + Lentil
- + Mung bean, green gram
- + Soya bean

## FISH &amp; SEAFOOD

- + Anchovy
- + Angler, monkfish
- + Blue mussels
- + Carp
- + Cod, codling
- + Crayfish
- + Eel
- + Gilthead bream
- + Haddock
- + Hake
- + Halibut
- + Herring
- + Iridescent shark
- + Lobster
- + Mackerel
- + Ocean perch
- + Octopus
- + Oyster
- + Plaice
- + Pollock
- + Red snapper
- + Sardine
- + Salmon
- + Scallop
- + Sea bass
- + Shrimp, prawn
- + Shark
- + Sole
- + Squid, cuttlefish
- + Swordfish
- + Trout
- + Tunafish
- + Zander

## EGG

- + Chicken egg
- + Chicken egg-white
- + Chicken yolk
- + Goose egg
- + Quail eggs

## FRUITS

- + Apple
- + Apricot
- + Avocado
- + Banana
- + Blackberry
- + Blueberry
- + Cherry
- + Cranberry
- + Currant
- + Date
- + Fig
- + Gooseberry
- + Grape
- + Grapefruit
- + Guava
- + Honeydew melon
- + Kiwi

- + Lemon
- + Lime
- + Lingonberry
- + Lychee
- + Mandarin
- + Mango
- + Nectarine
- + Orange
- + Papaya
- + Peach
- + Pear
- + Plum
- + Pineapple
- + Pomegranate
- + Prickly pear
- + Quince
- + Raspberry
- + Rhubarb
- + Sea buckthorn
- + Strawberry
- + Yellow plum
- + Watermelon

## SEEDS &amp; NUTS

- + Almond

- + Brazil nut
- + Cashew kernel
- + Cocoa bean
- + Coconut
- + Flax, linseed
- + Hazelnut
- + Macadamia nut
- + Pine nut
- + Peanut
- + Pistachio
- + Poppy seed
- + Pumpkin seed
- + Sesame
- + Sunflower seed
- + Walnut

## TEA, COFFEE &amp; WINE

- + Camomile
- + Coffee
- + Nettle
- + Peppermint
- + Rooibos tea
- + Rose hip
- + Tannin
- + Tea, green

- + Tea, black

## MILK PRODUCTS

- + Cow's milk
- + Camel's milk
- + Goat's milk and cheese
- + Sheep's milk and cheese
- + Halloumi
- + Kefir
- + Mare's milk
- + Milk cooked
- + Ricotta
- + Rennet cheese (cow)
- + Sour-milk products (cow)

## YEAST

- + Yeast (beer, bread)

## PRESERVATIVES

- + Benzoic acid (E211)
- + Sorbic acid (E200)

## THICKENING AGENTS

- + Agar-agar (E406)
- + Carrageen (E407)
- + Guar flour (E412)
- + Pectin (E440)
- + Tragacanth (E413)
- + Xanthan gum

## ALGAE

- + Red algae (Nori)
- + Spirulina

## SPECIALS

- + Aloe vera
- + Aspergillus niger
- + Candida
- + Candied lemon peel
- + Vine leaves

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