

## 113 Food Intolerance Test:

### Grains:

- Barley
- Buckwheat
- Corn (maize)
- Gliadin (gluten)
- Millet
- Oat
- Rice
- Rye
- Wheat

### Dairy:

- Cow's milk
- Egg – white
- Egg – yolk

### Meat:

- Beef
- Chicken
- Duck
- Lamb
- Pork
- Turkey

### Fish:

- Crustacean mix (crab, lobster, prawn/shrimp)
- Mollusc mix (mussel, oyster, scallop)
- Oily fish mix (herring, mackerel)
- Plaice/sole
- Salmon/trout
- Tuna
- White fish mix (cod, haddock)

### Nuts:

- Almond
- Brazil
- Cashew
- Coconut
- Hazelnut
- Peanut
- Walnut

### Vegetables:

- Asparagus
- Aubergine
- Avocado
- Carrot
- Celery
- Cucumber
- Haricot bean
- Kidney bean
- Lentils
- Lettuce
- Mushroom
- Mustard mix (broccoli, Brussel sprouts, cabbage, cauliflower)
- Onion
- Pea
- Peppers (capsicum)/Paprika
- Potato
- Soya bean
- Spinach
- String bean

### Fruit:

- Apple
- Apricot
- Banana
- Blackberry
- Blackcurrant
- Cherry
- Cranberry
- Grape
- Grapefruit
- Kiwi
- Lemon
- Lime
- Melon mix (cantaloupe, honeydew)

### Fruit continued:

- Orange
- Peach
- Pear
- Pineapple
- Plum
- Raspberry
- Strawberry
- Tomato

### Herbs/spices:

- Chilli pepper
- Cinnamon/clove
- Coriander/cumin/dill
- Garlic
- Ginger
- Mint mix (basil, mint, sage, thyme)
- Mustard seed
- Nutmeg/peppercorn
- Parsley
- Sesame seed
- Vanilla

### Other:

- Carob
- Cocoa bean
- Coffee
- Cola nut
- Hops
- Sunflower seed
- Tea
- Yeast (brewers and bakers)