

Foods Tested | Food Group

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**Grains**

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- Barley
- Corn (Maize)
- Gliadin (Gluten)
- Millet
- Oat
- Rice
- Rye
- Wheat

**Dairy**

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- Cows Milk

**Meats**

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

**Fish**

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- 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)

**Vegetables**

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- Asparagus
- Aubergine
- Avocado
- Beetroot
- 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

**Fruits**

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- Apple
- Apricot
- Banana
- Bilberry
- Blackberry
- Blackcurrant
- Blueberry
- Boysenberry
- Cherry
- Cranberry
- Elderberry & Elderflower
- Grape (Cabernet Sauvignon)
- Grape (Chardonnay)
- Grape (Chenin Blanc)
- Grape (Concord)
- Grape (Malbec)
- Grape (Merlot)
- Grape (Pinot Grigio)
- Grape (Pinot Noir)
- Grape (Red & White Zinfandel)
- Grape (Riesling)
- Grape (Sauvignon Blanc)
- Grape (Shiraz)
- Grapefruit
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Melon Mix (Watermelon, Honeydew & Cantaloupe)
- Mulberry
- Olive
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Rhubarb
- Strawberry
- Tomato

**Nuts**

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

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## Spices/Herbs

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- Anise Seed
- Buckwheat
- Chamomile
- Chilli Pepper
- Cinnamon & Clove
- Dandelion & Burdock
- Garlic
- Ginger
- Guarana
- Herb Mix (Coriander, Cumin & Dill)
- Hibiscus
- Juniper
- Mint Mix (Mint, Sage, Basil & Thyme)
- Mustard Seed
- Nettle
- Nutmeg & Peppercorn
- Parsley
- Rosehip
- Sesame Seed
- Vanilla

## Others

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- Agave
- Carob
- Cocoa Bean
- Coffee
- Cola Nut
- Egg White
- Egg Yolk
- Green Tea
- Hops
- Rooibos (Red Bush Tea)
- Sugar Cane
- Sunflower Seed
- Tea
- Yeast (Brewers & Bakers)