

U = uric acid **F** = containing fructose **I** = containing iron
L = containing lactose **G** = containing gluten **AN** = Aspergillus niger
H = containing histamine **AL** = alkaline **AC** = acid-forming
P = source of protein **GI** = high glycemic index/load
CH = carbohydrate **O** = Omega-3

Alphabetical list of foods tested

Food	Reaction	1	2	3	4	Food	Reaction	1	2	3	4
Agar agar	AC					Beetroot	AL,GI,CH				
Agave nectar	AC,GI,F,CH					Benzoic acid (E211)			■		
Alfalfa	P,AL					Black-/ redcurrants	AL,F				
Allspice	AL,GI,CH					Blackberries	AL,F				
Almonds	P,AN,AC			■		Blue mussels	P,AC,U,H				
Aloe Vera	AL					Blueberries	AL,F				
Amaranth	P,AC,GI,I					Bok choy	AL				
Anchovies	P,AC					Brazil nuts	P,AC			■	
Angler, monkfish	P,AC					Bream	P,AC				
Aniseed	AC					Broad beans	P,AC,U,H				
Apples	AL,F,CH					Broccoli	AL				
Apricots	AL,F					Brussel sprouts	AL				
Arrowroot	AL					Buckwheat	AC,GI,CH				
Artichokes	AL					Butterhead lettuce	AL				
Asparagus	AL,U					Button mushrooms	P,AC				
Aspergillus niger	AN,GI,CH		■			Camel's milk	P,AC,L			■	
Aubergines	AL,H					Camomile	AL				
Avocados	AL					Candied lemon peel					
Bamboo shoots	P,AL					Cane sugar	AC,GI,CH				
Bananas	AL,GI,F,H,CH					Capers	AL				
Barley	P,AN,AC,G,GI			■		Caraway	AL				
Basa fish (panga)	P,AC					Cardamom	AL,GI,CH				
Basil	AL		■			Carob	AC,GI,CH				
Bay boletus	AC					Carp	P,AC				
Bay leaves	AL					Carrageen (E407)	GI,CH				
Beef	P,AC,U,I,O					Carrots	AL				

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Cashew kernels	P,AN,AC,H					Eel	P,AC				
Cassava root	GI,CH					Egg white (chicken)	P,AC				
Cauliflower	AL					Egg yolk (chicken)	P,AC				
Celeriac	AL					Endives	AL				
Celery	AL					Fennel	AL				
Cep (mushrooms)	P,AC					Figs	AL,GI,F,CH				
Chanterelle	P,AC					Fonio	GI,CH				
Chard, beet greens	AL					Garden cress	AL				
Cherries	AL,F					Garlic	AL				
Chervil	AL					Ginger	AC				
Chestnuts	AL,GI					Gluten	P,AC,G,GI,CH				
Chicken	P,AC,U,I,O					Goat's meat	P,AC,U,I,O				
Chickpeas	P,AC,U,H					Goat: milk, cheese	P,AC,L,H				
Chicory	AL					Goose	P,AC,U,O				
Chili Cayenne	AN,AC					Goose eggs	P,AC				
Chili Habanero	AL					Gooseberries	AL,F				
Chili Jalapeno	AL					Grapefruit	AL,F,H				
Chives	AL					Grapes / Raisins	AL,GI,F,CH				
Cinnamon	AL					Green beans	P,AC,U,H				
Cloves	AL					Guar flour (E412)	P,AC,GI,CH				
Cocoa beans	AC,GI,H,CH					Guava	AL,GI,F,CH				
Coconut	AC,F					Haddock	P,AC				
Cod	P,AC					Hake	P,AC				
Coffee	AN,AC,U					Halibut	P,AC				
Coriander						Halloumi	P,AC,L				
Courgettes	AL					Hare	P,AC,U,O				
Cranberries	AL,F					Hazelnuts	AN,AC				
Crayfish	P,AC,H					Herring	P,AC				
Cucumber	AL					Honey	AC,GI,F,CH				
Cumin	AL					Honeydew melon	AL,GI,F,CH				
Curcumin (E100)	AL					Horseradish	AL				
Curly kale	AL					Iceberg lettuce	AL				
Dandelion	AL					Jerusalem artichoke	AL				
Dates	AL,GI,F,CH					Juniper berries	AL,GI,CH				
Deer	P,AC,U,I,O					Kamut	AC,G,GI,I,CH				
Dill	AL					Kefir	P,AC,L				
Duck	P,AC,U,I,O					Kiwis	AL,GI,F,H,CH				

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Kohlrabi	AL					Okra, lady's finger	AL				
Lamb	P,AC,U,I,O					Olives	AL				
Lamb's lettuce	AL					Onions	AL				
Lavender	AL					Oranges	AL,GI,F,H,CH				
Leeks	AL					Oregano	AC				
Lemon balm	AL					Ostrich meat	P,AC,U,I,O				
Lemons	AL,F,H					Oyster mushrooms	P,AC				
Lentils	P,AC,GI,U,H,CH					Oysters	P,AC,U,H				
Limes	AL,GI,F,H,CH					Papaya	AL,GI,F,H,CH				
Lingonberries	AL,F					Paprika, spice	AL				
Linseed	P,AC					Parsley	AL				
Lobster	P,AC,U,H					Parsnips	AL,GI,CH				
Lollo rosso	AL					Peaches	AL,GI,F,CH				
Lovage	AL					Peanuts	AN,AC				
Lupins	P,AC,H					Pears	AL,F,H,CH				
Lychees	AL,GI,F,CH					Peas	P,AC,GI,U,H,CH				
Macadamia nuts	P,AC					Pectin (E440)	GI,CH				
Mackerel	P,AC					Pepper, black	AN				
Maize, sweet corn	AC,GI,CH					Pepper, white	AL				
Mandarins	AL,GI,F,H,CH					Peppermint	AL				
Mangos	AL,GI,F,CH					Perch	P,AC				
Maple syrup	AC,GI,CH					Pine nuts	P,AC				
Mare's milk	P,AC,L					Pineapple	AL,F,H				
Marjoram	AL					Pistachios	P,AN,AC				
Milk (cow's, raw)	P,AC,L					Plaice	P,AC				
Milk (heated)	P,AC,L					Plums	AL,GI,F,CH				
Millet	P,AC,GI,CH					Pollock	P,AC				
Mirabelle	AL,GI,F,CH					Pomegranates	AL,F				
Moluchia	AL					Poppy seed					
Mung beans	P,AC,U,H					Pork	AC,U,I,O				
Mustard seed	AL					Potatoes	AL,GI,CH				
Nectarines	AL,F					Prickly pears	AL,GI,F,CH				
Nettles	AL					Pumpkin	AL,GI,CH				
Nori seaweed	P,AC					Pumpkin seed	AL				
Nutmeg	AL					Quail	P,AC,U,O				
Oats	P,AN,AC,G,GI					Quail eggs	P,AC				
Octopus	P,AC,H					Quince	AL,GI,F,CH				

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Quinoa	P,AC,GI					Spinach	AL,H				
Rabbit	P,AC,U,O					Spirulina	P,AC				
Radicchio	AL					Squid, cuttlefish	AC		■		
Radishes red, white	AL					Strawberries	AL,F,H				
Raspberries	AL,F,H					Sunflower seeds	P,AC				
Red cabbage	AL					Sweet peppers	AL				
Red snapper	P,AC					Sweet potatoes	AL,GI				
Rennet cheese (cow)	P,AC,L,H				■	Swordfish	P,AC				
Rhubarb	AL,F					Tannin	H				
Rice	P,AC,GI					Tapioca	GI,CH				
Ricotta	P,AC,L				■	Tea, black	AL				
Rocket	AL					Tea, green	AL				
Roe deer	P,AC,U,I,O					Teff	P,GI,I				
Romaine lettuce	AL					Thyme	AC				
Rooibus tea	AL					Tomatoes	AL,H				
Rose hips	AC					Tragacanth* (E413)					
Rosemary	AL					Trout	P,AC				
Rye	P,AN,AC,G				■	Tunafish	AC,H				
Saffron	AL					Turkey	P,AC,U,I,O				
Sage	AL					Turnips	AL				
Salmon	P,AC					Vanilla	AC,GI,CH		■		
Sardines	P,AC					Veal	P,AC,U,O				
Savoy cabbage	AL					Vine leaves	AL				
Scallops	P,AC,H					Walnuts	P,AN,AC,H				
Sea bass	P,AC					Watermelon	AL,GI,F,CH				
Sea buckthorn	AL,F					Wheat	P,AN,AC,G,GI				■
Sesame	P,AN,AC					White cabbage	AL				
Shark	P,AC					Whole eggs (chicken)	P,AC				■
Sheep: milk, cheese	P,AC,L,H				■	Wild boar	P,AC,U,I,O				
Shiitake	P,AC					Wild garlic	AL				
Shrimps / prawns	P,AC,U,H					Winter savoury	P,AL				
Sole	P,AC					Xanthan gum	GI,CH				
Sorbic acid* (E200)				■		Yeast	AC,H				■
Sour-milk products	P,AC,L				■	Zander	P,AC				
Soyabeans	P,AN,AC,U,H										
Spelt	P,AN,AC,G,GI				■						

Candida albicans: positive