



# ALLETSS

MEDICAL LABORATORY

## 184 FOOD SENSITIVITY PANEL, IgG or IgA

### Beverages & Misc.

Black tea  
Carob  
Cocoa  
Coffee  
Green tea  
Honey  
Yeast, baker's  
Yeast, brewer's

Dairy & Egg  
Blue cheese  
Casein  
Cheddar cheese  
Egg white  
Egg yolk  
Milk, cow's  
Milk, goat's  
Milk, sheep's  
Mozzarella cheese  
Swiss cheese  
Whey  
Yogurt

### Fish & Shellfish

Anchovy  
Bass  
Clam  
Codfish  
Crab  
Flounder  
Haddock  
Halibut  
Herring  
Lobster  
Mackerel  
Mussel  
Oyster  
Perch  
Red snapper  
Salmon  
Scallop  
Shrimp  
Sole  
Squid  
Swordfish  
Trout  
Tuna  
Walleye pike

### Fruits

Apple  
Apricot  
Avocado  
Banana  
Blackberry  
Blueberry  
Cantaloupe  
Cherry  
Coconut  
Cranberry  
Date  
Fig  
Grape  
Grapefruit  
Honeydew  
Kiwi  
Lemon  
Lime  
Mango  
Orange  
Papaya  
Peach  
Pear  
Pineapple  
Plum

### Fruits (continued)

Raspberry  
Rhubarb  
Strawberry  
Tangerine  
Watermelon

### Grains & Starches

Amaranth  
Arrowroot  
Barley  
Bran  
Buckwheat  
Corn  
Gluten  
Hops  
Malt  
Millet  
Oats  
Quinoa  
Rice  
Rye  
Sorghum  
Tapioca  
Teff  
Wheat

### Herbs, Spices & Flavorings

Basil  
Black pepper  
Cilantro/  
Coriander  
Cinnamon  
Clove  
Dill  
Fennel seed  
Ginger  
Ginseng  
Horseradish  
Licorice  
Mustard  
Nutmeg  
Oregano  
Paprika  
Parsley  
Peppermint  
Rosemary  
Sage  
Tarragon  
Thyme  
Turmeric  
Vanilla bean

### Legumes & Pulses

Black bean  
Black-eyed pea  
Chickpea  
Green pea  
Kidney bean  
Lentil  
Lima Bean  
Navy bean  
Peanut  
Pinto bean  
Soybean

### Meat & Poultry

Beef  
Buffalo  
Chicken  
Duck  
Lamb  
Pork  
Turkey  
Venison

### Nuts, Seeds & Oils

Almond  
Brazil nut  
Canola  
Cashew  
Chestnut  
Chia seed  
Cola  
Flaxseed  
Hazelnut  
Macadamia nut  
Pecan  
Pine nut  
Pistachio  
Poppy seed  
Safflower  
Sesame  
Sunflower seed  
Walnut

### Vegetables

Artichoke  
Asparagus  
Beet  
Broccoli  
Brussel sprouts  
Cabbage  
Carrot  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Garlic  
Green bean  
Green pepper (bell)  
Kale  
Kelp  
Lettuce  
Mushroom  
Okra  
Olive, green  
Onion  
Parsnip  
Potato  
Potato, sweet  
Pumpkin

### Vegetables (continued)

Radish  
Spinach  
Squash  
Tomato  
Turnip  
Zucchini