



ALLETSS

MEDICAL LABORATORY

96 FOOD SENSITIVITY PANEL, IgG or IgA

Beverages & Misc.

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

Dairy & Egg

Cheddar cheese
Egg white
Egg yolk
Milk, cow's
Mozzarella cheese
Yogurt

Fish & Shellfish

Clam
Codfish
Crab
Haddock
Lobster
Salmon
Scallop
Shrimp
Sole
Swordfish
Tuna

Legumes & Pulses

Black bean
Green pea
Lima Bean
Peanut
Pinto bean
Soybean

Fruits

Apple
Avocado
Banana
Blueberry
Cantaloupe
Coconut
Grape
Grapefruit
Lemon
Orange
Peach
Pear
Pineapple
Strawberry
Watermelon

Grains & Starches

Barley
Bran
Corn
Gluten
Malt
Oats
Rice
Rye
Wheat

Herbs, Spices & Flavorings

Basil
Black pepper
Cinnamon
Dill
Ginger
Mustard
Oregano
Tarragon

Meat & Poultry

Beef
Chicken
Lamb
Pork
Turkey

Nuts, Seeds & Oils

Almond
Cashew
Chia seed
Cola
Safflower
Sesame
Sunflower seed
Walnut

Vegetables

Asparagus
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Eggplant
Garlic
Green bean
Green pepper (bell)
Kale
Kelp
Lettuce
Mushroom
Olive, green
Onion
Potato
Potato, sweet
Spinach
Squash
Tomato