

Food Sensitivity Profile 1

96 FOODS TESTED:

Dairy

Beta-Casein
Casomorphin
Cow's Milk
Goat's Milk
Whey Protein

Vegetables

Broccoli
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Garlic
Green Bean
Green Peas
Lettuce
Lima Bean
Mushroom
Onion
Seaweed(Kelp)
Spinach
Squash
Ginger
Sweet Potato

Spices

Black Pepper
Cinnamon
Nutmeg

Fish

Catfish
Codfish
Halibut
Lake Trout
Mackerel
Perch
Salmon
Tuna

Mollusks

Clam
Oyster
Scallops

Shellfish

Crab
Lobster
Shrimp

Legumes

Kidney Bean
Navy Bean
Peanut
Soybean

Seeds

Mustard
Sesame

Gluten free grains

Amaranth
Brown Rice
Buckwheat
Corn

Gluten containing grains

Barley
Malt
Oats
Rye

Nightshades

Green Pepper
White Potato

Nuts (Tree)

Almond
Black Walnut
Cashews
English Walnut
Pecan

Miscellaneous

Cocoa
Coffee
Hops
Rosemary
Vanilla Bean
Yeast

Fruits

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Cantaloupe
Cherry
Coconut
Cranberry
Grape
Grapefruit
Lemon
Olive
Orange
Peach
Pear
Pineapple
Raspberry
Strawberry
Tomato
Watermelon

Meat

Beef
Chicken
Egg White
Egg Yolk
Lamb
Pork
Turkey



84 FOODS TESTED:

Dairy

Buffalo milk
Buttermilk
Cheddar cheese
Kefir
Sheep's milk
Yoghurt

Fish

Alaska pollock
Anchovy
Carp
Eel
Flounder
Sardine
Sea bass
Sole

Fruits

Fig
Guava
Honeydew melon
Kiwi fruit
Litchi
Mandarin
Mango
Plum
Capers
Papaya

Gluten containing grains

Spelt
Millet

Legumes

Broad bean
Chickpea
Mung beans

Meat

Duck meat
Goose meat
Grapevine snail
Rabbit
Veal

Miscellaneous

Black tea
Cane sugar
Dill
Lemon grass
Molasses
Oolong tea
Parsley

Mollusks

Blue mussel
Octopus
Pacific squid
Squid

Nightshades

Eggplant

Nuts (Tree)

Hazelnut
Pine nut
Pistachio nut
Sweet chestnut

Seeds

Coriander seed
Flax seed
Poppy seed
Rape seed
Sunflower seed

Shellfish

Crayfish

Spices

Anise
Bay leaf
Caraway
Cayenne pepper
Common thyme
Curry powder
Hot paprika powder
Oregano
Woo-hsiang powder

Vegan

Cous Cous
Tempeh
Tofu
Vegan Cheese

Vegetables

Asparagus
Bamboo shoots
Beet root
Endive
Leek
Roquette
Savoy cabbage
Turnip
Vine leaf
White radish
Artichoke
Chard
Kale
Shiitake mushroom
Zucchini

