

Discover over 130 IgG food and drink reactions. Reactivity shown on a scale of 0 -5

## Meat, Poultry & Fish

- Beef
- Chicken
- Cod
- Crab
- Crayfish
- Duck
- Haddock
- Lamb
- Lobster
- Mackerel
- Pork
- Prawns
- Salmon
- Sardine
- Shrimp
- Trout
- Tuna
- Turkey

## Nuts, Seeds & Beans

- Almond
- Brazil nut
- Cashew
- Chickpea
- Cocoa bean
- Coconut
- Flax seed
- Green bean
- Haricot
- Hazelnut
- Kidney bean
- Lentils
- Pea, garden
- Peanut
- Pistachio
- Sesame seed
- Soybean
- Sunflower seed
- Walnut

## Dairy & Eggs

- Casein
- Cow milk
- Egg white
- Egg yolk
- Goat milk
- Sheep milk
- Whey

## Grains & Staples

- Barley
- Brown rice
- Gluten
- Oats
- Wheat
- White rice

## Fruit & Veg

- Apple
- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Broccoli
- Cabbage
- Cantaloupe
- Carrot
- Cauliflower
- Cucumber
- Cherry
- Cranberry
- Grape - red
- Grape - white
- Grapefruit
- Honeydew melon
- Lemon
- Lettuce
- Lime
- Mango
- Mushroom
- Olive
- Onion
- Peach
- Pear
- Peppers
- Pineapple
- Raisins
- Raspberry
- Scallion
- Spinach
- Strawberry
- Sultana
- Sweet potato
- Sweetcorn
- Tomato
- Turnip
- Watermelon
- White potato

## Herbs, Spices, Oils & Other

- Baker's yeast
- Balsamic vinegar
- Brewer's yeast
- Citric acid
- Cinnamon
- Coconut oil
- Corn oil
- Flaxseed oil
- Garlic
- Ginger
- Hemp
- Hops
- Malt vinegar
- Mustard
- Olive oil
- Paprika
- Peanut oil
- Sesame oil
- Sunflower oil
- Vanilla
- Vanilla essence
- Wheat grass

## Drinks

- Almond milk
- Black tea
- Cacao
- Cashew milk
- Coconut milk
- Coffee
- Green tea
- Hazelnut milk
- Hemp milk
- Oat milk
- Rice milk
- Soya milk
- White tea

## Protein Supplements

- Casein protein isolate
- Hemp protein isolate
- Pea protein isolate
- Rice protein isolate
- Soy protein isolate
- Whey protein isolate