

PATIENT ID



PATIENT NAME

Ima T Sample

DATE OF BIRTH



SAMPLE ID

Sample Report

BARCODE



ANALYSED ON



TESTED ANTIGENS

286

TEST METHOD

FOX

APPROVED ON

NOTE

The internal QC (Plausibility check for GD) was within acceptance range.

Lab report: Overview of the IgG profile



Highest measured IgG concentration

0 - 9.99 µg/ml



Low IgG level

10 - 19.99 µg/ml



Intermediate IgG level

> 20 µg/ml



Highly elevated IgG level

Milk & Egg

Buttermilk	≤ 5.00 µg/ml	●	Cow's milk Bos d 8 * (Casein)	7.76 µg/ml	●
Camembert	7.09 µg/ml	●	Buffalo milk	7.56 µg/ml	●
Emmental	≤ 5.00 µg/ml	●	Camel milk	≤ 5.00 µg/ml	●
Gouda	6.18 µg/ml	●	Goat cheese	≤ 5.00 µg/ml	●
Cottage cheese	8.31 µg/ml	●	Goat milk	7.99 µg/ml	●
Cow's milk	6.39 µg/ml	●	Quail egg	≤ 5.00 µg/ml	●
Mozzarella	6.76 µg/ml	●	Egg white	19.77 µg/ml	●●
Parmesan	≤ 5.00 µg/ml	●	Egg yolk	13.62 µg/ml	●●
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	≤ 5.00 µg/ml	●	Sheep cheese	≤ 5.00 µg/ml	●
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	36.16 µg/ml	●●●	Sheep milk	18.54 µg/ml	●●

Meat

Duck	≤ 5.00 µg/ml	●	Chicken	≤ 5.00 µg/ml	●
Beef	≤ 5.00 µg/ml	●	Turkey	≤ 5.00 µg/ml	●
Veal	≤ 5.00 µg/ml	●	Rabbit	≤ 5.00 µg/ml	●
Venison	≤ 5.00 µg/ml	●	Lamb	≤ 5.00 µg/ml	●
Goat	≤ 5.00 µg/ml	●	Ostrich	≤ 5.00 µg/ml	●
Stag	≤ 5.00 µg/ml	●	Pork	≤ 5.00 µg/ml	●
Horse	≤ 5.00 µg/ml	●	Boar	≤ 5.00 µg/ml	●

Fish & Seafood

Caviar	≤ 5.00 µg/ml	●	Trout	≤ 5.00 µg/ml	●
Eel	≤ 5.00 µg/ml	●	Oyster	5.40 µg/ml	●
Noble crayfish	≤ 5.00 µg/ml	●	Northern prawn	≤ 5.00 µg/ml	●
Cockle	≤ 5.00 µg/ml	●	Scallop	≤ 5.00 µg/ml	●
Crab	≤ 5.00 µg/ml	●	Razor shell	5.29 µg/ml	●
Atlantic herring	≤ 5.00 µg/ml	●	European plaice	≤ 5.00 µg/ml	●
Carp	≤ 5.00 µg/ml	●	Thornback Ray	≤ 5.00 µg/ml	●
European anchovy	≤ 5.00 µg/ml	●	Venus clam	10.02 µg/ml	●●
Northern pike	≤ 5.00 µg/ml	●	Salmon	≤ 5.00 µg/ml	●
Atlantic cod	≤ 5.00 µg/ml	●	European pilchard	≤ 5.00 µg/ml	●

Abalone	6.75 µg/ml	●
Lobster	≤ 5.00 µg/ml	●
Shrimp mix	≤ 5.00 µg/ml	●
Squid	5.78 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●
Haddock	≤ 5.00 µg/ml	●
Hake	≤ 5.00 µg/ml	●
Common mussel	16.64 µg/ml	●●
Octopus	≤ 5.00 µg/ml	●

Turbot	≤ 5.00 µg/ml	●
Mackerel	≤ 5.00 µg/ml	●
Atlantic redfish	≤ 5.00 µg/ml	●
Sepia	≤ 5.00 µg/ml	●
Sole	≤ 5.00 µg/ml	●
Gilt-head bream	≤ 5.00 µg/ml	●
Tuna	≤ 5.00 µg/ml	●
Swordfish	≤ 5.00 µg/ml	●

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●
Oat	≤ 5.00 µg/ml	●
Rapeseed	38.79 µg/ml	●●●
Hempseed	≤ 5.00 µg/ml	●
Quinoa	≤ 5.00 µg/ml	●
Chickpea	≤ 5.00 µg/ml	●
Pumpkin seed	≤ 5.00 µg/ml	●
Buckwheat	≤ 5.00 µg/ml	●
Sunflower	≤ 5.00 µg/ml	●
Barley	≤ 5.00 µg/ml	●
Malt (barley)	≤ 5.00 µg/ml	●
Linseed	≤ 5.00 µg/ml	●
Lupine seed	≤ 5.00 µg/ml	●
Rice	≤ 5.00 µg/ml	●
Millet	≤ 5.00 µg/ml	●

Poppyseed	≤ 5.00 µg/ml	●
Pine nut	≤ 5.00 µg/ml	●
Rye	≤ 5.00 µg/ml	●
Sesame	≤ 5.00 µg/ml	●
Wheat	9.04 µg/ml	●
Wheat bran	≤ 5.00 µg/ml	●
Wheat gliadin Tri a Gliadin *	21.21 µg/ml	●●●
Wheatgrass	≤ 5.00 µg/ml	●
Gluten	10.96 µg/ml	●●
Emmer	≤ 5.00 µg/ml	●
Durum	≤ 5.00 µg/ml	●
Einkorn	5.88 µg/ml	●
Polish wheat	≤ 5.00 µg/ml	●
Spelt	≤ 5.00 µg/ml	●
Corn	≤ 5.00 µg/ml	●

Nuts

Cashew	≤ 5.00 µg/ml	●
Brazil nut	≤ 5.00 µg/ml	●
Pecan nut	≤ 5.00 µg/ml	●
Sweet chestnut	≤ 5.00 µg/ml	●
Coconut milk	≤ 5.00 µg/ml	●
Coconut	≤ 5.00 µg/ml	●
Kola nut	≤ 5.00 µg/ml	●

Hazelnut	≤ 5.00 µg/ml	●
Tigernut	≤ 5.00 µg/ml	●
Walnut	≤ 5.00 µg/ml	●
Macadamia	5.65 µg/ml	●
Pistachio	≤ 5.00 µg/ml	●
Almond	17.58 µg/ml	●●

* Molecular Antigen
The assays performance characteristics were determined by Diagnostic Solutions Laboratory.

Legumes

Peanut	≤ 5.00 µg/ml	●	Pea	≤ 5.00 µg/ml	●
Soy	≤ 5.00 µg/ml	●	Sugar pea	≤ 5.00 µg/ml	●
Lentil	≤ 5.00 µg/ml	●	Tamarind	≤ 5.00 µg/ml	●
White bean	11.63 µg/ml	●●	Mung bean	≤ 5.00 µg/ml	●
Green bean	5.27 µg/ml	●			

Fruits

Kiwi	13.34 µg/ml	●●	Date	≤ 5.00 µg/ml	●
Pineapple	6.32 µg/ml	●	Physalis	≤ 5.00 µg/ml	●
Papaya	≤ 5.00 µg/ml	●	Apricot	≤ 5.00 µg/ml	●
Lime	≤ 5.00 µg/ml	●	Cherry	15.30 µg/ml	●●
Lemon	≤ 5.00 µg/ml	●	Plum	≤ 5.00 µg/ml	●
Watermelon	≤ 5.00 µg/ml	●	Peach	≤ 5.00 µg/ml	●
Grapefruit	≤ 5.00 µg/ml	●	Nectarine	≤ 5.00 µg/ml	●
Tangerine	≤ 5.00 µg/ml	●	Pomegranate	≤ 5.00 µg/ml	●
Orange	≤ 5.00 µg/ml	●	Pear	≤ 5.00 µg/ml	●
Melon	≤ 5.00 µg/ml	●	Gooseberry	≤ 5.00 µg/ml	●
Fig	≤ 5.00 µg/ml	●	Red currant	≤ 5.00 µg/ml	●
Strawberry	9.17 µg/ml	●	Blackberry	≤ 5.00 µg/ml	●
Lychee	≤ 5.00 µg/ml	●	Raspberry	≤ 5.00 µg/ml	●
Apple	≤ 5.00 µg/ml	●	Elderberry	≤ 5.00 µg/ml	●
Mango	≤ 5.00 µg/ml	●	Blueberry	≤ 5.00 µg/ml	●
Mulberry	≤ 5.00 µg/ml	●	Cranberry	≤ 5.00 µg/ml	●
Banana	≤ 5.00 µg/ml	●	Grape	≤ 5.00 µg/ml	●
Passion fruit	≤ 5.00 µg/ml	●	Raisin	≤ 5.00 µg/ml	●

Vegetables

Shallot	≤ 5.00 µg/ml	●	Caper	≤ 5.00 µg/ml	●
Onion	≤ 5.00 µg/ml	●	Endive	≤ 5.00 µg/ml	●
Leek	≤ 5.00 µg/ml	●	Radicchio	≤ 5.00 µg/ml	●
Garlic	18.82 µg/ml	●●	Chicorée	≤ 5.00 µg/ml	●
Chives	≤ 5.00 µg/ml	●	Pumpkin Butternut	≤ 5.00 µg/ml	●
Wild garlic	≤ 5.00 µg/ml	●	Pumpkin Hokkaido	≤ 5.00 µg/ml	●

Celery Bulb	6.79 µg/ml	●	Kiwano	≤ 5.00 µg/ml	●
Celery Stalk	≤ 5.00 µg/ml	●	Zucchini	≤ 5.00 µg/ml	●
Horseradish	≤ 5.00 µg/ml	●	Cucumber	≤ 5.00 µg/ml	●
White asparagus	≤ 5.00 µg/ml	●	Artichoke	≤ 5.00 µg/ml	●
Bamboo sprouts	≤ 5.00 µg/ml	●	Carrot	≤ 5.00 µg/ml	●
Chard	≤ 5.00 µg/ml	●	Arugula	≤ 5.00 µg/ml	●
Red beet	≤ 5.00 µg/ml	●	Fennel (bulb)	≤ 5.00 µg/ml	●
Cabbage	≤ 5.00 µg/ml	●	Sweet potato	≤ 5.00 µg/ml	●
Cauliflower	≤ 5.00 µg/ml	●	Watercress	≤ 5.00 µg/ml	●
White cabbage	≤ 5.00 µg/ml	●	Olive	≤ 5.00 µg/ml	●
Brussels sprouts	≤ 5.00 µg/ml	●	Parsnip	≤ 5.00 µg/ml	●
Kohlrabi	≤ 5.00 µg/ml	●	Avocado	≤ 5.00 µg/ml	●
Broccoli	≤ 5.00 µg/ml	●	Radish	≤ 5.00 µg/ml	●
Romanesco	≤ 5.00 µg/ml	●	Eggplant	≤ 5.00 µg/ml	●
Red cabbage	≤ 5.00 µg/ml	●	Potato	≤ 5.00 µg/ml	●
Green cabbage	5.45 µg/ml	●	Tomato	≤ 5.00 µg/ml	●
Savoy	≤ 5.00 µg/ml	●	Spinach	≤ 5.00 µg/ml	●
Turnip	≤ 5.00 µg/ml	●	Nettle leaves	≤ 5.00 µg/ml	●
Pok-Choi	≤ 5.00 µg/ml	●	Lamb's lettuce	≤ 5.00 µg/ml	●
Chinese cabbage	≤ 5.00 µg/ml	●			

Spices

Dill	≤ 5.00 µg/ml	●	Mint	≤ 5.00 µg/ml	●
Tarragon	≤ 5.00 µg/ml	●	Basil	6.72 µg/ml	●
Paprika	≤ 5.00 µg/ml	●	Majoram	≤ 5.00 µg/ml	●
Cayenne pepper	≤ 5.00 µg/ml	●	Oregano	≤ 5.00 µg/ml	●
Chili (red)	≤ 5.00 µg/ml	●	Parsley	≤ 5.00 µg/ml	●
Caraway	≤ 5.00 µg/ml	●	Anise	≤ 5.00 µg/ml	●
Cinnamon	≤ 5.00 µg/ml	●	Pepper (black/white/green/red/yellow)	≤ 5.00 µg/ml	●
Curry	≤ 5.00 µg/ml	●	Rosmary	≤ 5.00 µg/ml	●
Coriander	≤ 5.00 µg/ml	●	Sage	≤ 5.00 µg/ml	●
Cumin	≤ 5.00 µg/ml	●	Mustard	30.59 µg/ml	●●●
Turmeric	≤ 5.00 µg/ml	●	Clove	≤ 5.00 µg/ml	●
Lemongrass	≤ 5.00 µg/ml	●	Thyme	≤ 5.00 µg/ml	●

Cardamom	≤ 5.00 µg/ml	●
Juniper berry	≤ 5.00 µg/ml	●
Bay leaf	≤ 5.00 µg/ml	●
Nutmeg	≤ 5.00 µg/ml	●

Fenugreek	≤ 5.00 µg/ml	●
Vanilla	≤ 5.00 µg/ml	●
Ginger	≤ 5.00 µg/ml	●

Edible Mushrooms

White mushroom	≤ 5.00 µg/ml	●
Boletus	≤ 5.00 µg/ml	●
Chanterelle	6.39 µg/ml	●

Enoki	≤ 5.00 µg/ml	●
French horn mushroom	≤ 5.00 µg/ml	●
Oyster mushroom	≤ 5.00 µg/ml	●

Novel Foods

House cricket	5.67 µg/ml	●
Baobab	≤ 5.00 µg/ml	●
Aloe	≤ 5.00 µg/ml	●
Greater burdock root	≤ 5.00 µg/ml	●
Aronia	≤ 5.00 µg/ml	●
Safflower oil	≤ 5.00 µg/ml	●
Chlorella	7.75 µg/ml	●
Ginkgo	6.64 µg/ml	●
Maca root	≤ 5.00 µg/ml	●
Migratory locust	5.11 µg/ml	●
Tapioca	≤ 5.00 µg/ml	●

Ginseng	≤ 5.00 µg/ml	●
Guarana	≤ 5.00 µg/ml	●
Almond milk	≤ 5.00 µg/ml	●
Nori	≤ 5.00 µg/ml	●
Chia seed	5.54 µg/ml	●
Yacón root	≤ 5.00 µg/ml	●
Spirulina	≤ 5.00 µg/ml	●
Dandelion root	≤ 5.00 µg/ml	●
Mealworm	≤ 5.00 µg/ml	●
Wakame	≤ 5.00 µg/ml	●

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	●
Tea, green	≤ 5.00 µg/ml	●
Coffee	≤ 5.00 µg/ml	●
Hibiscus	≤ 5.00 µg/ml	●
Jasmine	≤ 5.00 µg/ml	●

Chamomile	≤ 5.00 µg/ml	●
Peppermint	≤ 5.00 µg/ml	●
Moringa	≤ 5.00 µg/ml	●
Cocoa	≤ 5.00 µg/ml	●

Others

Agar Agar	≤ 5.00 µg/ml	●
Honey	≤ 5.00 µg/ml	●
Aspergillus niger	9.23 µg/ml	●

Cane sugar	8.04 µg/ml	●
Brewer's yeast	≤ 5.00 µg/ml	●
Elderflower	≤ 5.00 µg/ml	●



Hops ≤ 5.00 µg/ml ●

Baker's yeast ≤ 5.00 µg/ml ●

M-Transglutaminase, meat glue 5.45 µg/ml ●

CCD

Human Lactoferrin ≤ 5.00 µg/ml ●

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* Molecular Antigen
The assays performance characteristics were determined by Diagnostic Solutions Laboratory.

Number of tested food sources:

283



MILK & EGG

17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk



MEAT

14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison



FISH & SEAFOOD

37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, European anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Noble crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam



CEREALS & SEEDS

29

Amaranth, Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten, Wheat bran, Wheatgrass



NUTS

13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut



LEGUMES

10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean



FRUITS

36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon



VEGETABLES

51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Pok-Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, White Asparagus, White cabbage, Wild garlic, Zucchini



SPICES

31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosemary, Sage, Tarragon, Thyme, Turmeric, Vanilla



EDIBLE MUSHROOMS

6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom



NOVEL FOODS

21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root



COFFEE & TEA

9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green



OTHERS

9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

Interpretation - Support

* Molecular Antigen

The assays performance characteristics were determined by Diagnostic Solutions Laboratory.

Interpretation Summary

Milk & Eggs

Cow's milk

Your IgG level for cow's milk is 36.16 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Egg white

Your IgG level for egg white is 19.77 µg/ml.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 13.62 µg/ml.

Associated food intolerance symptoms after consuming egg yolk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Sheep's milk

Your IgG level for sheep's milk is 18.54 µg/ml.

Associated food intolerance symptoms after consuming sheep's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sheep's milk include dairy products such as cheeses (e.g., feta, ricotta, roquefort), yogurt, butter, and ice cream.

Possible alternatives for sheep milk include cow's milk, camel's milk, goat's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals

are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Fish & Seafood

Common mussel

Your IgG level for common mussel is 16.64 µg/ml.

Associated food intolerance symptoms after consuming common mussel include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing common mussels include seafood pies, paellas, soups, stews, pasta dishes, and salads.

Possible alternatives for common mussels include cockles and oysters, as well as king oyster mushrooms as a plant-based substitute.

Venus clam

Your IgG level for venus clam is 10.02 µg/ml.

Associated food intolerance symptoms after consuming venus clam include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing venus clams include stews, soups, sautéés, stir fries, salads, and savory pies.

Possible alternatives for venus clams include scallops, oyster, abalone, clams, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Cereals & Seeds

Gluten

Your IgG level for gluten is 10.96 µg/ml.

Associated food intolerance symptoms after consuming gluten include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, spelt, graham flour, rye, barley, bread, pitta, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as triticum vulgare (wheat), triticale (cross between wheat and rye), hordeum vulgare (barley), secale cereale (rye), and triticum spelta (spelt).

Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

Rapeseed

Your IgG level for rapeseed is 38.79 µg/ml.

Associated food intolerance symptoms after consuming rapeseed include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing rapeseeds include rapeseed oil.

Possible alternatives for rapeseed oil include canola oil, olive oil, avocado oil, and pumpkin seed oil.

Wheat gliadin

Your IgG level for wheat gliadin is 21.21 µg/ml.

Associated food intolerance symptoms after consuming wheat gliadin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gliadin include major sources of gluten such as bread, pasta, pizza, dressing, and sauces, as well as barley, rye, and oats.

Possible alternatives for wheat gliadin products include amaranth, millet, buckwheat, and quinoa.

Nuts

Almond

Your IgG level for almond is 17.58 µg/ml.

Associated food intolerance symptoms after consuming almonds include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing almonds, ground almonds, or almond flour include cakes, breads, biscuits, confectionary, ice cream, marzipan, and liqueurs such as Amaretto.

Possible alternatives for almonds include hazelnuts, Brazil nuts, cashews, and unsalted pistachios. Unsalted pumpkin and sunflower seeds, granola, or oatmeal can function als nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

Legumes

White bean

Your IgG level for white bean is 11.63 µg/ml.

Associated food intolerance symptoms after consuming white beans include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing white beans include stews, chilis, hummus, soups, and salads.

Possible alternatives for white beans include peas, lentils, and other beans (e.g., chickpea, black, pinto, lima, fava).

Fruits

Cherry

Your IgG level for cherry is 15.3 µg/ml.

Associated food intolerance symptoms after consuming cherry include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cherries include pastries (e.g., pies, tarts, cakes, cobblers, etc.), ice cream, juice, compotes, and in trail mix (dried).

Possible alternatives for cherries in baking include plums, apricots, and nectarines.

Kiwi

Your IgG level for kiwi is 13.34 µg/ml.

Associated food intolerance symptoms after consuming kiwi include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing kiwis include salads, smoothies, ice cream, and pastries (e.g., tarts, pies, cakes, etc.).

Possible alternatives for kiwi include strawberries (with a little bit of lime juice), pineapples, and dragon fruit.

Vegetables

Garlic

Your IgG level for garlic is 18.82 µg/ml.

Associated food intolerance symptoms after consuming garlic include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

Spices

Mustard

Your IgG level for mustard is 30.59 µg/ml.



Associated food intolerance symptoms after consuming mustard include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using mustard seeds as a flavoring agent include sauces, curries, and chutneys in Indian cooking. Mustard paste is used for salad dressings, as well as meat and fish dishes (as a glaze).

Possible alternatives for mustard seeds include caraway seeds and horseradish.