
















# **IgG Food Intolerance Test**

## **Basic – 90 Foods**

 Meat
Beef
Chicken
Lamb
Pork
Turkey hen
 Alternatives to Cereals & Starchy Products
Buckwheat
Maize (sweet corn)
Millet
Rice
 Vegetables
Aubergine
Beetroot
Broccoli
Carrots
Celeriac (knob celery)
Chili (Cayenne)
Courgette
Cucumber
Kohlrabi (turnip cabbage)
Leek
Olive
Onion
Potato
Red cabbage
Sweet pepper
Tomato
 Yeast
Yeast (beer, bread)
 Mushrooms
Meadow mushrooms
 Thickening Agents
Guar flour (E412)

 Cereals (With Gluten)
Barley
Gluten
Oats
Rye
Spelt
Wheat
 Fruits
Apple
Apricot
Banana
Cherry
Grape / Raisin
Kiwi
Lemon
Nectarine
Orange
Pineapple
Strawberry
Watermelon
 Fish & Seafood
Crayfish
Ocean perch
Pollock
Salmon
Tuna fish
 Seeds & Nuts
Almond
Cashew kernels
Cocoa bean
Flax / Linseed
Hazelnut
Peanut
Pistachio
Poppy seeds
Pumpkin seeds
Sesame
Sunflower seed
Walnut

 Sweeteners
Cane Sugar
Honey (mixture)
 Spices & Herbs
Basil
Cinnamon
Garlic
Horseradish
Mustard seed
Nutmeg
Oregano
Paprika (spice)
Parsley
Pepper (black)
Rosemary
Thyme
Vanilla
 Eggs
Chicken egg
 Milk Products
Cow’s milk
Goat milk and cheese
Rennet cheese (cow)
Sheep milk and cheese
Sour-milk products (cow)
 Legumes
Green Bean
Green Pea
Soya bean
 Salads
Butterhead Lettuce
Lamb’s Lettuce
 Tea, Coffee & Wine
Peppermint

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\*The range of foods tested may change from time to time. Please consult our Regis Medical doctors for the most up-to-date and appropriate list tailored to your needs.