

IgG Food Intolerance TestVegetarian - 90 Foods



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Cereals & Starch

Barley Gluten Oats Rye Spelt Wheat

Legumes

Chickpeas Green Bean Green Pea Lentil

Vegetables

Aubergine Cauliflower Broccoli Chili Fennel Cucumber Carrots Potato Cabbage Leek Maca Olive

Sweet pepper Beetroot

Celeriac, knob celery

Soyabean Spinach Tomato Courgette Onion

Mushrooms

Meadow Mushrooms

Alternatives to Cereals & Starchy Products

Amaranth Buckwheat

Maize (Sweet Corn)

Millet Quinoa Rice

Sweet Potato

■ Milk Products

Cow's Milk

Goat Milk and Cheese Rennet Cheese (Cow) Sheep Milk and Cheese Sour-Milk Products (Cow)

Fruits

Acai Acerola Apple Avocado Banana Blueberry Cherry Cranberry Date Goji Grape Kiwi Lemon Orange Peach Pear Pineapple Pomegranate Raspberry Strawberry Watermelon

Algae

Red Algae (Nori)

Sweeteners

Honey (mixture)

Egg

Chicken egg

Spices & Herbs

Cumin Curcuma Garlic Ginger **Mustard Seed** Oregano Parsley Vanilla Pepper

Seeds & Nuts

Almond Cashew Kernels Chia Seeds Cocoa Bean Coconut Flax/Linseed Hazelnut Hemp Seeds Peanut **Pumpkin Seeds**

Sesame

Sunflower Seed Walnut

Yeast

Yeast (Beer, Bread)

Salads

Butterhead Lettuce

Book Now - Holland Village

Book Now - Katong