

## Alletess Labs IgG Food Sensitivity Test - Food List

### 184 Food Panel

Almond	Cherry	Gluten	Navy bean	Safflower
Amaranth	Chestnut	Grape	Nutmeg	Sage
Anchovy	Chia	Grapefruit	Oats	Salmon
Apple	Chicken	Green bean	Okra	Scallop
Apricot	Chickpea	Green pea	Olive, Green	Sesame
Arrowroot	(Garbanzo)	Great tea	Onion, White	Shrimp
Artichoke	Cilantro	Haddock	Orange	Sole
Asparagus	Cinnamon	Halibut	Oregano	Sorghum
Avocado	Clam	Hazelnut (Filbert)	Oyster	Soybean
Banana	Cloves	Hemp	Papaya	Spinach
Barley	Cocoa	Herring	Paprika	Squash
Basil	Coconut	Honey	Parsley	Squid
Bass (Black)	Codfish	Honeydew	Parsnip	Strawberry
Bay Leaf	Coffee	Hops	Peach	Sunflower
Beef	Cola	Horseradish	Peanut	Swiss cheese
Beet, Red	Corn	Kale	Pear	Swordfish
Bell pepper	Cottage cheese	Kelp	Pecan	Tangerine
Black eyed peas	Crab	Kidney bean	Peppermint	Tapioca
Black pepper	Cranberry	Kiwi	Perch, Sea	Tarragon
Black tea	Cucumber	Lamb	Pine Nut	Teff
Blackberry	Date	Lemon	Pineapple	Thyme
Blue cheese	Dill	Lentil	Pistachio	Tomato
Blueberry	Duck	Lettuce	Plum	Trout
Bran	Egg White	Licorice	Poppy Seed	Tuna
Brazil Nut	Egg Yolk	Lima bean	Pork	Turkey
Broccoli	Eggplant	Lime	Potato, Sweet	Turmeric
Brussel Sprouts	Fennel	Lobster	Potato, White	Turnip
Buckwheat	Fig	Macadamia	Pumpkin	Vanilla Bean
Buffalo	Flaxseed	Mackerel	Quinoa	Venison
Cabbage	Flounder	Malt	Radish	Walleye Pike
Canola	Garlic	Mango	Raspberry	Walnut, Black
Cantaloupe	Ginger	Milk, Cow's	Red Snapper	Watermelon
Carob	Ginseng	Milk, Goat's	Rhubarb	Wheat
Carrot		Milk, Sheep's	Rice, Brown	Whey
Casein		Millet	Rosemary	Yeast, Baker's
Cashew		Mozz cheese	Rye	Yeast, Brewer's
Cauliflower		Mushrooms		Yogurt
Celery		Mussel		Zucchini
Cheddar cheese		Mustard		





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