

Test Report : Food Groups

Patient Name: Sample Report
Patient Number: 10000
Date of Birth: 01/01/2000

Analysis Date: 17/02/2017
Test Reference: 12345

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
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DAIRY / EGG

7	Alpha-Lactalbumin	84	Egg White	108	Milk (Cow)
17	Beta-Lactoglobulin	22	Egg Yolk	63	Milk (Goat)
105	Casein	5	Milk (Buffalo)	60	Milk (Sheep)

GRAINS (Gluten-Containing)*

72	Barley	22	Malt	73	Wheat
61	Couscous	34	Oat	52	Wheat Bran
52	Durum Wheat	25	Rye		
110	Gliadin*	54	Spelt		

GRAINS (Gluten-Free)

5	Amaranth	38	Corn (Maize)	29	Rice
1	Buckwheat	0	Millet	0	Tapioca

FRUIT

3	Apple	5	Guava	3	Pear
4	Apricot	0	Kiwi	4	Pineapple
3	Avocado	3	Lemon	17	Plum
0	Banana	7	Lime	8	Pomegranate
2	Blackberry	2	Lychee	4	Raisin
5	Blackcurrant	4	Mango	1	Raspberry
0	Blueberry	2	Melon (Galia/Honeydew)	5	Redcurrant
4	Cherry	0	Mulberry	0	Rhubarb
4	Cranberry	2	Nectarine	2	Strawberry
0	Date	0	Olive	4	Tangerine
7	Fig	14	Orange	5	Watermelon
5	Grape (Black/Red/White)	5	Papaya		
2	Grapefruit	3	Peach		

VEGETABLES

3	Artichoke	2	Cauliflower	53	Potato
0	Asparagus	10	Celery	0	Quinoa
4	Aubergine	0	Chard	12	Radish
11	Bean (Broad)	3	Chickpea	0	Rocket
0	Bean (Green)	0	Chicory	7	Shallot
24	Bean (Red Kidney)	3	Cucumber	27	Soya Bean
19	Bean (White Haricot)	0	Fennel (Leaf)	9	Spinach
1	Beetroot	3	Leek	4	Squash (Butternut/Carnival)
5	Broccoli	5	Lentil	1	Sweet Potato
4	Brussel Sprout	2	Lettuce	14	Tomato
0	Cabbage (Red)	0	Marrow	9	Turnip
15	Cabbage (Savoy/White)	3	Onion	0	Watercress
3	Caper	23	Pea	5	Yuca
3	Carrot	3	Pepper (Green/Red/Yellow)		

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FISH / SEAFOOD

3	Anchovy	4	Hake	14	Salmon
13	Bass	4	Herring	2	Sardine
6	Carp	3	Lobster	10	Scallop
0	Caviar	11	Mackerel	0	Sea Bream (Gilthead)
3	Clam	13	Monkfish	3	Shrimp/Prawn
1	Cockle	3	Mussel	18	Sole
4	Cod	2	Octopus	3	Squid
9	Crab	3	Oyster	1	Swordfish
1	Cuttlefish	2	Perch	17	Trout
0	Eel	4	Pike	10	Tuna
1	Haddock	6	Plaice	3	Turbot

MEAT

1	Beef	0	Ostrich	6	Rabbit
3	Chicken	8	Ox	3	Turkey
0	Duck	3	Partridge	0	Veal
1	Horse	2	Pork	2	Venison
0	Lamb	1	Quail	0	Wild Boar

HERBS / SPICES

0	Aniseed	0	Dill	7	Nutmeg
6	Basil	0	Garlic	2	Parsley
1	Bayleaf	4	Ginger	0	Peppercorn (Black/White)
1	Camomile	4	Ginkgo	0	Peppermint
1	Cayenne	0	Ginseng	4	Rosemary
3	Chilli (Red)	7	Hops	2	Saffron
1	Cinnamon	0	Liquorice	4	Sage
0	Clove	0	Marjoram	3	Tarragon
0	Coriander (Leaf)	1	Mint	0	Thyme
1	Cumin	21	Mustard Seed	0	Vanilla
8	Curry (Mixed Spices)	0	Nettle		

NUTS / SEEDS

24	Almond	45	Hazelnut	3	Rapeseed
25	Brazil Nut	0	Macadamia Nut	0	Sesame Seed
66	Cashew Nut	39	Peanut	18	Sunflower Seed
1	Coconut	20	Pine Nut	16	Tiger Nut
31	Flax Seed	55	Pistachio	7	Walnut

MISCELLANEOUS

27	Agar Agar	3	Cocoa Bean	2	Tea (Black)
18	Aloe Vera	2	Coffee	3	Tea (Green)
5	Cane Sugar	16	Cola Nut	5	Transglutaminase
3	Carob	0	Honey	42	Yeast (Baker's)
3	Chestnut	24	Mushroom	59	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.