

## IgG Food Allergy Test – Dried Blood Spot (DBS) (93) Western Diet

<b>DAIRY</b>	<b>GRAINS</b>	<ul style="list-style-type: none"> <li>• Pecan</li> </ul>
<ul style="list-style-type: none"> <li>• Casein</li> </ul>	<ul style="list-style-type: none"> <li>• Barley</li> </ul>	<ul style="list-style-type: none"> <li>• Pistachio</li> </ul>
<ul style="list-style-type: none"> <li>• Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Buck wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Sesame</li> </ul>
<ul style="list-style-type: none"> <li>• Goat Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Sunflower</li> </ul>
<ul style="list-style-type: none"> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Gliadin</li> </ul>	<ul style="list-style-type: none"> <li>• Walnut</li> </ul>
<ul style="list-style-type: none"> <li>• Mozzarella Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Millet</li> </ul>	<b>VEGETABLES</b>
<ul style="list-style-type: none"> <li>• Whey</li> </ul>	<ul style="list-style-type: none"> <li>• Oat</li> </ul>	<ul style="list-style-type: none"> <li>• Asparagus</li> </ul>
<ul style="list-style-type: none"> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> </ul>
<b>LEUGUMES-BEANS AND PEAS</b>	<ul style="list-style-type: none"> <li>• Rye</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli</li> </ul>
<ul style="list-style-type: none"> <li>• Garbanzo Bean</li> </ul>	<ul style="list-style-type: none"> <li>• Sorghum</li> </ul>	<ul style="list-style-type: none"> <li>• Beet</li> </ul>
<ul style="list-style-type: none"> <li>• Green Bean</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat Gluten</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage</li> </ul>
<ul style="list-style-type: none"> <li>• Kidney Bean</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot</li> </ul>
<ul style="list-style-type: none"> <li>• Lentil</li> </ul>	<b>FISH/SEAFOOD</b>	<ul style="list-style-type: none"> <li>• Celery</li> </ul>
<ul style="list-style-type: none"> <li>• Lima Bean</li> </ul>	<ul style="list-style-type: none"> <li>• Cod fish</li> </ul>	<ul style="list-style-type: none"> <li>• Eggplant</li> </ul>
<ul style="list-style-type: none"> <li>• Pea</li> </ul>	<ul style="list-style-type: none"> <li>• Crab</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic</li> </ul>
<ul style="list-style-type: none"> <li>• Pinto Bean</li> </ul>	<ul style="list-style-type: none"> <li>• Halibut</li> </ul>	<ul style="list-style-type: none"> <li>• Green pepper</li> </ul>
<ul style="list-style-type: none"> <li>• Soy Bean</li> </ul>	<ul style="list-style-type: none"> <li>• Lobster</li> </ul>	<ul style="list-style-type: none"> <li>• Lettuce</li> </ul>
<b>FRUIT</b>	<ul style="list-style-type: none"> <li>• Salmon</li> </ul>	<ul style="list-style-type: none"> <li>• Onion</li> </ul>
<ul style="list-style-type: none"> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Sardine</li> </ul>	<ul style="list-style-type: none"> <li>• Potato</li> </ul>
<ul style="list-style-type: none"> <li>• Apricot</li> </ul>	<ul style="list-style-type: none"> <li>• Shrimp</li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin</li> </ul>
<ul style="list-style-type: none"> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna</li> </ul>	<ul style="list-style-type: none"> <li>• Radish</li> </ul>
<ul style="list-style-type: none"> <li>• Blueberry</li> </ul>	<b>MEAT/FOWL</b>	<ul style="list-style-type: none"> <li>• Spinach</li> </ul>
<ul style="list-style-type: none"> <li>• Coconut</li> </ul>	<ul style="list-style-type: none"> <li>• Beef</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet potato</li> </ul>
<ul style="list-style-type: none"> <li>• Cranberry</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato</li> </ul>
<ul style="list-style-type: none"> <li>• Grape</li> </ul>	<ul style="list-style-type: none"> <li>• Egg white</li> </ul>	<b>MICELLANEOUS</b>
<ul style="list-style-type: none"> <li>• Grapefruit</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Yolk</li> </ul>	<ul style="list-style-type: none"> <li>• Candida Albicans</li> </ul>
<ul style="list-style-type: none"> <li>• Lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Lamb</li> </ul>	<ul style="list-style-type: none"> <li>• Cane Sugar</li> </ul>
<ul style="list-style-type: none"> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Pork</li> </ul>	<ul style="list-style-type: none"> <li>• Cocoa</li> </ul>
<ul style="list-style-type: none"> <li>• Papaya</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey</li> </ul>	<ul style="list-style-type: none"> <li>• Coffee</li> </ul>
<ul style="list-style-type: none"> <li>• Peach</li> </ul>	<b>NUTS AND SEEDS</b>	<ul style="list-style-type: none"> <li>• Honey</li> </ul>
<ul style="list-style-type: none"> <li>• Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Almond</li> </ul>	<ul style="list-style-type: none"> <li>• Mushroom</li> </ul>
<ul style="list-style-type: none"> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Cashews</li> </ul>	<ul style="list-style-type: none"> <li>• Yeast, Bakers*</li> </ul>
<ul style="list-style-type: none"> <li>• Plum (Prune)</li> </ul>	<ul style="list-style-type: none"> <li>• Flax</li> </ul>	<ul style="list-style-type: none"> <li>• Yeast, Brewers*</li> </ul>
<ul style="list-style-type: none"> <li>• Strawberry</li> </ul>	<ul style="list-style-type: none"> <li>• Hazelnut</li> </ul>	
<ul style="list-style-type: none"> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut</li> </ul>	

