

IgG Food Sensitivity Testing List – 96 foods

FRUIT	DAIRY	FISH/CRUSTACEANS/MOLLUSCS
• Apple	• Casein	• Clam
• Apricot	• Cheddar Cheese	• Cod
• Banana	• Cottage Cheese	• Crab
• Blueberry	• Mozzarella Cheese	• Halibut
• Cranberry	• Milk	• Lobster
• Grape	• Goat Milk	• Red Snapper
• Grapefruit	• Whey	• Salmon
• Lemon	• Yogurt	• Scallop
• Orange	GRAINS/LEGUMES/NUTS	• Shrimp
• Papaya	• Almond	• Sole
• Peach	• Amaranth	• Tuna
• Pear	• Barley	VEGETABLE
• Pineapple	• Kidney Bean	• Avocado
• Plum	• Lima Bean	• Beet
• Raspberry	• Pinto Bean	• Broccoli
• Strawberry	• Soy Bean	• Cabbage
MEAL/ FOWL	• String Bean	• Carrot
• Beef	• Buckwheat	• Cauliflower
• Chicken	• Coconut	• Celery
• Chicken Egg White	• Corn	• Cucumber
• Chicken Egg Yolk	• Wheat Gliadin	• Garlic
• Duck Egg Whole	• Wheat Gluten	• Lettuce
• Lamb	• Hazelnut	• Mushroom
• Pork	• Lentil	• Olive
• Turkey	• Oat	• Onion
MISCELLANEOUS	• Green Pea	• Green Bell Pepper
• Cocoa Bean	• Peanut	• Sweet Potato
• Coffee Bean	• Pecan	• White Potato
• Bee Honey	• White Rice	• Pumpkin
• Sugar Cane	• Rye	• Radish
• Baker's Yeast	• Sesame Seed	• Spinach
• Brewer's Yeast	• Spelt	• Zucchini Squash
	• Sunflower Seed	• Tomato
	• English Walnut	
	• Whole Wheat	

