

# Food Intolerance Test

## Client Information

**Name:**

**Date of Birth:**

**Gender:**

**Address:**

**Phone Number:**

**Email Address:**

**Date of Consultation:**

## Test results:

- Normal (< 43)
- Borderline (24-30)
- Elevated ( > 30)

| Food Item          | Type         | Results |
|--------------------|--------------|---------|
| ALPHA-LACTALBUMIN  | DAIRY        |         |
| BETA-LACTOGLOBULIN | DAIRY        |         |
| BUFFALO MILK       | DAIRY        |         |
| CASEIN             | DAIRY        |         |
| COW'S MILK         | DAIRY        |         |
| EGG WHITE          | DAIRY        |         |
| EGG YOLK           | DAIRY        |         |
| GOAT MILK          | DAIRY        |         |
| SHEEP MILK         | DAIRY        |         |
| ALGA ESPAGUETTE    | FISH/SEAFOOD |         |
| ALGA SPIRULINA     | FISH/SEAFOOD |         |
| ALGA WAKAME        | FISH/SEAFOOD |         |
| ANCHOVY            | FISH/SEAFOOD |         |
| BARNACLE           | FISH/SEAFOOD |         |
| BASS               | FISH/SEAFOOD |         |
| CARP               | FISH/SEAFOOD |         |

|                  |              |  |
|------------------|--------------|--|
| CAVIAR           | FISH/SEAFOOD |  |
| CLAM             | FISH/SEAFOOD |  |
| COCKLE           | FISH/SEAFOOD |  |
| COD              | FISH/SEAFOOD |  |
| CRAB             | FISH/SEAFOOD |  |
| CUTTLEFISH       | FISH/SEAFOOD |  |
| DORADO/SEA BREAM | FISH/SEAFOOD |  |
| EEL              | FISH/SEAFOOD |  |
| HADDOCK          | FISH/SEAFOOD |  |
| HAKE             | FISH/SEAFOOD |  |
| HERRING          | FISH/SEAFOOD |  |
| LOBSTER          | FISH/SEAFOOD |  |
| MACKEREL         | FISH/SEAFOOD |  |
| MONKFISH         | FISH/SEAFOOD |  |
| MUSSEL           | FISH/SEAFOOD |  |
| OCTOPUS          | FISH/SEAFOOD |  |
| OYSTER           | FISH/SEAFOOD |  |
| PERCH            | FISH/SEAFOOD |  |
| PIKE             | FISH/SEAFOOD |  |
| PLAICE           | FISH/SEAFOOD |  |
| RAZOR CLAM       | FISH/SEAFOOD |  |
| SALMON           | FISH/SEAFOOD |  |
| SARDINE          | FISH/SEAFOOD |  |
| SCALLOP          | FISH/SEAFOOD |  |
| SHRIMP/PRAWN     | FISH/SEAFOOD |  |
| SOLE             | FISH/SEAFOOD |  |
| SQUID            | FISH/SEAFOOD |  |
| SWORDFISH        | FISH/SEAFOOD |  |
| TROUT            | FISH/SEAFOOD |  |
| TUNA             | FISH/SEAFOOD |  |
| TURBOT           | FISH/SEAFOOD |  |

|                  |              |  |
|------------------|--------------|--|
| WINKLE           | FISH/SEAFOOD |  |
| APPLE            | FRUIT        |  |
| APRICOT          | FRUIT        |  |
| AVOCADO          | FRUIT        |  |
| BANANA           | FRUIT        |  |
| BLACKBERRY       | FRUIT        |  |
| BLACKCURRANT     | FRUIT        |  |
| BLUEBERRY        | FRUIT        |  |
| CHERRY           | FRUIT        |  |
| CRANBERRY        | FRUIT        |  |
| DATE             | FRUIT        |  |
| FIG              | FRUIT        |  |
| GRAPE            | FRUIT        |  |
| GRAPEFRUIT       | FRUIT        |  |
| GUAVA            | FRUIT        |  |
| KIWI             | FRUIT        |  |
| LEMON            | FRUIT        |  |
| LIME             | FRUIT        |  |
| LYCHEE           | FRUIT        |  |
| MANGO            | FRUIT        |  |
| MELON (Honeydew) | FRUIT        |  |
| MULBERRY         | FRUIT        |  |
| NECTARINE        | FRUIT        |  |
| OLIVE            | FRUIT        |  |
| ORANGE           | FRUIT        |  |
| PAPAYA           | FRUIT        |  |
| PEACH            | FRUIT        |  |
| PEAR             | FRUIT        |  |
| PINEAPPLE        | FRUIT        |  |
| PLUM             | FRUIT        |  |
| POMEGRANATE      | FRUIT        |  |

|                  |              |  |
|------------------|--------------|--|
| RAISIN           | FRUIT        |  |
| RASPBERRY        | FRUIT        |  |
| REDCURRANT       | FRUIT        |  |
| RHUBARB          | FRUIT        |  |
| STRAWBERRY       | FRUIT        |  |
| TANGERINE        | FRUIT        |  |
| TOMATO           | FRUIT        |  |
| WATERMELON       | FRUIT        |  |
| BARLEY           | GRAIN        |  |
| BUCKWHEAT        | GRAIN        |  |
| CORN (maize)     | GRAIN        |  |
| COUSCOUS         | GRAIN        |  |
| DURUM WHEAT      | GRAIN        |  |
| FLAX SEED        | GRAIN        |  |
| GLIADIN          | GRAIN        |  |
| MALT             | GRAIN        |  |
| MILLET           | GRAIN        |  |
| OAT              | GRAIN        |  |
| POLENTA          | GRAIN        |  |
| QUINOA           | GRAIN        |  |
| RICE             | GRAIN        |  |
| RYE FLOUR        | GRAIN        |  |
| SPELT            | GRAIN        |  |
| TRANSGLUTAMINASE | GRAIN        |  |
| WHEAT            | GRAIN        |  |
| WHEAT BRAN       | GRAIN        |  |
| ALOE VERA        | HERBS/SPICES |  |
| ANISEED          | HERBS/SPICES |  |
| BASIL            | HERBS/SPICES |  |
| BAYLEAF          | HERBS/SPICES |  |
| CAMOMILE         | HERBS/SPICES |  |

|                      |              |  |
|----------------------|--------------|--|
| CAYENNE              | HERBS/SPICES |  |
| CINNAMON             | HERBS/SPICES |  |
| CLOVE                | HERBS/SPICES |  |
| CORIANDER (leaf)     | HERBS/SPICES |  |
| CUMIN                | HERBS/SPICES |  |
| CURRY (mixed spices) | HERBS/SPICES |  |
| DILL                 | HERBS/SPICES |  |
| GARLIC               | HERBS/SPICES |  |
| GINGER               | HERBS/SPICES |  |
| GINKGO               | HERBS/SPICES |  |
| GINSENG              | HERBS/SPICES |  |
| HOPS                 | HERBS/SPICES |  |
| LIQUORICE            | HERBS/SPICES |  |
| MARJORAM             | HERBS/SPICES |  |
| MINT                 | HERBS/SPICES |  |
| MUSTARD SEED         | HERBS/SPICES |  |
| NETTLE               | HERBS/SPICES |  |
| NUTMEG               | HERBS/SPICES |  |
| PARSLEY              | HERBS/SPICES |  |
| PEPPERCORNS (B/W)    | HERBS/SPICES |  |
| PEPPERMINT           | HERBS/SPICES |  |
| RED CHILLI           | HERBS/SPICES |  |
| ROSEMARY             | HERBS/SPICES |  |
| SAFFRON              | HERBS/SPICES |  |
| SAGE                 | HERBS/SPICES |  |
| TARRAGON             | HERBS/SPICES |  |
| THYME                | HERBS/SPICES |  |
| VANILLA              | HERBS/SPICES |  |
| BEEF                 | MEAT         |  |
| BILLY GOAT           | MEAT         |  |
| CHICKEN              | MEAT         |  |

|                   |            |  |
|-------------------|------------|--|
| DUCK              | MEAT       |  |
| HORSE             | MEAT       |  |
| LAMB              | MEAT       |  |
| OSTRICH           | MEAT       |  |
| OX                | MEAT       |  |
| PARTRIDGE         | MEAT       |  |
| PORK              | MEAT       |  |
| QUAIL             | MEAT       |  |
| RABBIT            | MEAT       |  |
| TURKEY            | MEAT       |  |
| VEAL              | MEAT       |  |
| VENISON           | MEAT       |  |
| WILD BOAR         | MEAT       |  |
| ALMOND            | NUTS       |  |
| BRAZIL NUT        | NUTS       |  |
| CASHEW NUT        | NUTS       |  |
| COCONUT           | NUTS       |  |
| HAZELNUT          | NUTS       |  |
| MACADAMIA NUT     | NUTS       |  |
| PEANUT            | NUTS       |  |
| PINE NUT          | NUTS       |  |
| PISTACHIO         | NUTS       |  |
| TIGER NUT         | NUTS       |  |
| WALNUT            | NUTS       |  |
| AMARANTH          | VEGETABLES |  |
| ARTICHOKE         | VEGETABLES |  |
| ASPARAGUS         | VEGETABLES |  |
| AUBERGINE         | VEGETABLES |  |
| BEAN (broad)      | VEGETABLES |  |
| BEAN (green)      | VEGETABLES |  |
| BEAN (red kidney) | VEGETABLES |  |

|                      |            |  |
|----------------------|------------|--|
| BEAN (white haricot) | VEGETABLES |  |
| BEETROOT             | VEGETABLES |  |
| BROCCOLI             | VEGETABLES |  |
| BRUSSEL SPROUT       | VEGETABLES |  |
| CABBAGE              | VEGETABLES |  |
| CABBAGE (red)        | VEGETABLES |  |
| CAPER                | VEGETABLES |  |
| CARROT               | VEGETABLES |  |
| CAULIFLOWER          | VEGETABLES |  |
| CELERY               | VEGETABLES |  |
| CHARD                | VEGETABLES |  |
| CHICKPEA             | VEGETABLES |  |
| CHICORY              | VEGETABLES |  |
| CUCUMBER             | VEGETABLES |  |
| FENNEL (leaf)        | VEGETABLES |  |
| GOURD (squash)       | VEGETABLES |  |
| LEEK                 | VEGETABLES |  |
| LENTIL               | VEGETABLES |  |
| LETTUCE              | VEGETABLES |  |
| MARROW               | VEGETABLES |  |
| ONION                | VEGETABLES |  |
| PEA                  | VEGETABLES |  |
| PEPPERS (Mixed)      | VEGETABLES |  |
| POTATO               | VEGETABLES |  |
| RADISH               | VEGETABLES |  |
| ROCKET               | VEGETABLES |  |
| SHALLOT              | VEGETABLES |  |
| SOYA BEAN            | VEGETABLES |  |
| SPINACH              | VEGETABLES |  |
| SWEET POTATO         | VEGETABLES |  |
| TURNIP               | VEGETABLES |  |

|                  |            |  |
|------------------|------------|--|
| WATERCRESS       | VEGETABLES |  |
| YUCA             | VEGETABLES |  |
| AGAR AGAR        | OTHERS     |  |
| CANE SUGAR       | OTHERS     |  |
| CAROB            | OTHERS     |  |
| CHESTNUT         | OTHERS     |  |
| COCOA BEAN       | OTHERS     |  |
| COFFEE           | OTHERS     |  |
| COLA NUT         | OTHERS     |  |
| HONEY            | OTHERS     |  |
| MUSHROOM         | OTHERS     |  |
| RAPESEED         | OTHERS     |  |
| SESAME SEED      | OTHERS     |  |
| SUNFLOWER SEED   | OTHERS     |  |
| TAPIOCA          | OTHERS     |  |
| TEA (black)      | OTHERS     |  |
| TEA (green)      | OTHERS     |  |
| YEAST (baker's)  | OTHERS     |  |
| YEAST (brewer's) | OTHERS     |  |