

PATIENT ID test	BARCODE 80AAJ136	APPROVED ON 23/03/2022
PATIENT NAME	ANALYSED ON 23/03/2022	
DATE OF BIRTH	TESTED ANTIGENS 286	
SAMPLE ID test	TEST METHOD FOX	
NOTE The internal QC (Plausibility check for GD) was within acceptance range.		

Lab report: Overview of the IgG profile



Highest measured IgG concentration

0 - 9.99 µg/ml



Low IgG level

10 - 19.99 µg/ml



Intermediate IgG level

> 20 µg/ml



Highly elevated IgG level

Milk & Egg

Buttermilk	21.24 µg/ml	●●●	Cow's milk Bos d 8 * (Casein)	33.70 µg/ml	●●●
Camembert	27.77 µg/ml	●●●	Buffalo milk	31.29 µg/ml	●●●
Emmental	24.75 µg/ml	●●●	Camel milk	≤ 5.00 µg/ml	●
Gouda	34.10 µg/ml	●●●	Goat cheese	13.65 µg/ml	●●
Cottage cheese	34.48 µg/ml	●●●	Goat milk	23.14 µg/ml	●●●
Cow's milk	29.08 µg/ml	●●●	Quail egg	7.47 µg/ml	●
Mozzarella	32.26 µg/ml	●●●	Egg white	37.39 µg/ml	●●●
Parmesan	26.92 µg/ml	●●●	Egg yolk	32.58 µg/ml	●●●
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	11.97 µg/ml	●●	Sheep cheese	21.81 µg/ml	●●●
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	40.46 µg/ml	●●●	Sheep milk	32.25 µg/ml	●●●

Meat

Duck	≤ 5.00 µg/ml	●	Chicken	≤ 5.00 µg/ml	●
Beef	≤ 5.00 µg/ml	●	Turkey	≤ 5.00 µg/ml	●
Veal	≤ 5.00 µg/ml	●	Rabbit	≤ 5.00 µg/ml	●
Venison	≤ 5.00 µg/ml	●	Lamb	≤ 5.00 µg/ml	●
Goat	≤ 5.00 µg/ml	●	Ostrich	≤ 5.00 µg/ml	●
Stag	≤ 5.00 µg/ml	●	Pork	≤ 5.00 µg/ml	●
Horse	≤ 5.00 µg/ml	●	Boar	≤ 5.00 µg/ml	●

Fish & Seafood

Caviar	≤ 5.00 µg/ml	●	Trout	≤ 5.00 µg/ml	●
Eel	≤ 5.00 µg/ml	●	Oyster	≤ 5.00 µg/ml	●
Noble crayfish	≤ 5.00 µg/ml	●	Northern prawn	≤ 5.00 µg/ml	●
Cockle	≤ 5.00 µg/ml	●	Scallop	≤ 5.00 µg/ml	●
Crab	≤ 5.00 µg/ml	●	Razor shell	≤ 5.00 µg/ml	●
Atlantic herring	≤ 5.00 µg/ml	●	European plaice	≤ 5.00 µg/ml	●
Carp	≤ 5.00 µg/ml	●	Thornback Ray	≤ 5.00 µg/ml	●
European anchovy	≤ 5.00 µg/ml	●	Venus clam	≤ 5.00 µg/ml	●
Northern pike	≤ 5.00 µg/ml	●	Salmon	≤ 5.00 µg/ml	●
Atlantic cod	≤ 5.00 µg/ml	●	European pilchard	≤ 5.00 µg/ml	●
Abalone	≤ 5.00 µg/ml	●	Turbot	≤ 5.00 µg/ml	●
Lobster	≤ 5.00 µg/ml	●	Mackerel	≤ 5.00 µg/ml	●
Shrimp mix	≤ 5.00 µg/ml	●	Atlantic redfish	≤ 5.00 µg/ml	●

Squid	≤ 5.00 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●
Haddock	≤ 5.00 µg/ml	●
Hake	≤ 5.00 µg/ml	●
Common mussel	≤ 5.00 µg/ml	●
Octopus	≤ 5.00 µg/ml	●

Sepia	≤ 5.00 µg/ml	●
Sole	≤ 5.00 µg/ml	●
Gilt-head bream	≤ 5.00 µg/ml	●
Tuna	≤ 5.00 µg/ml	●
Swordfish	≤ 5.00 µg/ml	●

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●
Oat	≤ 5.00 µg/ml	●
Rapeseed	19.16 µg/ml	●●
Hempseed	≤ 5.00 µg/ml	●
Quinoa	≤ 5.00 µg/ml	●
Chickpea	≤ 5.00 µg/ml	●
Pumpkin seed	≤ 5.00 µg/ml	●
Buckwheat	≤ 5.00 µg/ml	●
Sunflower	≤ 5.00 µg/ml	●
Barley	12.09 µg/ml	●●
Malt (barley)	18.84 µg/ml	●●
Linseed	≤ 5.00 µg/ml	●
Lupine seed	≤ 5.00 µg/ml	●
Rice	≤ 5.00 µg/ml	●
Millet	≤ 5.00 µg/ml	●

Poppyseed	≤ 5.00 µg/ml	●
Pine nut	≤ 5.00 µg/ml	●
Rye	6.07 µg/ml	●
Sesame	10.26 µg/ml	●●
Wheat	30.45 µg/ml	●●●
Wheat bran	18.08 µg/ml	●●
Wheat gliadin Tri a Gliadin *	23.15 µg/ml	●●●
Wheatgrass	≤ 5.00 µg/ml	●
Gluten	29.99 µg/ml	●●●
Emmer	17.05 µg/ml	●●
Durum	20.72 µg/ml	●●●
Einkorn	15.39 µg/ml	●●
Polish wheat	16.44 µg/ml	●●
Spelt	5.56 µg/ml	●
Corn	≤ 5.00 µg/ml	●

Nuts

Cashew	26.01 µg/ml	●●●
Brazil nut	≤ 5.00 µg/ml	●
Pecan nut	≤ 5.00 µg/ml	●
Sweet chestnut	≤ 5.00 µg/ml	●
Coconut milk	24.30 µg/ml	●●●
Coconut	≤ 5.00 µg/ml	●
Kola nut	≤ 5.00 µg/ml	●

Hazelnut	≤ 5.00 µg/ml	●
Tigernut	≤ 5.00 µg/ml	●
Walnut	≤ 5.00 µg/ml	●
Macadamia	≤ 5.00 µg/ml	●
Pistachio	14.12 µg/ml	●●
Almond	≤ 5.00 µg/ml	●

Legumes

Peanut	≤ 5.00 µg/ml	●
Soy	≤ 5.00 µg/ml	●
Lentil	≤ 5.00 µg/ml	●

Pea	≤ 5.00 µg/ml	●
Sugar pea	≤ 5.00 µg/ml	●
Tamarind	≤ 5.00 µg/ml	●

* Molecular Antigen

White bean ≤ 5.00 µg/ml ●
Green bean ≤ 5.00 µg/ml ●

Mung bean ≤ 5.00 µg/ml ●

Fruits

Kiwi 5.34 µg/ml ●
Pineapple 17.44 µg/ml ●●
Papaya ≤ 5.00 µg/ml ●
Lime ≤ 5.00 µg/ml ●
Lemon ≤ 5.00 µg/ml ●
Watermelon ≤ 5.00 µg/ml ●
Grapefruit ≤ 5.00 µg/ml ●
Tangerine ≤ 5.00 µg/ml ●
Orange ≤ 5.00 µg/ml ●
Melon ≤ 5.00 µg/ml ●
Fig ≤ 5.00 µg/ml ●
Strawberry ≤ 5.00 µg/ml ●
Lychee ≤ 5.00 µg/ml ●
Apple ≤ 5.00 µg/ml ●
Mango ≤ 5.00 µg/ml ●
Mulberry ≤ 5.00 µg/ml ●
Banana ≤ 5.00 µg/ml ●
Passion fruit ≤ 5.00 µg/ml ●

Date ≤ 5.00 µg/ml ●
Physalis ≤ 5.00 µg/ml ●
Apricot ≤ 5.00 µg/ml ●
Cherry ≤ 5.00 µg/ml ●
Plum ≤ 5.00 µg/ml ●
Peach ≤ 5.00 µg/ml ●
Nectarine ≤ 5.00 µg/ml ●
Pomegranate ≤ 5.00 µg/ml ●
Pear ≤ 5.00 µg/ml ●
Gooseberry ≤ 5.00 µg/ml ●
Red currant ≤ 5.00 µg/ml ●
Blackberry ≤ 5.00 µg/ml ●
Raspberry ≤ 5.00 µg/ml ●
Elderberry ≤ 5.00 µg/ml ●
Blueberry ≤ 5.00 µg/ml ●
Cranberry ≤ 5.00 µg/ml ●
Grape ≤ 5.00 µg/ml ●
Raisin ≤ 5.00 µg/ml ●

Vegetables

Shallot ≤ 5.00 µg/ml ●
Onion ≤ 5.00 µg/ml ●
Leek ≤ 5.00 µg/ml ●
Garlic 31.36 µg/ml ●●●
Chives ≤ 5.00 µg/ml ●
Wild garlic ≤ 5.00 µg/ml ●
Celery Bulb ≤ 5.00 µg/ml ●
Celery Stalk ≤ 5.00 µg/ml ●
Horseradish ≤ 5.00 µg/ml ●
White asparagus ≤ 5.00 µg/ml ●
Bamboo sprouts ≤ 5.00 µg/ml ●
Chard ≤ 5.00 µg/ml ●
Red beet ≤ 5.00 µg/ml ●

Caper ≤ 5.00 µg/ml ●
Endive ≤ 5.00 µg/ml ●
Radicchio ≤ 5.00 µg/ml ●
Chicorée ≤ 5.00 µg/ml ●
Pumpkin Butternut ≤ 5.00 µg/ml ●
Pumpkin Hokkaido ≤ 5.00 µg/ml ●
Kiwano ≤ 5.00 µg/ml ●
Zucchini ≤ 5.00 µg/ml ●
Cucumber ≤ 5.00 µg/ml ●
Artichoke ≤ 5.00 µg/ml ●
Carrot ≤ 5.00 µg/ml ●
Arugula ≤ 5.00 µg/ml ●
Fennel (bulb) ≤ 5.00 µg/ml ●

Cabbage	≤ 5.00 µg/ml	●	Sweet potato	16.52 µg/ml	●●
Cauliflower	≤ 5.00 µg/ml	●	Watercress	≤ 5.00 µg/ml	●
White cabbage	≤ 5.00 µg/ml	●	Olive	≤ 5.00 µg/ml	●
Brussels sprouts	≤ 5.00 µg/ml	●	Parsnip	≤ 5.00 µg/ml	●
Kohlrabi	≤ 5.00 µg/ml	●	Avocado	≤ 5.00 µg/ml	●
Broccoli	≤ 5.00 µg/ml	●	Radish	≤ 5.00 µg/ml	●
Romanesco	≤ 5.00 µg/ml	●	Eggplant	≤ 5.00 µg/ml	●
Red cabbage	≤ 5.00 µg/ml	●	Potato	≤ 5.00 µg/ml	●
Green cabbage	≤ 5.00 µg/ml	●	Tomato	≤ 5.00 µg/ml	●
Savoy	≤ 5.00 µg/ml	●	Spinach	≤ 5.00 µg/ml	●
Turnip	≤ 5.00 µg/ml	●	Nettle leaves	≤ 5.00 µg/ml	●
Pok-Choi	≤ 5.00 µg/ml	●	Lamb's lettuce	≤ 5.00 µg/ml	●
Chinese cabbage	≤ 5.00 µg/ml	●			

Spices

Dill	≤ 5.00 µg/ml	●	Mint	≤ 5.00 µg/ml	●
Tarragon	≤ 5.00 µg/ml	●	Basil	≤ 5.00 µg/ml	●
Paprika	≤ 5.00 µg/ml	●	Majoram	≤ 5.00 µg/ml	●
Cayenne pepper	≤ 5.00 µg/ml	●	Oregano	≤ 5.00 µg/ml	●
Chili (red)	≤ 5.00 µg/ml	●	Parsley	≤ 5.00 µg/ml	●
Caraway	≤ 5.00 µg/ml	●	Anise	≤ 5.00 µg/ml	●
Cinnamon	≤ 5.00 µg/ml	●	Pepper (black/white/green/red/yellow)	≤ 5.00 µg/ml	●
Curry	≤ 5.00 µg/ml	●	Rosmary	≤ 5.00 µg/ml	●
Coriander	≤ 5.00 µg/ml	●	Sage	≤ 5.00 µg/ml	●
Cumin	≤ 5.00 µg/ml	●	Mustard	9.84 µg/ml	●
Turmeric	≤ 5.00 µg/ml	●	Clove	≤ 5.00 µg/ml	●
Lemongrass	≤ 5.00 µg/ml	●	Thyme	≤ 5.00 µg/ml	●
Cardamom	≤ 5.00 µg/ml	●	Fenugreek	≤ 5.00 µg/ml	●
Juniper berry	≤ 5.00 µg/ml	●	Vanilla	≤ 5.00 µg/ml	●
Bay leaf	≤ 5.00 µg/ml	●	Ginger	≤ 5.00 µg/ml	●
Nutmeg	≤ 5.00 µg/ml	●			

Edible Mushrooms

White mushroom	≤ 5.00 µg/ml	●	Enoki	≤ 5.00 µg/ml	●
Boletus	≤ 5.00 µg/ml	●	French horn mushroom	≤ 5.00 µg/ml	●
Chanterelle	≤ 5.00 µg/ml	●	Oyster mushroom	≤ 5.00 µg/ml	●

Novel Foods

House cricket	≤ 5.00 µg/ml	●	Ginseng	≤ 5.00 µg/ml	●
Baobab	≤ 5.00 µg/ml	●	Guarana	≤ 5.00 µg/ml	●
Aloe	≤ 5.00 µg/ml	●	Almond milk	≤ 5.00 µg/ml	●
Greater burdock root	≤ 5.00 µg/ml	●	Nori	≤ 5.00 µg/ml	●
Aronia	≤ 5.00 µg/ml	●	Chia seed	≤ 5.00 µg/ml	●
Safflower oil	≤ 5.00 µg/ml	●	Yacón root	≤ 5.00 µg/ml	●
Chlorella	≤ 5.00 µg/ml	●	Spirulina	≤ 5.00 µg/ml	●
Ginkgo	≤ 5.00 µg/ml	●	Dandelion root	≤ 5.00 µg/ml	●
Maca root	≤ 5.00 µg/ml	●	Mealworm	≤ 5.00 µg/ml	●
Migratory locust	≤ 5.00 µg/ml	●	Wakame	≤ 5.00 µg/ml	●
Tapioca	≤ 5.00 µg/ml	●			

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	●	Chamomile	≤ 5.00 µg/ml	●
Tea, green	≤ 5.00 µg/ml	●	Peppermint	≤ 5.00 µg/ml	●
Coffee	≤ 5.00 µg/ml	●	Moringa	≤ 5.00 µg/ml	●
Hibiscus	≤ 5.00 µg/ml	●	Cocoa	≤ 5.00 µg/ml	●
Jasmine	≤ 5.00 µg/ml	●			

Others

Agar Agar	≤ 5.00 µg/ml	●	Cane sugar	≤ 5.00 µg/ml	●
Honey	≤ 5.00 µg/ml	●	Brewer's yeast	≤ 5.00 µg/ml	●
Aspergillus niger	5.87 µg/ml	●	Elderflower	≤ 5.00 µg/ml	●
Hops	≤ 5.00 µg/ml	●	M-Transglutaminase, meat glue	24.62 µg/ml	●●●
Baker's yeast	≤ 5.00 µg/ml	●			

CCD

Human Lactoferrin	≤ 5.00 µg/ml	●
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PRINTED ON
05/04/2022

Number of tested food sources:

283



MILK & EGG

17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk



MEAT

14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison



FISH & SEAFOOD

37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, European anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Noble crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam



CEREALS & SEEDS

29

Amaranth, Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten, Wheat bran, Wheatgrass



NUTS

13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut



LEGUMES

10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean



FRUITS

36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon



VEGETABLES

51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Pok-Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, White Asparagus, White cabbage, Wild garlic, Zucchini



SPICES

31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosmary, Sage, Tarragon, Thyme, Turmeric, Vanilla



EDIBLE MUSHROOMS

6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom



NOVEL FOODS

21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root



COFFEE & TEA

9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green



OTHERS

9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

Interpretation - Support

Interpretation Summary

Milk & Eggs

Buffalo's milk

Your IgG level for buffalo's milk is 31.29 µg/ml.

Associated food intolerance symptoms after consuming buffalo's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buffalo's milk include dairy products like butter, yogurt, cheese (e.g., mozzarella), and ice cream.

Possible alternatives for buffalo's milk include camel's milk, goat's milk, and cow's milk for animal-derived sources. Plant-based alternatives include soy milk, coconut milk, almond milk, and rice milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Buttermilk

Your IgG level for buttermilk is 21.24 µg/ml.

Associated food intolerance symptoms after consuming buttermilk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buttermilk include biscuits, cakes, mashed potatoes, soups, fried chicken, hamburger buns, cornbread, ranch dressing, smoothies, pancakes, ice cream, and cream cheese.

Possible alternatives (non-dairy) for buttermilk include soy-based options such as a combination of soy milk and acid (e.g., lemon juice or vinegar), vegan sour cream and water, or unsweetened plant milk (e.g., coconut, almond, or cashew) and acid (e.g., lemon juice or vinegar).

Camembert

Your IgG level for camembert is 27.77 µg/ml.

Associated food intolerance symptoms after consuming camembert include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing camembert are salads, cheese boards, burgers. Camembert is often served in French cuisine.

Possible alternatives (non-dairy) for camembert include substitutes based on cashews.

Cottage cheese

Your IgG level for cottage cheese is 34.48 µg/ml.

Associated food intolerance symptoms after consuming cottage cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cottage cheese include breakfast bowls, dips, pancakes, egg dishes, pasta dishes, and sandwiches.

Possible alternatives (non-dairy) for cottage cheese include firm tofu (crumbled) or substitutes based on cashews.

Cow's milk

Your IgG level for cow's milk is 29.08 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereals, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Your IgG level for cow's milk is 11.97 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Your IgG level for cow's milk is 40.46 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Your IgG level for cow's milk is 33.7 µg/ml.

Associated food intolerance symptoms after consuming cow's milk (casein) include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereal, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Egg white

Your IgG level for egg white is 37.39 µg/ml.

Associated food intolerance symptoms after consuming egg white include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 32.58 µg/ml.

Associated food intolerance symptoms after consuming egg yolk include nausea, stomach pain, gas, cramps, bloating, vomiting,

heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovamucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Emmental

Your IgG level for emmental is 24.75 µg/ml.

Associated food intolerance symptoms after consuming emmental include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmental cheese include gratins, cheese fondues, cheese puffs, soups, pizza, and cheese boards.

Possible alternatives (non-dairy) for emmental cheese are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Goat cheese

Your IgG level for goat cheese is 13.65 µg/ml.

Associated food intolerance symptoms after consuming goat cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing goat cheese include salads, pizza, savory tarts, sandwiches, as a garnish on pasta, desserts, and cheese boards.

Possible alternatives (non-dairy) for goat cheese include tofu and cashew cheese.

Goat's milk

Your IgG level for goat's milk is 23.14 µg/ml.

Associated food intolerance symptoms after consuming goat's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing goat's milk include dairy products such as cheese, butter, ice cream, yogurt, and cajeta.

Possible alternatives for goat's milk include cow's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Gouda

Your IgG level for gouda is 34.1 µg/ml.

Associated food intolerance symptoms after consuming gouda include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gouda include cheese dips, gratins, soups, sandwiches, sauces, lasagna, pizza, and cheese boards.

Possible alternatives (non-dairy) for gouda are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Mozzarella

Your IgG level for mozzarella is 32.26 µg/ml.

Associated food intolerance symptoms after consuming mozzarella include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing mozzarella include pizza, lasagna, caprese salads, and fruit salads.

Possible alternatives (non-dairy) for mozzarella cheese are vegan cheese substitutes based on cashew nuts or rice milk.

Parmesan

Your IgG level for parmesan is 26.92 µg/ml.

Associated food intolerance symptoms after consuming parmesan include nausea, stomach pain, gas, cramps, bloating, vomiting,

heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing parmesan include pizza, lasagne, pasta dishes, chicken ceasar salads, soups, and cheese boards.

Possible alternatives (non-dairy) for parmesan includes substitutes based on soy and nutritional yeast.

Sheep cheese

Your IgG level for sheep cheese is 21.81 µg/ml.

Associated food intolerance symptoms after consuming sheep cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sheep cheese include popular cheeses such as feta (Greek), ricotta (Italian), and roquefort (French).

Possible alternatives (non-dairy) for sheep cheese are tofu and cashew cheese.

Sheep's milk

Your IgG level for sheep's milk is 32.25 µg/ml.

Associated food intolerance symptoms after consuming sheep's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sheep's milk include dairy products such as cheeses (e.g., feta, ricotta, roquefort), yogurt, butter, and ice cream.

Possible alternatives for sheep milk include cow's milk, camel's milk, goat's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Cereals & Seeds

Barley

Your IgG level for barley is 12.09 µg/ml.

Associated food intolerance symptoms after consuming barley include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing barley, barley flour, barley flakes, barley grits, or barley malt include soups, stews, beer, brewer's yeast, cereal, snack foods, protein bars, brown rice syrup, malted milkshakes, malted milk, malt vinegar, or food coloring. On food labels, barley may be referred to as malted barley flour, barley flour, barley flavoring, barley enzymes, malt extract, malt flavoring, maltose, malt syrup, and dextrimaltose.

Possible alternatives for barley include buckwheat, amaranth, corn, millet, quinoa, teff, wild rice, and sorghum.

Durum

Your IgG level for durum is 20.72 µg/ml.

Associated food intolerance symptoms after consuming durum include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing durum wheat include semolina flour, pasta, couscous, breakfast cereals, puddings, bulgur, unleavened bread, and pizza dough.

Possible alternatives to durum flour (semolina) include all-purpose flour, amaranth flour, corn semolina, garbanzo flour, quinoa flour, and rice flour.

Einkorn

Your IgG level for einkorn is 15.39 µg/ml.

Associated food intolerance symptoms after consuming einkorn include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing einkorn or einkorn flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to einkorn flour include spelt flour, amaranth flour, emmer flour, barley flour, and rice flour.

Emmer

Your IgG level for emmer is 17.05 µg/ml.

Associated food intolerance symptoms after consuming emmer include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmer or emmer flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to emmer flour include spelt flour, einkorn flour, amaranth flour, barley flour, and rice flour.

Gluten

Your IgG level for gluten is 29.99 µg/ml.

Associated food intolerance symptoms after consuming gluten include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, graham flour, rye, barley), bread, pittas, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as *triticum vulgare* (wheat), *triticale* (cross between wheat and rye), *hordeum vulgare* (barley), *secale cereale* (rye), and *triticum spelta* (spelt).

Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

Malt

Your IgG level for malt is 18.84 µg/ml.

Associated food intolerance symptoms after consuming malt include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing malted grains and malt syrup are beer, whiskey, malted milk, malt vinegar, confections such as Maltesers and Whoppers, flavored drinks such as Horlicks, Ovaltine, and Milo, and baked goods such as malt loaf and bagels.

Possible alternatives for malt syrups include honey, molasses, brown rice syrup, maple syrup, maltose, and sugar.

Polish wheat

Your IgG level for Polish wheat is 16.44 µg/ml.

Associated food intolerance symptoms after consuming Polish wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing Polish wheat and Polish wheat flour include pilafs, risottos, salads, breads, and baked goods.

Possible alternatives for Polish wheat flour include almond flour, buckwheat flour, sorghum flour, amaranth flour, teff flour, arrowroot flour, brown rice flour, and oat flour.

Rapeseed

Your IgG level for rapeseed is 19.16 µg/ml.

Associated food intolerance symptoms after consuming rapeseed include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing rapeseeds include rapeseed oil.

Possible alternatives for rapeseed oil include canola oil, olive oil, avocado oil, and pumpkin seed oil.

Sesame

Your IgG level for sesame is 10.26 µg/ml.

Associated food intolerance symptoms after consuming sesame include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sesame seeds and sesame oil include bagels, bread, breadsticks, hamburger buns, bread crumbs, cereal, crackers, hummus, tahini, baba ghanoush, dressings, marinades, sauces, falafel, hummus, processed meats and sausages, energy bars, sushi, tempeh, vegetarian burgers, and a lot of Asian cuisine. On food labels, sesame may be referred to as *benne*, *benne seed*, *benniseed*, *gingelly*, *gingelly oil*, *gomasio*, *halvah*, *sesame flour*, *sesame oil*, *sesame paste*, *sesame salt*, *sesame seed*, *sesamol*, *sesamum indicum*, *sesamolina*, *sim sim*, *tahini*, *tahina*, *tehina*, and *til*.

Possible alternatives for sesame seeds include poppy seeds and flax seeds. Sesame oil can be substituted with perilla oil, walnut oil,

olive oil, canola oil, and avocado oil.

Wheat

Your IgG level for wheat is 30.45 µg/ml.

Associated food intolerance symptoms after consuming wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, biscuits, couscous, crackers, crumpets, durum, einkorn, emmer, farina, farro, kamut, malt, seitan, semolina, scones, pancakes, pizza, pasta, and pastries. On food labels, wheat may be referred to as bromated flour, cereal extract, cracker meal, hydrolyzed vegetable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artificial flavoring, caramel color, dextrin, food starch, glucose syrup, maltodextrin, soy sauce, surimi, textured vegetable protein, and vegetable gum.

Possible alternatives for wheat include amaranth, buckwheat, millet, quinoa, and teff.

Wheat bran

Your IgG level for wheat bran is 18.08 µg/ml.

Associated food intolerance symptoms after consuming wheat bran include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wheat bran include cereal, pancakes, muffins, and cookies.

Possible alternatives for wheat bran include oat bran.

Wheat gliadin

Your IgG level for wheat gliadin is 23.15 µg/ml.

Associated food intolerance symptoms after consuming wheat gliadin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gliadin include major sources of gluten such as bread, pasta, pizza, dressing, and sauces, as well as barley, rye, and oats.

Possible alternatives for wheat gliadin products include amaranth, millet, buckwheat, and quinoa.

Nuts

Cashew

Your IgG level for cashew is 26.01 µg/ml.

Associated food intolerance symptoms after consuming cashews include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cashews include pesto, cakes, muesli, confectionary, ice cream, and chocolate. Indian, Chinese, and Thai cuisine frequently uses cashews in their dishes.

Possible alternatives for cashews include pine nuts, almonds, walnuts, and hazelnuts. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for cashew butter.

Coconut milk

Your IgG level for coconut milk is 24.3 µg/ml.

Associated food intolerance symptoms after consuming coconut milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing coconut milk include curries, soups, puddings, porridge, ice cream, and sauces.

Possible alternatives (plant-based) for coconut milk include soy milk, almond milk, cashew milk, oat milk, hemp milk, and rice milk.

Pistachio

Your IgG level for pistachio is 14.12 µg/ml.

Associated food intolerance symptoms after consuming pistachios include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing pistachios include ice cream, confectionary (e.g., marzipan, Turkish baklava), and chocolate.

Possible alternatives for pistachios include pine nuts, almonds, hazelnuts, and cashews.

Fruits

Pineapple

Your IgG level for pineapple is 17.44 µg/ml.

Associated food intolerance symptoms after consuming pineapple include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing pineapple include salads, chutneys, relishes, marinades, juices, smoothies and cocktails.

Possible alternatives for pineapples include green apples and oranges.

Vegetables

Garlic

Your IgG level for garlic is 31.36 µg/ml.

Associated food intolerance symptoms after consuming garlic include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

Sweet potato

Your IgG level for sweet potato is 16.52 µg/ml.

Associated food intolerance symptoms after consuming sweet potato include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sweet potatoes include curries, mashes, roasts, and soups.

Possible alternatives for sweet potato include white potatoes, carrots, yams, butternut squash, and pumpkin.

Other

M-Transglutaminase (meat glue)

Your IgG level for M-Transglutaminase is 24.62 µg/ml.

Associated food intolerance symptoms after consuming M-Transglutaminase include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing M-Transglutaminase include sausages, ham, fish balls, chicken nuggets, and surimi.

Possible alternatives for M-Transglutaminase include gelatin and carrageenan (derived from seaweeds).