



## All Panels Foods Tested Easy Comparison Chart

Food	96	96 veg	144	220
<b>DAIRY</b>				
Casein	X	X	X	X
Cheddar cheese	X	X	X	
Cow's milk	X	X	X	X
Goat's milk	X	X	X	X
Whey	X	X	X	
Alpha – Lactalbumin				X
Beta-Lactoglobulin				X
Sheep's milk				X
Buffalo milk				X
<b>FISH/SHELLFISH</b>				
Anchovy			X	X
Bass				X
Catfish			X	
Carp				X
Caviar				X
Clam	X		X	X
Cod	X		X	X
Cockle				X
Crab	X		X	X
Cuttlefish				X
Eel				X
Hake				X
Halibut	X		X	
Haddock				X
Herring				X
Lobster	X		X	X
Mackerel			X	X
Mussel			X	X
Monkfish				X
Octopus			X	X
Oyster			X	X
Perch				X
Pike				X
Plaice				X
Sea bream				X
Red Snapper			X	
Salmon	X		X	X
Sardine			X	X
Scallop	X		X	X



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<b>Shrimp/Prawn</b>	X		X	X
<b>Sole</b>	X		X	X
<b>Squid</b>			X	X
<b>Swordfish</b>				X
<b>Trout</b>	X		X	X
<b>Tilapia</b>			X	
<b>Tuna</b>	X		X	X
<b>Turbot</b>				X
<b>GRAINS/LEGUMES</b>				
<b>Amaranth</b>				X
<b>Barley</b>	X	X	X	X
<b>Buckwheat</b>	X	X	X	X
<b>Couscous</b>				X
<b>Durum Wheat</b>				X
<b>Gliadin</b>	X	X	X	X
<b>Gluten</b>	X	X	X	X
<b>Malt</b>			X	X
<b>Millet</b>			X	X
<b>Oat</b>	X	X	X	X
<b>Rice</b>	X	X	X	X
<b>Rye</b>	X	X	X	X
<b>Spelt</b>	X	X	X	X
<b>Tapioca</b>				X
<b>Quinoa</b>			X	X
<b>Whole wheat</b>	X	X	X	X
<b>Wheat bran</b>				X
<b>LEGUMES</b>				
<b>Broad bean</b>				X
<b>Chickpea</b>	X	X	X	X
<b>Corn/Maize</b>	X	X	X	X
<b>Green bean</b>	X	X	X	X
<b>Green pea</b>	X	X	X	X
<b>Haricot bean</b>				X
<b>Kidney bean</b>	X	X	X	X
<b>Lentil</b>	X	X	X	X
<b>Lima bean</b>	X	X	X	
<b>Pinto bean</b>	X	X	X	
<b>Soybean</b>	X	X	X	X
<b>NUTS/SEEDS</b>				
<b>Almond</b>	X	X	X	X
<b>Brazil nut</b>			X	X
<b>Canola</b>				X
<b>Cashew nut</b>			X	X



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<b>Chestnut</b>	X	X	X	X
<b>Coconut</b>	X	X	X	X
<b>Flaxseed</b>	X	X	X	X
<b>Hazelnut</b>	X	X	X	X
<b>Macadamia nut</b>			X	X
<b>Peanut</b>	X	X	X	X
<b>Pecan</b>	X	X	X	
<b>Pine nut</b>			X	X
<b>Pistachio nut</b>			X	X
<b>Sesame seed</b>	X	X	X	X
<b>Sunflower seed</b>	X	X	X	X
<b>Tiger nut</b>				X
<b>Walnut</b>	X	X	X	X
<b>FRUITS</b>				
<b>Apple</b>	X	X	X	X
<b>Apricot</b>	X	X	X	X
<b>Avocado</b>				X
<b>Banana</b>	X	X	X	X
<b>Blackberry</b>				X
<b>Blackcurrant</b>				X
<b>Blueberry</b>	X	X	X	X
<b>Cherry</b>		X	X	X
<b>Coconut</b>	X	X	X	X
<b>Cranberry</b>	X	X	X	X
<b>Date</b>		X	X	X
<b>Fig</b>			X	X
<b>Grapefruit</b>	X	X	X	X
<b>Grape</b>	X	X	X	X
<b>Guava</b>			X	X
<b>Jackfruit</b>		X	X	
<b>Kiwi</b>		X	X	X
<b>Lemon</b>	X	X	X	X
<b>Lime</b>		X	X	X
<b>Lychee</b>				X
<b>Mango</b>		X	X	X
<b>Tangerine (Mandarin)</b>				X
<b>Mulberry</b>				X
<b>Nectarine</b>				X
<b>Olive</b>	X	X	X	X
<b>Orange</b>	X	X	X	X
<b>Papaya</b>	X	X	X	X
<b>Peach</b>	X	X	X	X
<b>Pear</b>	X	X	X	X
<b>Persimmon</b>		X	X	
<b>Pineapple</b>	X	X	X	X
<b>Plum</b>	X	X	X	X



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<b>Pomegranate</b>				X
<b>Raspberry</b>	X	X	X	X
<b>Raisin</b>				X
<b>Redcurrant</b>				X
<b>Rhubarb</b>				X
<b>Rockmelon</b>		X	X	X
<b>Strawberry</b>	X	X	X	X
<b>Tangerine (Mandarin)</b>				X
<b>Watermelon</b>		X	X	X
<b>EGG</b>				
<b>Chicken egg white</b>	X	X	X	X
<b>Chicken egg yolk</b>	X	X	X	X
<b>Duck egg whole</b>	X	X	X	
<b>MEAT/POULTRY</b>				
<b>Beef</b>	X		X	X
<b>Chicken</b>	X		X	X
<b>Lamb</b>	X		X	X
<b>Pork</b>	X		X	X
<b>Turkey</b>	X		X	X
<b>Duck</b>	X		X	X
<b>Veal</b>				X
<b>Venison</b>				X
<b>UNCOMMON MEATS</b>				
<b>Goose</b>			X	
<b>Rabbit</b>			X	X
<b>Horse</b>				X
<b>Ostrich</b>				X
<b>Ox</b>				X
<b>Partridge</b>				X
<b>Quail</b>				X
<b>Wild boar</b>				X
<b>HERBS/SPICES/SUGARS</b>				
<b>Aniseed</b>				X
<b>Bayleaf</b>				X
<b>Camomile</b>				X
<b>Cane sugar</b>	X	X	X	X
<b>Cayenne</b>				X
<b>Cocoa bean (chocolate)</b>	X	X	X	X
<b>Coffee bean</b>	X	X	X	X
<b>Basil</b>		X	X	X
<b>Black pepper</b>		X	X	X



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<b>Cinnamon</b>			X	X
<b>Chilli pepper</b>		X	X	X
<b>Clove</b>			X	X
<b>Coriander</b>			X	X
<b>Cumin</b>				X
<b>Curry powder</b>		X	X	X
<b>Dill</b>				X
<b>Fennel seeds</b>			X	X
<b>Garlic</b>	X	X	X	X
<b>Ginger</b>	X	X	X	X
<b>Gingko</b>				X
<b>Ginseng</b>				X
<b>Honey</b>	X	X	X	X
<b>Hops</b>			X	X
<b>Liquorice</b>				X
<b>Marjoram</b>				X
<b>Mint</b>				X
<b>Mustard</b>			X	X
<b>Nettle</b>				X
<b>Nutmeg</b>				X
<b>Oregano</b>	X	X	X	
<b>Parsley</b>			X	X
<b>Peppermint</b>			X	X
<b>Rosemary</b>				X
<b>Sage</b>				X
<b>Saffron</b>				X
<b>Tarragon</b>				X
<b>Thyme</b>				X
<b>Vanilla</b>			X	X
<b>TEA / COFFEE / CHOCOLATE</b>				
<b>Coffee bean</b>	X	X	X	X
<b>Black tea</b>				X
<b>Green tea</b>				X
<b>Cocoa bean (chocolate)</b>	X	X	X	X
<b>Carob</b>				X
<b>VEGETABLES</b>				
<b>Artichoke</b>		X	X	X
<b>Chicory</b>				X
<b>Asparagus</b>	X	X	X	X
<b>Avocado</b>	X	X	X	X
<b>Beetroot</b>	X	X	X	X
<b>Broccoli</b>	X	X	X	X
<b>Brussel sprout</b>	X	X	X	X



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<b>Button mushroom</b>	X	X	X	X
<b>Cabbage</b>	X	X	X	X
<b>Capers</b>				X
<b>Capsicum</b>	X	X	X	X
<b>Carrot</b>	X	X	X	X
<b>Yuca (cassava)</b>				X
<b>Cauliflower</b>	X	X	X	X
<b>Celery</b>	X	X	X	X
<b>Chard</b>				X
<b>Cucumber</b>	X	X	X	X
<b>Eggplant</b>		X	X	X
<b>Leek</b>				X
<b>Lettuce</b>	X	X	X	X
<b>Onion</b>	X	X	X	X
<b>Pumpkin</b>	X	X	X	X
<b>Spinach</b>	X	X	X	X
<b>Sweet potato</b>	X	X	X	X
<b>Tomato</b>	X	X	X	X
<b>White potato</b>	X	X	X	X
<b>Red cabbage</b>				X
<b>Zucchini</b>				X
<b>Radish</b>				X
<b>Rocket</b>				X
<b>Shallot</b>				X
<b>Turnip</b>				X
<b>Watercress</b>				X
<b>Yuca (cassava)</b>				X
<b>ADDITIVES/FLAVOURS/THICKENING AGENTS</b>				
<b>Baker's/Brewer's yeast</b>	X	X	X	X
<b>Agar</b>				X
<b>Aloe vera</b>				X
<b>Cola nut</b>				X
<b>Transglutaminase</b>				X
<b>Candida Screen</b>	X		X	