

IgG Food Allergy Testing

95 Vegetarian Food Panel

Dairy

Casein (milk protein)	Cheddar cheese	Cottage cheese	Cows milk
Goats milk	Mozzarella cheese	Whey (milk protein)	Yogurt

Meat

Egg white	Egg yolk		
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Fruit

Apple	Apricot	Banana	Blueberry
Cantaloupe	Cherry	Cranberry	Grape, red
Grapefruit	Lemon	Orange	Papaya
Peach	Pear	Pineapple	Plum
Raspberry	Strawberry	Watermelon	

Vegetables

Artichoke	Avocado	Bean sprouts	Beet
Broccoli	Cabbage	Carrot	Cauliflower
Celery	Chili pepper	Cucumber	Eggplant
Garlic	Green pepper	Lettuce	Mushroom
Olive, black	Onion	Pumpkin	Radish
Spinach	Squash	Sweet potato	Tomato
White potato			

Nuts and Grains

Almond	Amaranth flour	Barley	Buckwheat
Brown rice	Cashew	Coconut	Corn
Filbert (hazelnut)	Flaxseed	Gliadin, wheat (wheat protein)	Gluten, wheat (wheat protein)
Kamut	Kidney bean	Lentil	Lima bean
Millet	Navy bean	Oat	Pea, green
Peanut	Pecan	Pinto bean	Pistachio
Quinoa	Rice	Rye	Sesame seed
Soybean	Spelt	String bean	Sunflower seed
Walnut	Whole wheat		

Miscellaneous

Cocoa bean	Coffee	Honey	Sugar cane
Yeast, baker's	Yeast, brewer's		