



All Panels Foods Tested Easy Comparison Chart

Food	96	96 veg	144	220
DAIRY				
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
FISH/SHELLFISH				
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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Food	96	96 veg	144	220
Shrimp/Prawn	X		X	X
Sole	X		X	X
Squid			X	X
Swordfish				X
Trout	X		X	X
Tilapia			X	
Tuna	X		X	X
Turbot				X
GRAINS/LEGUMES				
Amaranth				X
Barley	X	X	X	X
Buckwheat	X	X	X	X
Couscous				X
Durum Wheat				X
Gliadin	X	X	X	X
Gluten	X	X	X	X
Malt			X	X
Millet			X	X
Oat	X	X	X	X
Rice	X	X	X	X
Rye	X	X	X	X
Spelt	X	X	X	X
Tapioca				X
Quinoa			X	X
Whole wheat	X	X	X	X
Wheat bran				X
LEGUMES				
Broad bean				X
Chickpea	X	X	X	X
Corn/Maize	X	X	X	X
Green bean	X	X	X	X
Green pea	X	X	X	X
Haricot bean				X
Kidney bean	X	X	X	X
Lentil	X	X	X	X
Lima bean	X	X	X	
Pinto bean	X	X	X	
Soybean	X	X	X	X
NUTS/SEEDS				
Almond	X	X	X	X
Brazil nut			X	X
Canola				X



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



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



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



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