



All Panels Foods Tested Easy Comparison Chart

Food	96	96 veg	144	190	220
DAIRY					
Casein	X	X	X	X	X
Cheddar cheese	X	X	X	X	
Cow's milk	X	X	X	X	X
Goat's milk	X	X	X	X	X
Whey	X	X	X	X	
Alpha – Lactalbumin					X
Beta-Lactoglobulin				X	X
Sheep's milk				X	X
Buffalo milk					X
Mozzarella cheese				X	
Yoghurt				X	
FISH/SHELLFISH					
Abalone				X	
Anchovy			X	X	X
Bass				X	X
Bonito (skipjack)				X	
Catfish			X		
Carp					X
Caviar					X
Clam	X		X		X
Cod	X		X	X	X
Cockle					X
Crab	X		X	X	X
Cuttlefish					X
Eel					X
Hake					X
Halibut	X		X	X	
Haddock					X
Herring					X
Lobster	X		X	X	X
Mackerel			X	X (pacific & saba)	X
Mussel			X		X
Monkfish					X
Octopus			X	X	X
Oyster			X	X	X
Pacific Saury				X	
Perch				X	X
Pike					X
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Plaice					X
Sea bream					X
Red Snapper			X	X	
Salmon	X		X	X	X
Sardine			X	X	X
Scallop	X		X	X	X
Shrimp/Prawn	X		X	X	X
Small Clam				X	
Sole	X		X		X
Squid			X	X	X
Swordfish					X
Trout	X		X	X	X
Tilapia			X	X	
Tuna	X		X	X	X
Turbot					X
GRAINS/LEGUMES					
Amaranth				X	X
Barley	X	X	X	X	X
Buckwheat	X	X	X	X	X
Couscous					X
Corn	X	X	X	X	X
Durum Wheat					X
Gliadin	X	X	X	X	X
Gluten	X	X	X	X	X
Malt			X	X	X
Millet			X	X	X
Oat	X	X	X	X	X
Rice	X	X	X	X	X
Rye	X	X	X	X	X
Sorghum				X	
Spelt	X	X	X		X
Tapioca					X
Teff				X	
Quinoa			X	X	X
Whole wheat	X	X	X	X	X
Wheat bran					X
LEGUMES					
Adzuki				X	
Black bean				X	
Broad bean					X
Chickpea	X	X	X	X	X
Corn/Maize	X	X	X	X	X
Green bean	X	X	X	X	X
Green pea	X	X	X	X	X



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Haricot/Navy bean				X	X
Kidney bean	X	X	X	X	X
Lentil	X	X	X	X	X
Lima bean	X	X	X	X	
Mung bean				X	
Pinto bean	X	X	X	X	
Soybean	X	X	X	X	X
Tofu				X	
NUTS/SEEDS					
Almond	X	X	X	X	X
Brazil nut			X	X	X
Canola					X
Cashew nut			X	X	X
Chestnut	X	X	X	X	X
Chia Seed				X	
Coconut	X	X	X	X	X
Flaxseed	X	X	X	X	X
Hazelnut	X	X	X	X	X
Hempseed				X	
Macadamia nut			X	X	X
Peanut	X	X	X	X	X
Pecan	X	X	X	X	
Pine nut			X	X	X
Pistachio nut			X	X	X
Pumpkin Seed				X	
Sesame seed	X	X	X	X	X
Sunflower seed	X	X	X	X	X
Tiger nut					X
Walnut	X	X	X	X	X
FRUITS					
Acai Berry				X	
Apple	X	X	X	X	X
Apricot	X	X	X	X	X
Avocado	X	X	X	X	X
Banana	X	X	X	X	X
Blackberry					X
Blackcurrant					X
Blueberry	X	X	X	X	X
Cantaloupe (rockmelon)				X	
Cherry		X	X	X	X
Coconut	X	X	X	X	X
Cranberry	X	X	X	X	X
Date		X	X	X	X
Fig			X		X



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Grapefruit	X	X	X	X	X
Grape	X	X	X	X	X
Guava			X	X	X
Jackfruit		X	X	X	
Kiwi		X	X	X	X
Lemon	X	X	X	X	X
Lime		X	X		X
Lychee				X	X
Mango		X	X	X	X
Tangerine (Mandarin)					X
Mulberry					X
Nectarine					X
Olive	X	X	X		X
Orange	X	X	X	X	X
Papaya	X	X	X	X	X
Passion Fruit				X	
Peach	X	X	X	X	X
Pear	X	X	X	X	X
Persimmon		X	X		
Pineapple	X	X	X	X	X
Plum	X	X	X	X	X
Pomegranate				X	X
Raspberry	X	X	X	X	X
Raisin					X
Redcurrant					X
Rhubarb					X
Rockmelon		X	X	X	X
Strawberry	X	X	X	X	X
Watermelon		X	X	X	X
EGG					
Chicken egg white	X	X	X	X	X
Chicken egg yolk	X	X	X	X	X
Duck egg whole	X	X	X		
MEAT/POULTRY					
Beef	X		X	X	X
Chicken	X		X	X	X
Duck	X		X	X	X
Lamb	X		X	X	X
Pork	X		X	X	X
Turkey	X		X	X	X
Veal					X
Venison					X



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UNCOMMON MEATS					
Goose			X	X	
Rabbit			X		X
Horse					X
Ostrich					X
Ox					X
Partridge					X
Quail					X
Wild boar					X
HERBS/SPICES/SUGARS					
Aniseed					X
Basil		X	X	X	X
Bay leaf				X	X
Black pepper		X	X	X	X
Chamomile					X
Cane sugar	X	X	X	X	X
Cayenne				X	X
Cocoa bean (chocolate)	X	X	X		X
Coffee bean	X	X	X		X
Cinnamon			X	X	X
Chilli pepper		X	X	X	X
Clove			X	X	X
Coriander (cilantro)			X	X	X
Cumin				X	X
Curry powder		X	X	X	X
Dill				X	X
Fennel seeds			X		X
Garlic	X	X	X	X	X
Ginger	X	X	X	X	X
Gingko					X
Ginseng					X
Honey	X	X	X	X	X
Hops			X	X	X
Liquorice					X
Marjoram					X
Mint				X	X
Miso				X	
Mustard			X	X	X
Nettle					X
Nutmeg					X
Oregano	X	X	X	X	
Oolong				X	
Parsley			X		X
Paprika				X	



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Peppermint			X		X
Rosemary				X	X
Sage				X	X
Saffron					X
Tarragon				X	X
Thyme				X	X
Turmeric				X	
Vanilla			X	X	X
	TEA / COFFEE / CHOCOLATE				
Coffee bean	X	X	X	X	X
Black tea					X
Green tea				X	X
Cocoa bean (chocolate)	X	X	X	X	X
Carob					X
	VEGETABLES				
Artichoke		X	X	X	X
Chicory					X
Asparagus	X	X	X	X	X
Avocado	X	X	X	X	X
Bamboo Shoot				X	
Bean Sprout				X	
Beetroot	X	X	X	X	X
Bell Pepper (capsicum)	X	X	X	X	X
Bitter Gourd				X	
Broccoli	X	X	X	X	X
Brussel sprout	X	X	X	X	X
Button mushroom	X	X	X		X
Burdock Root				X	
Cabbage	X	X	X	X	X
Capers					X
Capsicum	X	X	X	X	X
Carrot	X	X	X	X	X
Yuca (cassava)				X	X
Cauliflower	X	X	X	X	X
Celery	X	X	X	X	X
Chard					X
Cucumber	X	X	X	X	X
Eggplant		X	X	X	X
Enoki Mushroom				X	
Kale				X	
Leek				X	X



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Lettuce	X	X	X	X	X
Lotus Root				X	
Napa Cabbage				X	
Onion	X	X	X	X	X
Portabella Mushroom				X	
Potato				X	
Pumpkin	X	X	X	X	X
Radish				X	X
Red cabbage					X
Shallot					X
Shitake Mushroom				X	
Sweet potato	X	X	X	X	X
Tomato	X	X	X	X	X
Turnip					X
Watercress					X
White potato	X	X	X		X
Yam				X	
Yellow squash				X	
Zucchini					X
SEA VEGETABLES					
Seaweed Kombu Kelp				X	
Seaweed Nori				X	
Seaweed Wakame				X	
MISCELLANEOUS					
Bromelain				X	
Cane Sugar				X	
Cocoa Bean				X	
Coffee				X	
Green Tea				X	
Honey				X	
Meat glue				X	
Oolong Tea				X	
	ADDITIVES/FLAVOURS/THICKENING AGENTS				
Baker's/Brewer's yeast	X	X	X	X	X
Agar					X
Aloe vera					X
Cola nut					X
Transglutaminase					X
Candida Screen	X	X	X	X	