FOODTEST 110+

FOODTEST 110+ REPORT

Ordered by Medical Partner Humán Diagnosztikai Központ

MEDICAL PARTNER
Humán Diagnosztikai Laboratórium

Patient data

Patient name:	Sample Report	**Date of Birth:**	**Phone:**
Mother's name:		**TAJ number:**	**Email:**
		Sample Date:	

Results

● **Positive: >59** ■ Classified as positive ○ *Borderline: 41-59* Normal: <41

Dairy/eggs

casein ● **64**	milk (cow) ● **109**	milk (goat) ■ 44	milk (sheep) ● **76**
egg ● **79**			

Fish/seafood

carp <15	haddock <15	mackerel <15	blue mussel 29
oyster <15	perch <15	salmon <15	sardine <15
shrimp <15	trout <15	tuna <15	

Fruit

apple <15	apricot <15	avocado <15	banana <15
blackberry <15	blueberry <15	cherry <15	date <15
fig <15	lemon <15	lime <15	mango <15
melon (galia/honeydew) <15	nectarine <15	olive <15	peach <15
pear <15	raspberry <15	redcurrant <15	watermelon <15

Grains (gluten-containing)

durum wheat <15	gliadin* <15	oat <15	rye <15
wheat 33			

Grains (gluten-free)

amaranth <15	buckwheat <15	corn (maize) ○ *52*	millet <15
rice <15	tapioca <15		

Herbs/spices

aniseed <15	basil <15	bayleaf <15	camomile <15
cinnamon <15	clove <15	caraway <15	dill <15
garlic <15	marjoram <15	mustard seed 22	parsley <15
peppercorn (black/white) <15	peppermint <15	tarragon <15	vanilla <15

Meat

beef <15	chicken <15	lamb <15	pork <15
turkey <15	venison <15	wild boar <15	

Nuts/seeds

almond <15	brazil nut <15	cashew nut <15	coconut <15
flax seed <15	hazelnut 40	peanut ○ *46*	pistachio 18
sesame seed <15	sunflower seed 37	walnut <15	

Vegetables

artichoke <15	asparagus <15	bean (green) <15	bean (white haricot) 30
beetroot <15	broccoli <15	cabbage (savoy/white) <15	carrot <15
cauliflower <15	celery 31	chickpea <15	cucumber <15
leek <15	lentil <15	onion <15	pepper (green/red/yellow) <15
potato 29	quinoa <15	soya bean 20	spinach 26
squash (butternut) ○ *42*	sweet potato <15	turnip <15	

Miscellaneous

aloe vera 18	cane sugar <15	chestnut <15	cocoa bean <15
coffee <15	mushroom <15	tea (green) <15	yeast ○ *51*

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Interpretation

*Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated.

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