FOODTEST 200+

FOODTEST 200+ 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

alpha-lactalbumin	● 149	beta-lactoglobulin	● 132	casein	● 72	egg white	● 139
egg yolk	● 120	milk (buffalo)	■ 48	milk (cow)	● 87	milk (goat)	● 66
milk (sheep)	● 65						

Fish/seafood

nori	20	alga spirulina	<15	alga wakame	<15	shrimp mix	<15
hake	<15	common mussel	27	carp	<15	caviar	<15
gilt-head bream	<15	cockle	16	european anchovy	<15	crab	<15
cuttlefish	17	northern prawn	<15	eel	<15	haddock	<15
hake	<15	herring	<15	lobster	18	mackerel	<15
monkfish	<15	noble crayfish	<15	octopus	17	oyster	32
perch	<15	pike	<15	plaice	<15	razor clam	22
salmon	<15	sardine	<15	scallop	19	venus clam	22
sole	<15	squid	<15	swordfish	<15	trout	<15
tuna	<15	turbot	<15				

Fruit

apple	<15	apricot	<15	avocado	<15	banana	19
blackberry	<15	passion fruit	<15	blueberry	<15	cherry	34
elderberry	22	date	<15	fig	<15	grape (black/red/white)	<15
grapefruit	<15	cranberry	<15	kiwi	<15	lemon	<15
lime	<15	lychee	<15	mango	<15	melon (galia/honeydew)	<15
mulberry	<15	nectarine	<15	olive	<15	orange	<15
papaya	<15	peach	<15	pear	<15	pineapple	● 142
plum	<15	pomegranate	<15	raisin	<15	raspberry	<15
redcurrant	<15	gooseberry	<15	strawberry	22	tangerine	<15
tomato	○ *41*	watermelon	<15	physalis	<15		

Grains (gluten-containing)

barley	○ *54*	einkorn	● 93	durum wheat	29	gliadin*	37
malt	● 120	oat	29	rye	○ *51*	spelt	○ *49*
wheat	● 84	wheat bran	○ *59*	transglutaminase	32		

Grains (gluten-free)

amaranth	<15	buckwheat	<15	corn (maize)	<15	millet	<15
quinoa	<15	rice	19	tapioca	<15		

Herbs/spices

aloe vera	<15	aniseed	26	basil	22	bayleaf	<15
camomile	<15	cayenne	<15	cinnamon	<15	clove	<15
coriander (leaf)	<15	cumin	<15	curry (mixed spices)	<15	dill	<15
garlic	○ *47*	ginger	<15	ginkgo	15	ginseng	<15
hops	<15	turmeric	<15	marjoram	<15	mint	<15
mustard seed	28	nettle	<15	nutmeg	<15	parsley	<15
peppercorn (black/white)	<15	peppermint	17	chilli (red)	34	rosemary	<15
hibiscus	<15	sage	<15	tarragon	<15	thyme	18
vanilla	<15	dandelion root	<15	oregano	<15	cumin	18

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Meat

beef	● 91	goat	<15	chicken	<15	duck	<15
horse	<15	lamb	<15	venison	17	wild boar	<15
turkey	<15	pork	<15	veal	21	rabbit	<15

Nuts/seeds

almond	● 75	brazil nut	<15	cashew nut	23	flax seed	<15
coconut	<15	hazelnut	38	macadamia nut	<15	peanut	<15
pine nut	<15	pistachio	<15	tiger nut	<15	walnut	28
sunflower seed	<15	rapeseed	● 130	sesame seed	24	hempseed	<15
poppyseed	<15	pumpkin seed	<15	chia seed	<15		

Vegetables

artichoke	<15	asparagus	<15	aubergine	<15	zucchini	<15
bean (green)	<15	kohlrabi	<15	bean (white haricot)	17	beetroot	<15
broccoli	<15	brussel sprout	<15	cabbage (savoy/white)	29	cabbage (red)	<15
caper	<15	carrot	<15	cauliflower	<15	celery	<15
chard	<15	chickpea	<15	chicory	<15	cucumber	<15
fennel (leaf)	<15	squash (butternut/carnival)	<15	leek	<15	lentil	17
endive	<15	pumpkin hokkaido	23	onion	<15	pea	<15
pepper (green/red/yellow)	● 93	potato	<15	radish	<15	rocket	<15
wild garlic	15	soya bean	<15	spinach	15	sweet potato	<15
turnip	<15	watercress	<15	lamb's lettuce	<15	celery bulb	<15
chives	17	bamboo sprouts	<15	pok-choi	<15		

Miscellaneous

agar agar	<15	cane sugar	23	boletus	<15	enoki	<15
oyster mushroom	<15	french horn mushroom	<15	chanterelle	24	chestnut	<15
cocoa bean	<15	coffee	<15	cola nut	<15	honey	<15
mushroom	<15	tea (black)	<15	tea (green)	<15	yeast (baker's)	<15
yeast (brewer's)	32						

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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