



MEDICAL PARTNER
Humán Diagnosztikai Laboratórium

FOODTEST

The most effective food intolerance test
based on microarray laboratory technology

www.foodtest.hu



List of foods

dairy

alpha-lactalbumin
beta-lactoglobulin
buffalo milk
casein
cow's milk
egg white
egg yolk
goat milk
sheep milk

fish/seafood

alga espaguette
alga spirulina
alga wakame
anchovy
barnacle
bass
carp
caviar
clam
cockle
cod
crab
cuttlefish
dorado
eel
haddock
hake
herring
lobster
mackerel
monkfish
mussel
octopus
oyster
perch
pike
plaice
razor clam
salmon
sardine
scallop
shrimp/prawn
sole
squid
swordfish
trout
tuna
turbot
winkle

fruit

apple
apricot
avocado
banana
blackberry
blackcurrant
blueberry
cherry
cranberry
date
fig
grape
grapefruit
guava
kiwi
lemon
lime
lychee
mango
melon (honeydew)
mulberry
nectarine
olive
orange
papaya
peach
pear
pineapple
plum
pomegranate
raisin
raspberry
redcurrant
rhubarb
strawberry
tangerine
tomato
watermelon

herbs/spices

aloe vera
aniseed
basil
bayleaf
camomile
cayenne
cinnamon
clove
coriander (leaf)
cumin
curry (mixed spices)
dill
garlic
ginger
ginkgo
ginseng
hops
liquorice
marjoram
mint
mustard seed
nettle
nutmeg
parsley
peppercorns (b/w)
peppermint
red chilli
rosemary
saffron
sage
tarragon
thyme
vanilla

vegetables

amaranth
artichoke
asparagus
aubergine
bean (broad)
bean (green)
bean (red kidney)
bean (white haricot)
beetroot
broccoli
brussel sprout
cabbage
cabbage (red)
caper
carrot
cauliflower
celery
chard
chickpea
chicory
cucumber
fennel (leaf)
gourd (squash)
leek
lentil
lettuce
marrow
onion
pea
peppers (mixed)
potato
radish
rocket
shallot
soya bean
spinach
sweet potato
turnip
watercress
yucca

nuts

almond
brazil nut
cashew nut
coconut
hazelnut
macadamia nut
peanut
pine nut
pistachio
tiger nut
walnut

grain

barley
buckwheat
corn (maize)
couscous
durum wheat
flax seed
gliadin
malt
millet
oat
polenta
quinoa
rice
rye flour
spelt
transglutaminase
wheat
wheat bran

other

sagar agar
cane sugar
carob
chestnut
cocoa bean
coffee
cola nut
honey
mushroom
rapeseed
sesame seed
sunflower seed
tapioca
tea (black)
tea (green)
yeast (baker's)

meat

beef
billy goat
chicken
duck
horse
lamb
ostrich
ox
partridge
pork
quail
rabbit
turkey
veal
venison
wild boar