

Food Intolerance & U

**Beat Your
Intolerances**





Julia

"Thank you for being the key to regaining my health back after 18 years of suffering. having done the food intolerance test and found my triggers, i can finally start living again"

Dr Nasr and his team helped me identify that I was intolerant to eggs, cow's milk dairy and gluten. Since my elimination I feel great. Thank you!

-DNA Patient

Nutrition & U Report



1.

Your Gut & U

Good health starts with the gut
The facts
What's going on inside?
What your results are saying

2.

How it Works

Steps to better health

3.

Your Test Results

Results at a glance

4.

Nutrition & U

Your doctor's recommendations
Your nutritional framework

5.

U and your Report

Your medical history
Your food intolerance lab results



1. Your Gut & U





Good Health Starts With The Gut

You've heard the age old saying that 'all disease begins in the gut'. Well, the food you eat and the lifestyle you lead has a profound impact on the state of your gut and importantly, its subsequent response to that food.

Generally speaking, foods are not normally harmful to us. However, in the presence of a compromised gut, the body treats harmless food protein as if it were harmful.

In such circumstances, the body uses the immune system to fight against these proteins, creating an inflammatory response.

It is this inflammatory response that can result in a variety of symptoms and signs.

If you are suffering from any of the following symptoms you may have food intolerances

Throat

- Geographic Tongue
- Hoarseness
- Itchy Palate
- Swollen Tonsils
- Sore Throat
- Throat Swelling

Cardiovascular

- Heart Arrhythmias
- Irregular Heartbeat

Gastrointestinal

- Abdominal Pain
- Bloating
- Crohn's Disease
- Celiac Disease
- Irritable Bowel
- Weight Gain / Obesity
- Burping
- Flatulence
- Constipation

Skin

- Eczema
- Swelling
- Dry/Cracked Skin
- Skin Rashes
- Weeping

Neurological

- ADHD
- Behavioral Problems
- Chronic Fatigue
- Depression
- Forgetfulness
- Insomnia
- Migraines

The Facts

1



Who

Affects up to 45% of the population

2



Age

Can develop at any age

3



Symptoms

Can be between 2 hours and 72 hours

4

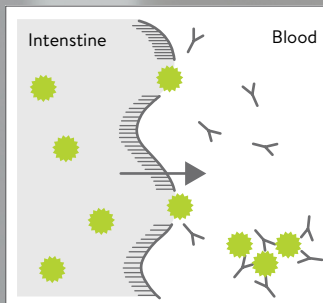


Cause

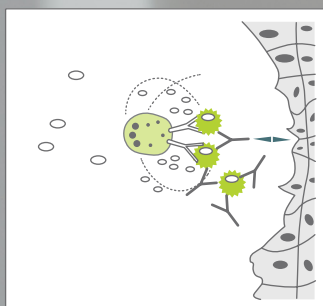
IgG is the most common antibody present in blood and other bodily fluids. It protects you against infections and any foreign proteins



What's Going On Inside



Immune complexes are formed and destroyed creating an inflammatory process which may result in tissue damage and symptoms or signs of disease



Intestinal wall is damaged, resulting in immune system initiating an immune response.

Get To Know Your Food Intolerances

Your DNA Health & Wellness food report is a concept that combines a sophisticated and reliable blood analysis for 216 of the most common intolerances across all food categories, including –

Gluten Containing Cereals	Gluten Free Cereals & Alternative Foods
Meat	Dairy & Egg
Fruits	Herbs & Spices
Nuts & Seeds	Vegetables
Legumes	Salads
Mushrooms	Fish & Seafood
Miscellaneous	

From this complete list, the test categorises these triggers based on how much they effect the IgG antibodies in your blood.

Class	Concentration (U/MI)	Result
0	≤ 7.50	No Reation
1	7.51 - 12.50	Weak Reaction
2	12.51 - 20.00	Moderate Reaction
3	20.01 - 50.00	Strong Reaction
4	> 50.00	Very Strong Reaction

2.How It Works



Steps To Better Health

1



Get Ready

Where are you now with potential food intolerances

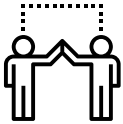
2



Testing

A simple blood test at one of our clinics which is then sent to a laboratory

3



Your Test Results

Identify trigger foods
Assess other potential issues

4



Nutrition & U

Personalised doctor & Clinical dietitian's plan
Guidance and support

5



Better Health

Find the food that suits you and achieve your health goals

What Your Results Are Saying

The test results show that you have raised IgG antibody titers to food(s). The number of IgG-positive foods indicates that your immune system responds with an adverse reaction to foods which normally should not be recognized by your immune system. Every time the IgG positive foods are consumed, an inflammatory reaction occurs. This might weaken your entire body and culminate in a variety of symptoms and signs that you may be experiencing.

Our Experts Are Here For You

You may be feeling a little lost or over-whelmed by your report. That's why our customer service team will be in touch with you soon to book your follow-up appointment with our expert doctor and clinical dietitian.

They will be on hand to guide you through the process with three phases: the elimination phase, the re-introduction phase and the maintenance phase.

They will also be able to advise you on any further lifestyle advice and if any additional testing is advisable.



3. Your Test Results

FUU		Call 100g	
Product	Calories	Product	Calories
Chicken	108	Poultry	165
Beef	371	Tomato	19
Fish	147	Blueberries	40
Carrot	33	Cherry	49
Apple	49	Watermelon	20
Orange	39	Cabbage	28
Lemon	31	Meat	167
Onion	22	Egg	57
Strawberry	41	Pear	95
Candy	396	Corn	337
Peanut	72	Pasta	899
Milk	58	Olive oil	58
Almond	219	Beans	578
Rice	323	Sunflower seeds	

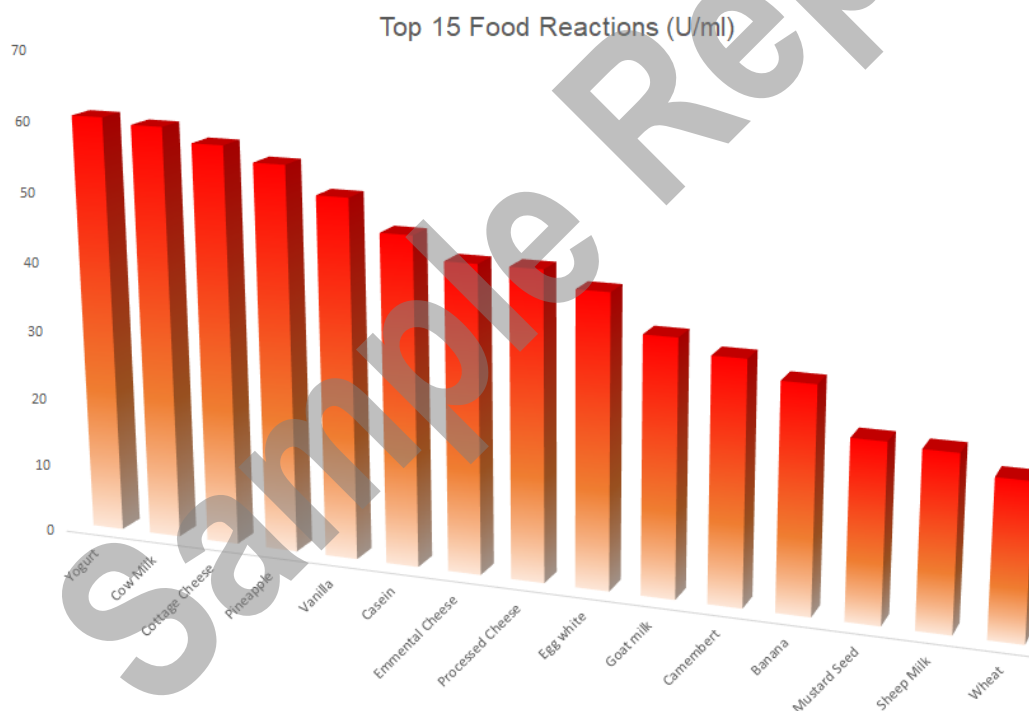


Your Results at a Glance



Your blood has been analysed for the presence of specific IgG antibodies foods to help you discover which foods are good for you and which are your unique trigger foods.

Your Trigger Foods



References Ranges

Class	Concentration (U/MI)	Result
0	<= 7.50	Reation
1	7.51 - 12.50	Weak Reaction
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4. Nutrition & U





Your Doctor's Recommendations

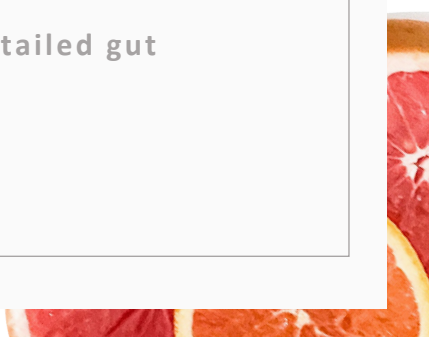
I have thoroughly reviewed your presenting symptoms and signs, past medical history and IgG-Food allergy test results. This information has enabled me to produce this highly specialised holistic management plan.



Your Key Issues

- Multiple Reactions to Cow's Milk Dairy
- Wheat Flour is a common allergen and also scored high
- Trend of these allergens is consistent in to moderate category, further strengthening need to trial elimination
- You were eating large amounts of pineapple which has also scored high

How To Get You To Better Health

- Continue elimination program for 6 weeks
 - Re-introduce foods one by one every 3 days and gauge reactions
 - Follow Cow's milk dairy & Gluten-free alternatives
 - If symptoms persist, follow-up at 8 weeks. Consider more detailed gut analysis and Low FODMAP dietary plan.
- 

Your Nutritional Framework

Dietitian's Corner

Based on your test results, this personalised program is designed to help you overcome your intolerances with a scientific approach.

Your nutritional guidelines are based on four important principles:

1. Elimination
2. Re-introduction
3. Maintenance
4. Establishing the root cause

Step 2: Re-Introduction

Start with re-introduction of the following foods one-by-one, with 3 days in-between.

1. Cow's Milk Dairy
2. Wheat
3. Egg White
4. The remaining in any order

For each of the foods being re-introduced, gauge your reaction over the 3 days. If you experience a negative symptom or signs, continue to avoid and move on to the next food re-introduction.



Step 4: Get To The Root Cause

Guiding you to better health

- Review in 12 weeks
- Consider IBS & High FODMAP triggers if no or only partial improvement



Your Plan

Step 1: Elimination 6 Weeks

Strictly avoid the following foods:
(list linked to the foods in the bubble graph).

1. Cow's Milk Dairy
2. Wheat
3. Egg White
4. The remaining in any order

Your Alternatives

In this section, in order to help you through your period of elimination, we have included alternative options for –

- Gluten
- Dairy



Step 3: Maintenance

Good job, you're nearly done! You have successfully identified your personal trigger foods. To stabilize you body, you should now avoid these foods for at least 6 months, so that the IgG antibodies can degrade.

After this time you can trial another re-introduction of the trigger foods after 6 months



Dairy Alternatives

Common Sources of Dairy Include

Cheese, Milk, Buttermilk, Ice Cream & Yogurt

Here is a list of Dairy-Free alternatives for milk, cheese & yogurts



Calories and Numbers

Calories	110	110	60	80	120
Protein	8g	8g	1g	1g	1g
Fat	2.5g	4.5g	2.5g	5g	2.5g
Carbohydrates	12g	9g	8g	7g	23g

Vitamins and Minerals

Calcium	30%	45%	45%	80	120
Phosphorus	25%	25%	N/A	N/A	15%
Potassium	10%	10%	1%	1%	15%
Riboflavin	25%	30%	30%	N/A	N/A
Vitamin B-12	20%	50%	50%	50%	50%
Vitamin A	10%	10%	10%	10%	10%
Vitamin D	25%	30%	25%	25%	25%

 Naturally Occurring Good Source 10% -19% DV Excellent Source 10% DV



A Guide to Eating Gluten-free

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. These include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans legumes, and nuts.

Grains, Flours, and Starches

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. These include fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans legumes, and nuts.

Gluten-free

- Amaranth
- Arrowroot
- Bean flours (garbanzo, fava, Romano, etc.)
- Buckwheat, buckwheat groats (kasha)
- Cassava flour
- Chia seeds
- Corn (maize), cornmeal
- Flax, flax meal
- Hominy
- Manioc flour
- Mesquite flour
- Millet
- Montina flour
- Nut flours a& meals (almond, coconut, hazelnut, etc.)
- Oats (gluten-free)*
- Pea flour
- Potato flour, potato starch
- Quinoa
- Rice (all), rice bran
- Sago
- Sorghum flour
- Soy flour
- Tapioca flour
- Teff
- Yucca



* Gluten-free oats have a similar structure to gluten-containing grains. Also, they may be contaminated with gluten-containing grains during processing. Because of these factors, gluten-free oats may cause negative symptoms in some patients. Those with celiac disease and gluten intolerance should use caution when consuming oats.

Prebiotics and Probiotics

What are Prebiotics?

They are a type of natural soluble fiber that only our gut can digest; prebiotics promote the growth of good bacteria in the intestines.

They are basically food for our good gut bacteria

Examples of Prebiotics

- Chicory Root
- Dandelion Greens
- Coconut
- Wheat Bran
- Jerusalem Artichoke
- Asparagus
- Seaweed
- Sweet Potato
- Oats
- Flaxseed
- Apple
- Berries
- Kiwi
- Barley
- Berries
- Raw Honey
- Garlic
- Onion
- Leek
- Radish
- Cabbage
- Banana
- Cocoa



What are Probiotics?

They are foods that contain live healthy bacteria that support healthy gut.

Examples of Probiotics

- Yogurt plain, no added sugar
- Kefir fermented milk
- Natto (Japanese food made from fermented soybeans)
- Pickled Vegetables
- Kombucha (fermented tea)
- Kimchi
- Sauerkraut
- Tempeh
- Miso

All naturally fermented food

Keep in Mind

- Consume probiotics foods at least once a day.
- Aim to pair prebiotic foods with probiotic ones.
- Daily fiber intake recommendation is 25-grams for female and 38-grams for males.



A top-down view of a hand holding a light-colored pencil, poised to write on a blank page in a spiral-bound notebook. The notebook is open, and the page is white. The hand is wearing a light pink, ribbed sweater. The background is a light gray surface, scattered with various fruits and nuts, including slices of orange, a whole apple, a walnut, and some seeds. A large, diagonal watermark reading "Sample Report" is overlaid across the center of the image.

5. Your Medical History & Food Intolerance Results

Food Intolerance Questionnaire

Your Details

Name

Food IgG Sample Report

Email

Sample@report.com

Gender

Female

Your Personal Goals

During your time with us you have highlighted the following personal

IBS (Irritable bowel syndrome)

Tell us about your symptoms and signs

2

Your Medical History

Your Medical History

Cancer

Do you take any medications and/or supplements?

`1

Weight History

Any recent changes in weight?

No

What is your desired weight?

No

For Women Only

Are you pregnant?

Weeks

Are you breastfeeding?

How often do you breastfeed?

Nutritional Habits

On average, how many meals do you eat everyday?

1 - 2 Meals

Do you follow any of these dietary restrictions?

Vegan

In the past 30 days, how many times did you eat out at restaurants?

Never

Average percentage of Home Cooked Meals

22

Average percentage of Home Cooked Meals Ready Made/Delivery Meals

22

Do you suffer with any food allergies or intolerances?

2

What diets, eliminations etc. have been tried in the past?

2

On average, how many cups of the following do you drink daily?

Vegetable Juices

Less than 1

Black Tea

Less than 1

Green Tea

Less than 1

Fruit Juices

Zero

Milk

Zero

Soft Drinks (reg/diet)

Zero

Alcohol

Zero

Coffee

Zero

Herbal Tea

Zero

Other | Please Specify

2

Exercise Routine

What type of exercise or activity do you do?

None

Cardio or Aerobics - What's the duration of the exercise?

How many days a week?

Strength Training - What's the duration of the exercise?

How many days a week?

Yoga / Pilates - What's the duration of the exercise?

How many days a week?

Other Leisure Sports - What's the duration of the exercise?

0

What time of day do you exercise?

Early How many days a week?

On a scale of 1 (low) to 10 (high), how would you describe your energy levels?

1

Sleep Habits

How many hours do you sleep on average?

7

What time do you go to sleep on weekdays?

9:00 AM

What time do you go to sleep on weekends?

10:00 AM

Do you have trouble sleeping?

No, I sleep well

Do you use any coping mechanism?

No but open for suggestions

Social

What is your occupation?

Job

What is your work schedule like?

Full time

Are you married?

Yes | How many kids? (ages)

Smoking Habits

1

Alcohol Intake

No

Share any thoughts or questions you would like to discuss during our meeting

NO



EUROLINE-FOOD



You have decided on a test for food intolerance which determines antibodies of class IgG against many different foods and food additives.

Such tests are usually only performed when conventional medical tests and the treatments based on them do not lead to any significant improvements in health, or when classical diagnostics do not yield clear results.

Often it is patients themselves who look for alternative treatment methods by seeking out specialists who use a holistic approach to look for intestinal disorders as a cause of disease symptoms. In these cases, one of the methods included in a detailed anamnesis is the determination of antibodies against foods.

The production of antibodies against foreign substances (e.g. viruses, bacteria, as well as foods and food additives) is a normal physiological process, which does not necessarily lead to disease. A food intolerance develops when the patient has a (chronic) intestinal disorder which results in an increased permeability to food components. The components enter the blood stream, and the immune system may react by producing IgG antibodies against the foreign substances. This leads to the formation of so-called immune complexes, which can trigger a multitude of symptoms via inflammatory reactions.

The appearance of symptoms is always delayed (several hours to days after consumption of the foodstuff), and an association with a particular disease picture is often very difficult to establish, even for specialists. Often, the production of antibodies augments the symptoms of existing inflammatory diseases or the symptoms become recognisable for the first time.

For example, associations between food intolerance and gastrointestinal diseases, rheumatoid arthritis and skin disorders have been described. Antibody production also has an aggravating effect on the symptoms of migraine, ADHS or autism (strength and frequency of attacks). It can also influence fertility and aging or cause substantial weight changes.

You will receive the test results listed in two different ways.

1. Test results listed according to the **strength of the immune reaction**
2. Test results listed by **food category** (see below)

Food categories tested:

Gluten Containing Cereals	Gluten Free Cereals & Alternative Foods
Meat	Dairy & Egg
Fruits	Herbs & Spices
Nuts & Seeds	Vegetables
Legumes	Salads
Mushrooms	Fish & Seafood
Miscellaneous	

In your result report you will find the results for 216 different foods, which are all capable of inducing a food intolerance. Antibodies are determined for each food individually, with the exception of mushrooms, which are grouped into two mixtures due to the numerous different species.

You can see to what extent your body reacts to each food by looking at the strength of the immune reaction. The reactions are shown in 5 classes (from 0 to 4, colour coded). Results of classes 3 and 4 indicate a (very) strong immune reaction, class 2 shows a moderate reaction, and classes 0 and 1 indicate absence or only very small quantities of antibodies.



EUROLINE-FOOD



Class	Concentration (U/ml)	Result
0	7.50	No reaction
1	7.51 - 12.50	Weak reaction
2	12.51 - 20.00	Moderate reaction
3	20.01 - 50.00	Strong reaction
4	> 50.00	Very strong reaction

Please note:

The results obtained with the EUROLINE FOOD test do not represent a diagnosis and should not be used exclusively to establish a modification diet. The presence of antibodies alone does not indicate disease, but must be accompanied by associated symptoms. Please do not make a diagnosis yourself. Consult a qualified specialist to make decisions on measures to improve your health.

Generally, in cases of disease symptoms and immune reactions of class 4, we recommend eliminating the foods that induce a strong immune reaction from the diet for 3 months. For results of class 3, the respective food should be reduced or consumed on a 3-month rotation diet. With results of class 2, a food intolerance is rare. Results of class 0 and 1 show a normal physiological state.

A change in dietary habits or the complete elimination of one or more foods must always be carefully planned and supervised in order to ensure that essential nutritional components are consumed in sufficient quantities. Therefore, in cases of positive results, please seek the advice of a nutritionist or a similarly qualified person.

Please bear in mind that this test does **not** determine antibodies of class IgE, which occur in classic allergy (**food allergy**). Allergies manifest with immediate symptoms such as tingling in the mouth, hives, swelling of the lips, face, tongue and throat or in severe cases anaphylactic shock, making identification of the disease easier.

If you have a food allergy it is advisable to eliminate the foods that trigger positive reactions from your diet permanently. The same applies if you have coeliac disease or e.g. a lactose intolerance.

We hope that you are soon free of your health complaints.

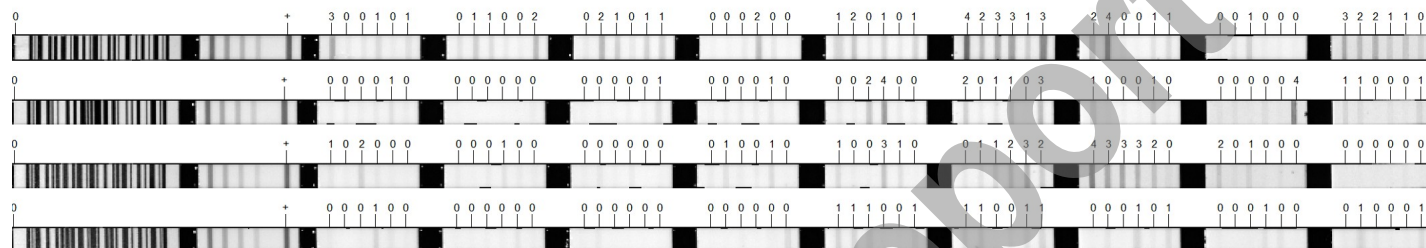
Yours sincerely
Dr. Lobna ElMessery

Patient ID: 120417163

Date of birth:

Patient name:

Results by strength of reaction



Very strong reaction		Class 4
Dairy & Egg		U/ml
Yogurt		60.5
Cow's milk		59.7
Cottage cheese		57.7
Fruits		U/ml
Pineapple		55.6
Herbs & Spices		U/ml
Vanilla		51.7

Strong reaction		Class 3
Gluten Containing Cereals		U/ml
Wheat flour		22.0
Dairy & Egg		U/ml
Egg white (Chicken)		41.7
Goat's milk		36.4
Casein		47.2
Emmental cheese		44.0
Processed cheese		44.0
Sheep's milk		24.7
Camembert		34.4
Fruits		U/ml
Banana		31.9
Herbs & Spices		U/ml
Mustard seed		25.2

Vegetables		U/ml
Zucchini		20.1
Fennel		26.9

Moderate reaction		Class 2
Gluten Containing Cereals		U/ml
Rye flour		18.0
Spelt		14.8
Dairy & Egg		U/ml
Sheep's cheese		18.0
Egg yolk (Chicken)		16.0
Curd cheese		18.7
Butter		18.2
Mozzarella		17.1
Kefir		15.5
Fruits		U/ml
Fig		15.5
Herbs & Spices		U/ml
Poppy seed		14.4
Garlic		12.57
Nuts & Seeds		U/ml
Almond		18.4

Patient ID: 120417163

Date of birth:

Patient name:

Results by strength of reaction

Vegetables	U/ml
Horseradish	18.9
Asparagus	18.9
Carrot	14.8

Weak reaction	Class 1
Gluten Containing Cereals	U/ml
Gluten	10.88
Oat flour	9.37
Barley flour	7.73
Gluten Free Cereals & Alternative Foods	U/ml
Millet	11.38
Meat	U/ml
Chicken	9.37
Guinea fowl	10.83
Lamb meat	8.12
Dairy & Egg	U/ml
Goat's cheese	11.38
Fruits	U/ml
Pomegranate	10.36
Date	10.15
Orange	9.55
Cherry	9.24
Lime	8.48
Raisin	8.17
Nectarine	7.73
Honeydew melon	8.06

Herbs & Spices	U/ml
Oregano	12.27
Ginger	11.30
Clove	10.99
Cayenne pepper	10.36
Curry	10.05
Caper	9.73
Parsley	8.33
Marjoram	8.17
Tarragon	8.17
Cumin	7.57
Nuts & Seeds	U/ml
Pine nut	12.24
Macadamia nut	11.61
Coconut	9.85
Brazil nut	9.42
Peanut	7.73
Vegetables	U/ml
Turnip	11.89
Potato	11.38
Red cabbage	11.38
Eggplant	10.88
Bell pepper	10.88
Celery	10.13
Bamboo shoots	12.42
Kale	12.02
Savoy cabbage	12.02
Chinese cabbage	10.44
Green cabbage	10.44
Brussel sprouts	10.04
Cauliflower	7.84

Patient ID: 120417163

Date of birth:

Patient name:

Results by strength of reaction

Legumes	U/ml	Meat	U/ml
Soya bean	12.14	Horse	5.22
Pea	9.12	Rabbit	5.22
Harricot bean	7.87	Beef	3.31
Lentil	7.73	Goat	2.61
Salads	U/ml	Ostrich	2.61
Corn salad	9.12	Goose	2.61
Rocket	9.25	Pork, cooked	1.66
Miscellaneous	U/ml	Roe deer	2.61
Aloe vera	11.30	Turkey	1.66
Brewer's yeast	8.94	Duck meat	1.74
		Quail	1.74
No reaction	Class 0	Dairy & Egg	U/ml
Gluten Free Cereals & Alternative Foods	U/ml	Beta-Lactoglobulin	6.97
Rice	7.18		
Corn	3.31		
Rapeseed	3.48		
Flax seed	2.21		
Buckwheat flour	1.66		
Carob	0.87		

Patient ID: 120417163

Date of birth:

Patient name:

Results by strength of reaction

Fruits	U/ml	Herbs & Spices	U/ml
Watermelon	6.65	Peppermint	5.99
Cantaloupe	6.88	Thyme	4.66
Apple	5.52	Saffron	4.13
Plum	5.99	Rosemary	3.99
Kiwi	4.66	Pepper (black/ white)	3.33
Black currant	6.10	Cinnamon	3.33
Grapefruit	4.66	Chamomile	2.75
Avocado	5.22	Chive	2.75
Papaya	3.44	Dill	2.75
Blueberry	4.35	Basil	2.00
Apricot	2.76	Anis	2.06
Pear	2.66	Mint	1.38
Red currant	2.61	Bay leaf	0.69
Peach	2.00	Hops	0.69
Mango	2.06	Sage	0.69
Raspberry	1.38	Nutmeg	0.00
Lychee	1.38	Coriander	0.00
Gooseberry	1.74	Nuts & Seeds	U/ml
Grape (white/ blue)	1.33	Sweet chestnut	6.88
Strawberry	1.33	Cocoa bean	5.99
Lemon	0.67	Pistachio	5.32
Blackberry	0.87	Sesame	4.66
Rose hip	0.69	Sunflower seed	3.99
Cranberry	0.00	Cashew nut	3.33
		Walnut	2.66
		Hazelnut	1.33
		Cola nut	0.00

Patient ID: 120417163

Date of birth:

Patient name:

Results by strength of reaction

Vegetables	U/ml
Cucumber	6.63
Broccoli	6.07
Beetroot	6.07
Tomato	4.97
Leek	3.86
Shallot	6.10
Artichoke	3.31
Sweet potato	5.22
Jerusalem artichoke	4.35
Vine leave	4.35
Spinach	2.21
Onion	2.21
Chili	1.10
Gourd	1.74
Olive	1.10
Radish	0.87
Chard	0.87
Liquorice root	0.87
Snow pea	0.00
Legumes	U/ml
String bean	4.42
Mung bean	6.10
Broad bean	4.35
Kidney bean	0.87
Chickpea	0.00
Salads	U/ml
Iceberg lettuce	5.22
Lettuce	2.76
Chicory	2.61

Mushrooms	U/ml
Mushroom mix 2 (Bay Boletus, Boletus)	3.99
Mushroom mix 1 (Oyster & White mushroom, Shiitake, Chanterelle)	3.33

Patient ID: 120417163

Date of birth:

Patient name:

Results by strength of reaction

Fish & Seafood	U/ml	Miscellaneous	U/ml
Oyster	6.19	Agar-agar	5.50
Lobster	4.82	Baker's yeast	4.66
Codfish	3.33	Coffee	4.66
Crayfish	2.66	Black tea	3.33
Crab	2.75	Honey	2.66
Salmon	2.00	Green tea	2.06
Clam	2.00	Safflower oil	2.06
Squid	2.06	Baking powder	0.00
Octopus	1.38		
Sardine	1.38		
Ocean perch	1.38		
Caviar	1.38		
Tuna	1.33		
Sole	1.33		
Turbot	0.69		
Herring	0.69		
Pike	0.69		
Gilthead seabream	0.69		
Haddock	0.69		
Anchovy	0.67		
Prawn	0.67		
Sea bass	0.69		
Trout	0.67		
Mackerel	0.69		
Carp	0.00		
Swordfish	0.00		
Eel	0.00		

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Results by food category

Gluten Containing Cereals		
Strong reaction	Class 3	U/ml
Wheat flour		22.0
Moderate reaction	Class 2	U/ml
Rye flour		18.0
Spelt		14.8
Weak reaction	Class 1	U/ml
Gluten		10.88
Oat flour		9.37
Barley flour		7.73

Gluten Free Cereals & Alternative Foods		
Weak reaction	Class 1	U/ml
Millet		11.38
No reaction	Class 0	U/ml
Rice		7.18
Corn		3.31
Rapeseed		3.48
Flax seed		2.21
Buckwheat flour		1.66
Carob		0.87

Meat		
Weak reaction	Class 1	U/ml
Chicken		9.37
Guinea fowl		10.83
Lamb meat		8.12
No reaction	Class 0	U/ml
Horse		5.22
Rabbit		5.22
Beef		3.31
Goat		2.61
Ostrich		2.61
Goose		2.61
Pork, cooked		1.66
Roe deer		2.61
Turkey		1.66
Duck meat		1.74
Quail		1.74

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Results by food category

Dairy & Egg		
Very strong reaction	Class 4	U/ml
Yogurt		60.5
Cow's milk		59.7
Cottage cheese		57.7
Strong reaction	Class 3	U/ml
Egg white (Chicken)		41.7
Goat's milk		36.4
Casein		47.2
Emmental cheese		44.0
Processed cheese		44.0
Sheep's milk		24.7
Camembert		34.4
Moderate reaction	Class 2	U/ml
Sheep's cheese		18.0
Egg yolk (Chicken)		16.0
Curd cheese		18.7
Butter		18.2
Mozzarella		17.1
Kefir		15.5
Weak reaction	Class 1	U/ml
Goat's cheese		11.38
No reaction	Class 0	U/ml
Beta-Lactoglobulin		6.97

Fruits		
Very strong reaction	Class 4	U/ml
Pineapple		55.6
Strong reaction	Class 3	U/ml
Banana		31.9
Moderate reaction	Class 2	U/ml
Fig		15.5
Weak reaction	Class 1	U/ml
Pomegranate		10.36
Date		10.15
Orange		9.55
Cherry		9.24
Lime		8.48
Raisin		8.17
Nectarine		7.73
Honeydew melon		8.06

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No reaction	Class 0	U/ml
Watermelon		6.65
Cantaloupe		6.88
Apple		5.52
Plum		5.99
Kiwi		4.66
Black currant		6.10
Grapefruit		4.66
Avocado		5.22
Papaya		3.44
Blueberry		4.35
Apricot		2.76
Pear		2.66
Red currant		2.61
Peach		2.00
Mango		2.06
Raspberry		1.38
Lychee		1.38
Gooseberry		1.74
Grape (white/ blue)		1.33
Strawberry		1.33
Lemon		0.67
Blackberry		0.87
Rose hip		0.69
Cranberry		0.00

Herbs & Spices		
Very strong reaction	Class 4	U/ml
Vanilla		51.7
Strong reaction	Class 3	U/ml
Mustard seed		25.2
Moderate reaction	Class 2	U/ml
Poppy seed		14.4
Garlic		12.57
Weak reaction	Class 1	U/ml
Oregano		12.27
Ginger		11.30
Clove		10.99
Cayenne pepper		10.36
Curry		10.05
Caper		9.73
Parsley		8.33
Marjoram		8.17
Tarragon		8.17
Cumin		7.57

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Results by food category

No reaction	Class 0	U/ml
Peppermint		5.99
Thyme		4.66
Saffron		4.13
Rosemary		3.99
Pepper (black/ white)		3.33
Cinnamon		3.33
Chamomile		2.75
Chive		2.75
Dill		2.75
Basil		2.00
Anis		2.06
Mint		1.38
Bay leaf		0.69
Hops		0.69
Sage		0.69
Nutmeg		0.00
Coriander		0.00

Nuts & Seeds		
Moderate reaction	Class 2	U/ml
Almond		18.4
Weak reaction	Class 1	U/ml
Pine nut		12.24
Macadamia nut		11.61
Coconut		9.85
Brazil nut		9.42
Peanut		7.73
No reaction	Class 0	U/ml
Sweet chestnut		6.88
Cocoa bean		5.99
Pistachio		5.32
Sesame		4.66
Sunflower seed		3.99
Cashew nut		3.33
Walnut		2.66
Hazelnut		1.33
Cola nut		0.00

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Results by food category

Vegetables			No reaction	Class 0	U/ml
Strong reaction			Class 3	U/ml	
Zucchini		20.1	Cucumber		6.63
Fennel		26.9	Broccoli		6.07
Moderate reaction			Class 2	U/ml	
Horseradish		18.9	Beetroot		6.07
Asparagus		18.9	Tomato		4.97
Carrot		14.8	Leek		3.86
Weak reaction			Class 1	U/ml	
Turnip		11.89	Shallot		6.10
Potato		11.38	Artichoke		3.31
Red cabbage		11.38	Sweet potato		5.22
Eggplant		10.88	Jerusalem artichoke		4.35
Bell pepper		10.88	Vine leave		4.35
Celery		10.13	Spinach		2.21
Bamboo shoots		12.42	Onion		2.21
Kale		12.02	Chili		1.10
Savoy cabbage		12.02	Gourd		1.74
Chinese cabbage		10.44	Olive		1.10
Green cabbage		10.44	Radish		0.87
Brussel sprouts		10.04	Chard		0.87
Cauliflower		7.84	Liquorice root		0.87
			Snow pea		0.00

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Results by food category

Legumes		
Weak reaction	Class 1	U/ml
Soya bean		12.14
Pea		9.12
Harricot bean		7.87
Lentil		7.73
No reaction	Class 0	U/ml
String bean		4.42
Mung bean		6.10
Broad bean		4.35
Kidney bean		0.87
Chickpea		0.00

Salads		
Weak reaction	Class 1	U/ml
Corn salad		9.12
Rocket		9.25
No reaction	Class 0	U/ml
Iceberg lettuce		5.22
Lettuce		2.76
Chicory		2.61

Mushrooms		
No reaction	Class 0	U/ml
Mushroom mix 2 (Bay Boletus, Boletus)		3.99
Mushroom mix 1 (Oyster & White mushroom, Shiitake, Chanterelle)		3.33

Fish & Seafood		
No reaction	Class 0	U/ml
Oyster		6.19
Lobster		4.82
Codfish		3.33
Crayfish		2.66
Crab		2.75
Salmon		2.00
Clam		2.00
Squid		2.06
Octopus		1.38
Sardine		1.38
Ocean perch		1.38
Caviar		1.38
Tuna		1.33
Sole		1.33
Turbot		0.69
Herring		0.69
Pike		0.69
Gilthead seabream		0.69
Haddock		0.69
Anchovy		0.67
Prawn		0.67
Sea bass		0.69
Trout		0.67
Mackerel		0.69
Carp		0.00
Swordfish		0.00
Eel		0.00

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Results by food category

Miscellaneous		
Weak reaction	Class 1	U/ml
Aloe vera		11.30
Brewer's yeast		8.94
No reaction	Class 0	U/ml
Agar-agar		5.50
Baker's yeast		4.66
Coffee		4.66
Black tea		3.33
Honey		2.66
Green tea		2.06
Safflower oil		2.06
Baking powder		0.00

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