

Foods Tested | Food Group

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**Grains**

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- Barley
- Corn (Maize)
- Gliadin (Gluten)
- Oat
- Rice
- Rye
- Wheat

**Dairy**

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- Cows Milk

**Meats**

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- Beef
- Chicken
- Duck
- Lamb
- Pork
- Turkey

**Fish**

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- Crustacean Mix (Crab, Lobster, Prawn/Shrimp)
- Mollusc Mix (Mussel, Oyster & Scallop)
- Oily Fish Mix (Herring & Mackerel)
- Plaice & Sole
- Salmon & Trout
- Tuna
- White Fish Mix (Cod & Haddock)

**Vegetables**

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- Asparagus
- Avocado
- Carrot
- Celery
- Cucumber
- Haricot Bean
- Kidney Bean
- Lentils
- Lettuce
- Mushroom
- Mustard Mix (Broccoli, Brussel Sprouts, Cabbage & Cauliflower)
- Onion
- Pea
- Peppers (Capsicum) & Paprika
- Potato
- Soya Bean
- Spinach
- String Bean

**Fruits**

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- Apple
- Apricot
- Banana
- Blackberry
- Blackcurrant
- Grape
- Kiwi
- Lemon
- Lime
- Melon Mix (Watermelon, Honeydew & Cantaloupe)
- Olive
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Raspberry
- Strawberry
- Tomato

**Nuts**

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- Almond
- Brazil Nut
- Cashew Nut
- Coconut
- Hazelnut
- Peanut
- Walnut

**Spices/Herbs**

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- Chilli Pepper
- Garlic
- Ginger
- Herb Mix (Coriander, Cumin & Dill)
- Mint Mix (Mint, Sage, Basil & Thyme)
- Parsley
- Sesame Seed
- Vanilla

**Others**

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- Cocoa Bean
- Coffee
- Egg White
- Egg Yolk
- Hops
- Sunflower Seed
- Tea
- Yeast (Brewer's & Baker's)

