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Patient ID:

Patient Name:
NIDHI SHARMA
Date of Birth:

Sample ID:
SE02444845
QR-Code:
80AGS32B
Analysed on:
12/11/2024
Tested Antigens:
287
Test method:
FOX

Referring Physician:

Additional Information:
32/F

The internal QC (Plausibility check for GD) was within acceptance range.

Lab report: Overview of the IgG profile

MILK & EGG	●●●	VEGETABLES	●●
MEAT	●●	SPICES	●●
FISH & SEAFOOD	●●●	EDIBLE MUSHROOMS	●●
CEREALS & SEEDS	●●●	NOVEL FOODS	●●●
NUTS	●●●	COFFEE & TEA	●●
LEGUMES	●●	OTHERS	●●●
FRUITS	●●●		

Highest measured IgG concentration

0 - 9.99 µg/ml	10 - 19.99 µg/ml	≥ 20 µg/ml
●	●●	●●●
Low IgG level	Intermediate IgG level	Highly elevated IgG level

Milk & Egg

Buttermilk	36.28 µg/ml	Cow's milk Bos d 8 * (Casein)	35.41 µg/ml
Camembert	24.67 µg/ml	Buffalo milk	10.60 µg/ml
Emmental	21.92 µg/ml	Camel milk	5.88 µg/ml
Gouda	25.47 µg/ml	Goat cheese	19.06 µg/ml
Cottage cheese	33.96 µg/ml	Goat milk	18.13 µg/ml
Cow's milk	25.69 µg/ml	Quail egg	< 5.00 µg/ml
Mozzarella	35.73 µg/ml	Egg white	< 5.00 µg/ml
Parmesan	22.10 µg/ml	Egg yolk	7.27 µg/ml
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	35.76 µg/ml	Sheep cheese	20.02 µg/ml
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	35.02 µg/ml	Sheep milk	24.63 µg/ml

Meat

Duck	9.24 µg/ml	Chicken	< 5.00 µg/ml
Beef	< 5.00 µg/ml	Turkey	< 5.00 µg/ml
Veal	13.50 µg/ml	Rabbit	< 5.00 µg/ml
Venison	10.24 µg/ml	Lamb	< 5.00 µg/ml
Goat	5.04 µg/ml	Ostrich	7.23 µg/ml
Stag	16.18 µg/ml	Pork	9.24 µg/ml
Horse	13.66 µg/ml	Boar	10.53 µg/ml

Fish & Seafood

Caviar	< 5.00 µg/ml	Trout	5.00 µg/ml
Eel	< 5.00 µg/ml	Oyster	12.30 µg/ml
Noble crayfish	20.23 µg/ml	Northern prawn	< 5.00 µg/ml
Cockle	12.48 µg/ml	Scallop	14.96 µg/ml
Crab	13.81 µg/ml	Razor shell	17.23 µg/ml
Atlantic herring	< 5.00 µg/ml	European plaice	< 5.00 µg/ml
Carp	< 5.00 µg/ml	Thornback Ray	5.00 µg/ml
European anchovy	< 5.00 µg/ml	Venus clam	19.20 µg/ml
Northern pike	< 5.00 µg/ml	Salmon	< 5.00 µg/ml
Atlantic cod	7.46 µg/ml	European pilchard	< 5.00 µg/ml
Abalone	20.10 µg/ml	Turbot	< 5.00 µg/ml
Lobster	< 5.00 µg/ml	Mackerel	< 5.00 µg/ml
Shrimp mix	19.90 µg/ml	Atlantic redfish	6.26 µg/ml

* Molecular Antigen

Squid	18.54 µg/ml	Sepia	< 5.00 µg/ml
Monkfish	< 5.00 µg/ml	Sole	11.74 µg/ml
Haddock	8.47 µg/ml	Gilt-head bream	8.59 µg/ml
Hake	15.86 µg/ml	Tuna	< 5.00 µg/ml
Common mussel	16.29 µg/ml	Swordfish	< 5.00 µg/ml
Octopus	5.40 µg/ml		

Cereals & Seeds

Amaranth	< 5.00 µg/ml	Pine nut	10.15 µg/ml
Oat	20.41 µg/ml	Rye	19.90 µg/ml
Rapeseed	13.34 µg/ml	Sesame	17.89 µg/ml
Hempseed	8.66 µg/ml	Wheat	15.39 µg/ml
Quinoa	18.09 µg/ml	Wheat bran	5.05 µg/ml
Pumpkin seed	8.98 µg/ml	Wheat gliadin Tri a Gliadin *	18.50 µg/ml
Buckwheat	15.15 µg/ml	Wheatgrass	6.00 µg/ml
Sunflower	6.38 µg/ml	Gluten	22.01 µg/ml
Barley	< 5.00 µg/ml	Emmer	20.67 µg/ml
Malt (barley)	9.53 µg/ml	Durum	13.71 µg/ml
Linseed	< 5.00 µg/ml	Einkorn	12.79 µg/ml
Lupine seed	< 5.00 µg/ml	Polish wheat	7.12 µg/ml
Rice	< 5.00 µg/ml	Spelt	12.97 µg/ml
Millet	8.37 µg/ml	Corn	5.64 µg/ml
Poppyseed	< 5.00 µg/ml		

Nuts

Cashew	20.25 µg/ml	Hazelnut	12.60 µg/ml
Brazil nut	7.98 µg/ml	Tigernut	< 5.00 µg/ml
Pecan nut	12.29 µg/ml	Walnut	13.75 µg/ml
Sweet chestnut	< 5.00 µg/ml	Macadamia	12.75 µg/ml
Coconut milk	5.93 µg/ml	Pistachio	< 5.00 µg/ml
Coconut	12.64 µg/ml	Almond	39.02 µg/ml
Kola nut	< 5.00 µg/ml		

Legumes

Peanut	15.85 µg/ml	Green bean	< 5.00 µg/ml
Chickpea	7.97 µg/ml	Pea	< 5.00 µg/ml
Soy	< 5.00 µg/ml	Sugar pea	< 5.00 µg/ml

* Molecular Antigen

Lentil	< 5.00 µg/ml	Tamarind	8.28 µg/ml
White bean	< 5.00 µg/ml	Mung bean	5.62 µg/ml

Fruits

Kiwi	< 5.00 µg/ml	Date	< 5.00 µg/ml
Pineapple	29.68 µg/ml	Physalis	< 5.00 µg/ml
Papaya	< 5.00 µg/ml	Apricot	< 5.00 µg/ml
Lime	< 5.00 µg/ml	Cherry	21.97 µg/ml
Lemon	< 5.00 µg/ml	Plum	< 5.00 µg/ml
Watermelon	10.89 µg/ml	Peach	< 5.00 µg/ml
Grapefruit	< 5.00 µg/ml	Nectarine	< 5.00 µg/ml
Tangerine	< 5.00 µg/ml	Pomegranate	6.47 µg/ml
Orange	5.68 µg/ml	Pear	< 5.00 µg/ml
Melon	12.99 µg/ml	Gooseberry	< 5.00 µg/ml
Fig	17.03 µg/ml	Red currant	< 5.00 µg/ml
Strawberry	12.78 µg/ml	Blackberry	< 5.00 µg/ml
Lychee	< 5.00 µg/ml	Raspberry	8.73 µg/ml
Apple	7.62 µg/ml	Elderberry	18.46 µg/ml
Mango	< 5.00 µg/ml	Blueberry	13.92 µg/ml
Mulberry	< 5.00 µg/ml	Cranberry	< 5.00 µg/ml
Banana	< 5.00 µg/ml	Grape	< 5.00 µg/ml
Passion fruit	< 5.00 µg/ml	Raisin	< 5.00 µg/ml

Vegetables

Shallot	< 5.00 µg/ml	Caper	< 5.00 µg/ml
Onion	13.42 µg/ml	Endive	< 5.00 µg/ml
Leek	9.88 µg/ml	Radicchio	< 5.00 µg/ml
Garlic	5.26 µg/ml	Chicorée	< 5.00 µg/ml
Chives	9.35 µg/ml	Pumpkin Butternut	6.70 µg/ml
Wild garlic	12.18 µg/ml	Pumpkin Hokkaido	16.20 µg/ml
Celery Bulb	< 5.00 µg/ml	Kiwano	< 5.00 µg/ml
Celery Stalk	< 5.00 µg/ml	Zucchini	7.33 µg/ml
Horseradish	< 5.00 µg/ml	Cucumber	< 5.00 µg/ml
White asparagus	5.28 µg/ml	Artichoke	< 5.00 µg/ml
Bamboo sprouts	< 5.00 µg/ml	Carrot	7.26 µg/ml
Chard	< 5.00 µg/ml	Arugula	< 5.00 µg/ml
Red beet	< 5.00 µg/ml	Fennel (bulb)	< 5.00 µg/ml

* Molecular Antigen

Cabbage	8.40 µg/ml	Sweet potato	< 5.00 µg/ml
Cauliflower	< 5.00 µg/ml	Watercress	< 5.00 µg/ml
White cabbage	< 5.00 µg/ml	Olive	< 5.00 µg/ml
Brussels sprouts	< 5.00 µg/ml	Parsnip	< 5.00 µg/ml
Kohlrabi	< 5.00 µg/ml	Avocado	< 5.00 µg/ml
Broccoli	< 5.00 µg/ml	Radish	7.80 µg/ml
Romanesco	< 5.00 µg/ml	Eggplant	7.17 µg/ml
Red cabbage	< 5.00 µg/ml	Potato	14.78 µg/ml
Green cabbage	8.03 µg/ml	Tomato	12.23 µg/ml
Savoy	< 5.00 µg/ml	Spinach	< 5.00 µg/ml
Turnip	7.00 µg/ml	Nettle leaves	12.63 µg/ml
Pok-Choi	6.31 µg/ml	Lamb's lettuce	5.32 µg/ml
Chinese cabbage	< 5.00 µg/ml		

Spices

Dill	< 5.00 µg/ml	Mint	< 5.00 µg/ml
Tarragon	< 5.00 µg/ml	Basil	7.77 µg/ml
Paprika	< 5.00 µg/ml	Majoram	5.04 µg/ml
Cayenne pepper	< 5.00 µg/ml	Oregano	< 5.00 µg/ml
Chili (red)	< 5.00 µg/ml	Parsley	< 5.00 µg/ml
Caraway	8.41 µg/ml	Anise	10.64 µg/ml
Cinnamon	< 5.00 µg/ml	Pepper (black/white/green/red/yellow)	5.63 µg/ml
Curry	< 5.00 µg/ml	Rosmary	< 5.00 µg/ml
Coriander	< 5.00 µg/ml	Sage	< 5.00 µg/ml
Cumin	11.84 µg/ml	Mustard	< 5.00 µg/ml
Turmeric	8.00 µg/ml	Clove	< 5.00 µg/ml
Lemongrass	< 5.00 µg/ml	Thyme	14.38 µg/ml
Cardamom	< 5.00 µg/ml	Fenugreek	10.05 µg/ml
Juniper berry	< 5.00 µg/ml	Vanilla	< 5.00 µg/ml
Bay leaf	< 5.00 µg/ml	Ginger	6.91 µg/ml
Nutmeg	< 5.00 µg/ml		

Edible Mushrooms

White mushroom	14.62 µg/ml	Enoki	< 5.00 µg/ml
Boletus	11.46 µg/ml	French horn mushroom	9.55 µg/ml
Chanterelle	8.44 µg/ml	Oyster mushroom	7.81 µg/ml

* Molecular Antigen

Novel Foods

House cricket	23.77 µg/ml	Ginseng	< 5.00 µg/ml
Baobab	< 5.00 µg/ml	Guarana	< 5.00 µg/ml
Aloe	< 5.00 µg/ml	Almond milk	25.53 µg/ml
Greater burdock root	< 5.00 µg/ml	Nori	7.94 µg/ml
Aronia	< 5.00 µg/ml	Chia seed	18.62 µg/ml
Safflower oil	< 5.00 µg/ml	Yacón root	< 5.00 µg/ml
Chlorella	22.67 µg/ml	Spirulina	8.38 µg/ml
Ginkgo	8.28 µg/ml	Dandelion root	< 5.00 µg/ml
Maca root	< 5.00 µg/ml	Mealworm	18.01 µg/ml
Migratory locust	17.02 µg/ml	Wakame	8.01 µg/ml
Tapioca	< 5.00 µg/ml		

Coffee & Tea

Tea, black	6.97 µg/ml	Chamomile	< 5.00 µg/ml
Tea, green	6.87 µg/ml	Peppermint	14.50 µg/ml
Coffee	< 5.00 µg/ml	Moringa	12.61 µg/ml
Hibiscus	< 5.00 µg/ml	Cocoa	< 5.00 µg/ml
Jasmine	< 5.00 µg/ml		

Others

Agar Agar	13.35 µg/ml	Cane sugar	14.59 µg/ml
Honey	10.38 µg/ml	Brewer's yeast	9.24 µg/ml
Aspergillus niger	18.78 µg/ml	Elderflower	< 5.00 µg/ml
Hops	< 5.00 µg/ml	M-Transglutaminase, meat glue	31.25 µg/ml
Baker's yeast	< 5.00 µg/ml		

CCD

Human Lactoferrin	5.03 µg/ml

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* Molecular Antigen

FOX - Number of tested food sources 283

MILK & EGG 17

Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk

MEAT 14

Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison

FISH & SEAFOOD 37

Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, European anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Noble crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam

CEREALS & SEEDS 29

Amaranth, Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten, Wheat bran, Wheatgrass

NUTS 13

Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut

LEGUMES 10

Chickpea, Green bean, Lentil, Mung bean, Peanut, Pea, Soy, Sugar pea, Tamarind, White bean

FRUITS 36

Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon

VEGETABLES 51

Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Pok-Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, White Asparagus, White cabbage, Wild garlic, Zucchini

SPICES 31

Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosmary, Sage, Tarragon, Thyme, Turmeric, Vanilla

EDIBLE MUSHROOMS 6

Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom

NOVEL FOODS 21

Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root

COFFEE & TEA 9

Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green

OTHERS 9

Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

* Molecular Antigen

Interpretation Summary

Milk & Eggs

Buffalo's milk

Your IgG level for buffalo's milk is 10.6 µg/ml.

Associated food intolerance symptoms after consuming buffalo's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buffalo's milk include dairy products like butter, yogurt, cheese (e.g., mozzarella), and ice cream.

Possible alternatives for buffalo's milk include camel's milk, goat's milk, and cow's milk for animal-derived sources. Plant-based alternatives include soy milk, coconut milk, almond milk, and rice milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Buttermilk

Your IgG level for buttermilk is 36.28 µg/ml.

Associated food intolerance symptoms after consuming buttermilk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing buttermilk include biscuits, cakes, mashed potatoes, soups, fried chicken, hamburger buns, cornbread, ranch dressing, smoothies, pancakes, ice cream, and cream cheese.

Possible alternatives (non-dairy) for buttermilk include soy-based options such as a combination of soy milk and acid (e.g., lemon juice or vinegar), vegan sour cream and water, or unsweetened plant milk (e.g., coconut, almond, or cashew) and acid (e.g., lemon juice or vinegar).

Camembert

Your IgG level for camembert is 24.67 µg/ml.

Associated food intolerance symptoms after consuming camembert include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing camembert are salads, cheese boards, burgers. Camembert is often served in French cuisine.

Possible alternatives (non-dairy) for camembert include substitutes based on cashews.

Cottage cheese

Your IgG level for cottage cheese is 33.96 µg/ml.

Associated food intolerance symptoms after consuming cottage cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cottage cheese include breakfast bowls, dips, pancakes, egg dishes, pasta dishes, and sandwiches.

Possible alternatives (non-dairy) for cottage cheese include firm tofu (crumbled) or substitutes based on cashews.

Cow's milk

Your IgG level for cow's milk is 25.69 µg/ml.

Associated food intolerance symptoms after consuming cow's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereals, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

* Molecular Antigen

Emmental

Your IgG level for emmental is 21.92 µg/ml.

Associated food intolerance symptoms after consuming emmental include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmental cheese include gratins, cheese fondues, cheese puffs, soups, pizza, and cheese boards.

Possible alternatives (non-dairy) for emmental cheese are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Goat cheese

Your IgG level for goat cheese is 19.06 µg/ml.

Associated food intolerance symptoms after consuming goat cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing goat cheese include salads, pizza, savory tarts, sandwiches, as a garnish on pasta, desserts, and cheese boards.

Possible alternatives (non-dairy) for goat cheese include tofu and cashew cheese.

Goat's milk

Your IgG level for goat's milk is 18.13 µg/ml.

Associated food intolerance symptoms after consuming goat's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing goat's milk include dairy products such as cheese, butter, ice cream, yogurt, and cajeta.

Possible alternatives for goat's milk include cow's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Gouda

Your IgG level for gouda is 25.47 µg/ml.

Associated food intolerance symptoms after consuming gouda include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gouda include cheese dips, gratins, soups, sandwiches, sauces, lasagna, pizza, and cheese boards.

Possible alternatives (non-dairy) for gouda are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Mozzarella

Your IgG level for mozzarella is 35.73 µg/ml.

Associated food intolerance symptoms after consuming mozzarella include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing mozzarella include pizza, lasagna, caprese salads, and fruit salads.

Possible alternatives (non-dairy) for mozzarella cheese are vegan cheese substitutes based on cashew nuts or rice milk.

Parmesan

Your IgG level for parmesan is 22.1 µg/ml.

Associated food intolerance symptoms after consuming parmesan include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing parmesan include pizza, lasagne, pasta dishes, chicken ceasar salads, soups, and cheese boards.

Possible alternatives (non-dairy) for parmesan includes substitutes based on soy and nutritional yeast.

Sheep cheese

Your IgG level for sheep cheese is 20.02 µg/ml.

Associated food intolerance symptoms after consuming sheep cheese include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

* Molecular Antigen

Food products and dishes typically containing sheep cheese include popular cheeses such as feta (Greek), ricotta (Italian), and roquefort (French).

Possible alternatives (non-dairy) for sheep cheese are tofu and cashew cheese.

Sheep's milk

Your IgG level for sheep's milk is 24.63 µg/ml.

Associated food intolerance symptoms after consuming sheep's milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sheep's milk include dairy products such as cheeses (e.g., feta, ricotta, roquefort), yogurt, butter, and ice cream.

Possible alternatives for sheep milk include cow's milk, camel's milk, goat's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Meat

Boar

Your IgG level for boar is 10.53 µg/ml.

Associated food intolerance symptoms after consuming boar include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing boar include stews, ragouts, roasts, and sausages.

Possible alternatives for boar include beef, as well as plant-based meat substitute products.

Horse

Your IgG level for horse is 13.66 µg/ml.

Associated food intolerance symptoms after consuming horse include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing horse include stews, roasts, sausages, and meatloaf.

Possible alternatives for horse include venison and beef.

Stag

Your IgG level for stag is 16.18 µg/ml.

Associated food intolerance symptoms after consuming stag include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing stag include stews, roasts, sausages, hamburgers, and meatloaf.

Possible alternatives for stag include veal, venison, and beef.

Veal

Your IgG level for veal is 13.5 µg/ml.

Associated food intolerance symptoms after consuming veal include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing veal include stews, sausages, roasts, as well as classic Wiener Schnitzel.

Possible alternatives for veal include pork, beef, lamb, or goat.

Venison

Your IgG level for venison is 10.24 µg/ml.

Associated food intolerance symptoms after consuming venison include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing venison include stews, roasts, sausages, hamburgers, and meatloaf.

Possible alternatives for venison include veal and beef.

Fish & Seafood

Abalone

Your IgG level for abalone is 20.1 µg/ml.

Associated food intolerance symptoms after consuming abalone include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing abalone include stews, soups, sautées, stir frys, salads, and savory pies.

Possible alternatives for abalone include clams, scallops, oysters, mussels, and squid.

Cockle

Your IgG level for cockle is 12.48 µg/ml.

Associated food intolerance symptoms after consuming cockle include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cockles include seafood pies, paellas, soups, stews, pasta dishes, and salads.

Possible alternatives for cockles include mussels and oysters, as well as king oyster mushrooms as a plant-based substitute.

Common mussel

Your IgG level for common mussel is 16.29 µg/ml.

Associated food intolerance symptoms after consuming common mussel include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing common mussels include seafood pies, paellas, soups, stews, pasta dishes, and salads.

Possible alternatives for common mussels include cockles and oysters, as well as king oyster mushrooms as a plant-based substitute.

Crab

Your IgG level for crab is 13.81 µg/ml.

Associated food intolerance symptoms after consuming crab include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Possible alternatives for crabs include Alaskan pollock, as well as tempeh and jackfruits as plant-based substitutes.

Food products and dishes typically containing crab include soups, stews, crab cakes, salads, and sandwiches.

Hake

Your IgG level for hake is 15.86 µg/ml.

Associated food intolerance symptoms after consuming hake include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing hake include fish tacos, bakes, paellas, sandwiches, stews, and savory pies.

Possible alternatives for hake include haddock, cod, pollack, stripped bass, and grouper. Tofu, banana blossom, and jackfruit can serve as vegan substitutes with similar texture.

Noble crayfish

Your IgG level for noble crayfish is 20.23 µg/ml.

Associated food intolerance symptoms after consuming noble crayfish include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing noble crayfish include pot pies, pasta dishes, sandwiches, salads, sautées, and stir frys.

Possible alternatives for noble crayfish include monkfish, lobster, crayfish, crab, scallops, shrimp, and clams, as well as king oyster mushrooms and hearts of palm as plant-based substitutes.

Oyster

Your IgG level for oyster is 12.3 µg/ml.

Associated food intolerance symptoms after consuming oyster include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing oyster include stews, soups, sautées, stir frys, salads, and savory pies.

Possible alternatives for oyster include abalone, clams, scallops, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Razor shell

Your IgG level for razor shell is 17.23 µg/ml.

Associated food intolerance symptoms after consuming razor shell include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing razor shell include stews, soups, sautées, stir frys, salads, and savory pies.

Possible alternatives for razor shell include oyster, abalone, clams, scallops, oysters, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Scallop

Your IgG level for scallop is 14.96 µg/ml.

Associated food intolerance symptoms after consuming scallop include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing scallops include stews, soups, sautées, stir frys, salads, and savory pies.

Possible alternatives for scallops include oyster, abalone, clams, oysters, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Shrimp mix

Your IgG level for shrimp mix is 19.9 µg/ml.

Associated food intolerance symptoms after consuming shrimp mix include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing shrimp mix include pot pies, pasta dishes, sandwiches, salads, sautées, and stir frys.

Possible alternatives for shrimp mix include monkfish, lobster, crayfish, crab, scallops, and clams, as well as king oyster mushrooms and hearts of palm as plant-based substitutes.

Sole

Your IgG level for sole is 11.74 µg/ml.

Associated food intolerance symptoms after consuming sole include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sole include fish tacos, bakes, paellas, sandwiches, stews, and savory pies.

Possible alternatives for sole include haddock, pollack, stripped bass, hake, and grouper. Tofu, banana blossom, and jackfruit can serve as vegan substitutes with similar texture.

Squid

Your IgG level for squid is 18.54 µg/ml.

Associated food intolerance symptoms after consuming squid include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing squid include soups, paellas, stews, stir frys, and savory pies.

Possible alternatives for squid include octopus, shrimp, and tuna, as well as king oyster mushrooms and hearts of palm as plant-based substitutes.

Venus clam

Your IgG level for venus clam is 19.2 µg/ml.

Associated food intolerance symptoms after consuming venus clam include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing venus clams include stews, soups, sautées, stir frys, salads, and savory pies.

Possible alternatives for venus clams include scallops, oyster, abalone, mussels, and squid, as well as king oyster mushrooms as a plant-based substitute.

Cereals & Seeds

Buckwheat

Your IgG level for buckwheat is 15.15 µg/ml.

Associated food intolerance symptoms after consuming buckwheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

* Molecular Antigen

Food products and dishes typically containing buckwheat or buckwheat flour include Kasha bread, buckwheat pancakes, Japanese soba noodles, Middle Eastern tabbouleh, buckwheat tea, and buckwheat whisky.

Possible alternatives for buckwheat include barley, amaranth, corn, millet, quinoa, teff, wild rice, and sorghum.

Durum

Your IgG level for durum is 13.71 µg/ml.

Associated food intolerance symptoms after consuming durum include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing durum wheat include semolina flour, pasta, couscous, breakfast cereals, puddings, bulgur, unleavened bread, and pizza dough.

Possible alternatives to durum flour (semolina) include all-purpose flour, amaranth flour, corn semolina, garbanzo flour, quinoa flour, and rice flour.

Einkorn

Your IgG level for einkorn is 12.79 µg/ml.

Associated food intolerance symptoms after consuming einkorn include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing einkorn or einkorn flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to einkorn flour include spelt flour, amaranth flour, emmer flour, barley flour, and rice flour.

Emmer

Your IgG level for emmer is 20.67 µg/ml.

Associated food intolerance symptoms after consuming emmer include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing emmer or emmer flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to emmer flour include spelt flour, einkorn flour, amaranth flour, barley flour, and rice flour.

Gluten

Your IgG level for gluten is 22.01 µg/ml.

Associated food intolerance symptoms after consuming gluten include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, graham flour, rye, barley), bread, pittas, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as triticum vulgare (wheat), triticale (cross between wheat and rye), hordeum vulgare (barley), secale cereale (rye), and triticum spelta (spelt).

Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

Oat

Your IgG level for oat is 20.41 µg/ml.

Associated food intolerance symptoms after consuming oats include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing oats and oat flour include oatmeal, porridge, oat milk, cereal, granola, flapjacks, cookies, breads, cakes, and oat bran.

Possible alternatives for oats include sorghum, millet, corn, polenta, and rice.

Quinoa

Your IgG level for quinoa is 18.09 µg/ml.

Associated food intolerance symptoms after consuming quinoa include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

* Molecular Antigen

Food products and dishes typically containing quinoa are salads, granola bars, risottos, soups, and non-meat burger patties.

Possible alternatives for quinoa include barley, buckwheat, amaranth, corn, millet, teff, wild rice, and sorghum.

Rapeseed

Your IgG level for rapeseed is 13.34 µg/ml.

Associated food intolerance symptoms after consuming rapeseed include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing rapeseeds include rapeseed oil.

Possible alternatives for rapeseed oil include canola oil, olive oil, avocado oil, and pumpkin seed oil.

Rye

Your IgG level for rye is 19.9 µg/ml.

Associated food intolerance symptoms after consuming rye include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing rye and rye flour include sandwich bread, crisp bread, pretzels, crackers, as well as rye whiskey and rye beer.

Possible alternatives for rye and rye flour include barley and barley flour.

Sesame

Your IgG level for sesame is 17.89 µg/ml.

Associated food intolerance symptoms after consuming sesame include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing sesame seeds and sesame oil include bagels, bread, breadsticks, hamburger buns, bread crumbs, cereal, crackers, hummus, tahini, baba ghanoush, dressings, marinades, sauces, falafel, hummus, processed meats and sausages, energy bars, sushi, tempeh, vegetarian burgers, and a lot of Asian cuisine. On food labels, sesame may be referred to as benne, benne seed, benniseed, gingelly, gingelly oil, gomasio, halvah, sesame flour, sesame oil, sesame paste, sesame salt, sesame seed, sesamol, sesamum indicum, sesemolina, sim sim, tahini, tahina, tehina, and til.

Possible alternatives for sesame seeds include poppy seeds and flax seeds. Sesame oil can be substituted with perilla oil, walnut oil, olive oil, canola oil, and avocado oil.

Spelt

Your IgG level for spelt is 12.97 µg/ml.

Associated food intolerance symptoms after consuming spelt include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing spelt and spelt flour include bread, muffins, pancake mix, cookies, risotto, and stews.

Possible alternatives for spelt flour include einkorn flour, amaranth flour, buckwheat flour, barley flour, and rice flour.

Wheat

Your IgG level for wheat is 15.39 µg/ml.

Associated food intolerance symptoms after consuming wheat include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, buiscuits, couscous, crackers, crumpets, durum, einkorn, emmer, farina, farro, kamut, malt, seitan, semolina, scones, pancakes, pizza, pasta, and pastries. On food labels, wheat may be referred to as bromated flour, cereal extract, cracker meal, hydrolyzed vegatable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artifical flavoring, caramel color, dextrin, food starch, glucose syrup, maltodextrin, soy sauce, surimi, textured vegetable protein, and vegetable gum.

Possible alternatives for wheat include amaranth, buckwheat, millet, quinoa, and teff.

Wheat gliadin

Your IgG level for wheat gliadin is 18.5 µg/ml.

Associated food intolerance symptoms after consuming wheat gliadin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing gliadin include major sources of gluten such as bread, pasta, pizza, dressing, and sauces, as well as barley, rye, and oats.

* Molecular Antigen

Possible alternatives for wheat gliadin products include amaranth, millet, buckwheat, and quinoa.

Nuts

Almond

Your IgG level for almond is 39.02 µg/ml.

Associated food intolerance symptoms after consuming almonds include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing almonds, ground almonds, or almond flour include cakes, breads, biscuits, confectionary, ice cream, marzipan, and liqueurs such as Amaretto.

Possible alternatives for almonds include hazelnuts, Brazil nuts, cashews, and unsalted pistachios. Unsalted pumpkin and sunflower seeds, granola, or oatmeal can function als nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

Cashew

Your IgG level for cashew is 20.25 µg/ml.

Associated food intolerance symptoms after consuming cashews include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cashews include pesto, cakes, muesli, confectionary, ice cream, and chocolate. Indian, Chinese, and Thai cuisine frequently uses cashews in their dishes.

Possible alternatives for cashews include pine nuts, almonds, walnuts, and hazelnuts. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for cashew butter.

Coconut

Your IgG level for coconut is 12.64 µg/ml.

Associated food intolerance symptoms after consuming coconut include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing coconut, shredded coconut, coconut flakes, or coconut oil include candy bars, cookies, pies, yogurts, ice cream, granola, smoothies, and cocktails.

Possible alternatives for coconut or shredded coconut include ground or chopped nuts (e.g., almonds, hazelnuts, walnuts, etc.).

Hazelnut

Your IgG level for hazelnut is 12.6 µg/ml.

Associated food intolerance symptoms after consuming hazelnuts include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing hazelnuts include biscuits, cakes, pastries, chocolate, chocolate spreads, confectionary, cereal, and bread.

Possible alternatives for hazelnuts include almonds, macadamia nuts, walnuts, and cashews. Oats, unsalted sunflower and pumpkin seeds, and raisins can be used as nut-free substitutes in baking.

Macadamia

Your IgG level for macadamia is 12.75 µg/ml.

Associated food intolerance symptoms after consuming macadamia nuts include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing macadamia nuts include biscuits, cakes, pastries, chocolate, confectionary, and cereal.

Possible alternatives for macadamia nuts include Brazil nuts, cashews, almonds, pecan nuts, and walnuts. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

Pecan nut

Your IgG level for pecan nut is 12.29 µg/ml.

Associated food intolerance symptoms after consuming pecan nuts include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing pecan nuts include pies, pastries, cakes, chocolate, cookies, and salads.

* Molecular Antigen

Possible alternatives for pecan nuts include walnuts, hazelnuts, cashews, and pistachios. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

Pine nut

Your IgG level for pine nut is 10.15 µg/ml.

Associated food intolerance symptoms after consuming pine nuts include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing pine nuts include pesto sauces, salads, cakes, biscuits, confectionary, and ice cream.

Possible alternatives for pine nuts include cashews, toasted almonds, and pistachios. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

Walnut

Your IgG level for walnut is 13.75 µg/ml.

Associated food intolerance symptoms after consuming walnuts include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing walnuts include pesto sauces, salads, cakes, biscuits, confectionary, and ice cream.

Possible alternatives for walnuts include hazelnuts and almonds. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

Legumes

Peanut

Your IgG level for peanut is 15.85 µg/ml.

Associated food intolerance symptoms after consuming peanuts include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing peanuts include peanut butter, peanut oil, baked goods (e.g., cookies, candy, pastries, pie crusts), ice cream, cereals, granola, trail mix, chili, soups, energy bars, vegetarian burgers, salads, and salad dressing. Peanuts are often used in African and Asian cuisine.

Possible alternatives for peanuts include beans (e.g., chickpea, black, pinto, lima, fava) and lentils as sources for protein and fiber. As a snack, peanuts can be replaced by different seeds (e.g., pumpkin, sunflower), roasted soybeans and roasted chickpeas. Peanut oil for cooking can be replaced by canola oil, sunflower oil, vegetable oil, walnut oil, almond oil, and safflower oil.

Fruits

Blueberry

Your IgG level for blueberry is 13.92 µg/ml.

Associated food intolerance symptoms after consuming blueberry include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing blueberries include pastries (e.g., tarts, pies, crumbles, muffins, cakes, etc.), jams, milkshakes, compotes, smoothies, and salads.

Possible alternatives for blueberries include acai, blackberries, huckleberries, raspberries, currants, grapes, and gooseberries.

Cherry

Your IgG level for cherry is 21.97 µg/ml.

Associated food intolerance symptoms after consuming cherry include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cherries include pastries (e.g., pies, tarts, cakes, cobblers, etc.), ice cream, juice, compotes, and in trail mix (dried).

Possible alternatives for cherries in baking include plums, apricots, and nectarines.

Elderberry

Your IgG level for elderberry is 18.46 µg/ml.

Associated food intolerance symptoms after consuming elderberry include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

* Molecular Antigen

Food products and dishes typically containing elderberries include jams, liqueurs, and pies. Please note: Raw elderberries, as well as the seeds, leaves, and bark of the elderberry tree are poisonous!

Possible alternatives for elderberries include black currants and cranberries.

Fig

Your IgG level for fig is 17.03 µg/ml.

Associated food intolerance symptoms after consuming fig include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing figs include jams, salads, and pastries (e.g., tarts, pies, etc.).

Possible alternatives for figs include pears, nectarines, apricots, dried dates, dried prunes, and raisins.

Melon

Your IgG level for melon is 12.99 µg/ml.

Associated food intolerance symptoms after consuming melon include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing melons include salads, juices, smoothies, and sodas.

Possible alternatives for melons include pineapples, strawberries, and pears.

Pineapple

Your IgG level for pineapple is 29.68 µg/ml.

Associated food intolerance symptoms after consuming pineapple include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing pineapple include salads, chutneys, relishes, marinades, juices, smoothies and cocktails.

Possible alternatives for pineapples include green apples and oranges.

Strawberry

Your IgG level for strawberry is 12.78 µg/ml.

Associated food intolerance symptoms after consuming strawberry include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing strawberries include pastries (e.g., cakes, tarts, muffins, etc.), jams, salads, juices, smoothies, and cocktails.

Possible alternatives for strawberries include kiwis, figs, rhubarb, and raspberries.

Watermelon

Your IgG level for watermelon is 10.89 µg/ml.

Associated food intolerance symptoms after consuming watermelon include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing watermelons include salads, juices, smoothies, and sodas.

Possible alternatives for watermelons include pineapples, strawberries, and pears.

Vegetables

Nettle leaves

Your IgG level for nettle leaves is 12.63 µg/ml.

Associated food intolerance symptoms after consuming nettle leaves include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing nettle leaves include pestos, pasta dishes, soups, sautées, and tea.

Possible alternatives for nettles leaves in cooking include spinach.

Onion

Your IgG level for onions is 13.42 µg/ml.

Associated food intolerance symptoms after consuming onions include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

* Molecular Antigen

Food products and dishes typically containing onions include soups, salads stews, stir frys, quiches, sautées, sauces, roasts, and many more.

Possible alternatives for onions include shallots, leeks, fennel, and celery.

Potato

Your IgG level for potato is 14.783999999999999 µg/ml.

Associated food intolerance symptoms after consuming potato include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing potatoes include soups, salads, stews, pancakes, dumplings, gratins, casseroles, mashes, roasts, crisps, gnocchi, empanadas, and many more.

Possible alternatives for potatoes include cauliflower, kohlrabi, and butternut squash.

Pumpkin hokkaido

Your IgG level for hokkaido pumpkin is 16.2 µg/ml.

Associated food intolerance symptoms after consuming hokkaido pumpkin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing hokkaido pumpkin include soups, risottos, salads, and curries.

Possible alternatives for hokkaido pumpkin include butternut pumpkin, sweet potatoes and carrots.

Tomato

Your IgG level for tomato is 12.229 µg/ml.

Associated food intolerance symptoms after consuming tomato include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing tomatoes include sauces, pasta dishes, salads, stews, soups, dips, chutneys, salsa, and jams.

Possible alternatives for tomato include red bell peppers and olives.

Wild garlic

Your IgG level for wild garlic is 12.18 µg/ml.

Associated food intolerance symptoms after consuming wild garlic include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing wild garlic include pestos, soups, sauces, quiches, and salads.

Possible alternatives for wild garlic include scallions, spring onions, and regular garlic.

Spices

Anise

Your IgG level for anise is 10.64 µg/ml.

Associated food intolerance symptoms after consuming anise include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using anise as a flavoring agent include alcohols and liqueurs (e.g. anisette, ouzo, sambuca, absinthe), tea, coffee, hot chocolate, baked goods, pies, and ground meat.

Possible alternatives for anise include fennel seeds.

Cumin

Your IgG level for cumin is 11.84 µg/ml.

Associated food intolerance symptoms after consuming cumin include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using cumin as a flavoring agent include Indian curries, Middle Eastern specialities like hummus, and Mexican dishes like fajitas. Cumin is usually paired with meat, such as beef and pork.

Possible alternatives for cumin include ground coriander, caraway seeds, chili powder, or fennel seeds.

Fenugreek

Your IgG level for fenugreek is 10.05 µg/ml.

* Molecular Antigen

Associated food intolerance symptoms after consuming fenugreek include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using fenugreek (fresh and dried) as a flavoring agent include sauces, curries, vegetable dishes, and soups. Fenugreek is a component of the Indian spice blend garam masala and Indian five-spice, which are both used as dry rubs for meat.

Possible alternatives for fenugreek seeds include mustard seeds.

Thyme

Your IgG level for thyme is 14.38 µg/ml.

Associated food intolerance symptoms after consuming thyme include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes using thyme as a flavoring agent include soups, sauces, stews, braises, potato dishes, and fresh bread.

Possible alternatives for thyme include oregano, marjoram, and basil.

Edible Mushrooms

Boletus

Your IgG level for boletus (porcini) is 11.46 µg/ml.

Associated food intolerance symptoms after consuming boletus (porcini) mushrooms include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing porcini mushrooms include soups, pasta, sautées, stir frys, and risotto.

Possible alternatives for porcini mushrooms include shiitake mushrooms, white mushrooms or zucchini.

White mushroom

Your IgG level for white mushroom is 14.62 µg/ml.

Associated food intolerance symptoms after consuming white mushrooms include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing white mushrooms include soups, sautées, and stir frys.

Possible alternatives for white mushrooms include shiitake mushrooms, eggplant, and zucchini.

Novel Foods

Almond milk

Your IgG level for almond milk is 25.53 µg/ml.

Associated food intolerance symptoms after consuming almond milk include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Almond milk is a plant-based substitute for cow's milk and is used for cooking porridge, oatmeal, cream-based soups, creamy sauces, gravies, as a coffee creamer, smoothies, ice creams, and other desserts.

Possible alternatives (plant-based) to almond milk include oat milk, rice milk, coconut milk, soy milk, hemp milk, and cashew milk.

Chia seed

Your IgG level for chia seed is 18.62 µg/ml.

Associated food intolerance symptoms after consuming chia seed include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Chia seeds are known for having a lot of fiber and omega-3 fatty acids. Food products and dishes commonly containing chia seeds include smoothies, juices, yogurts, oatmeal, salads and baked goods.

Possible alternatives for chia seeds are line seeds (also known as flax seeds), oat bran, and quinoa.

Chlorella

Your IgG level for chlorella is 22.67 µg/ml.

Associated food intolerance symptoms after consuming chlorella include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Chlorella is a type of algae and a good source of protein, fats, carbohydrates, fiber, vitamins, and minerals. Chlorella powder can be added to juices and smoothies.

* Molecular Antigen

Possible alternatives for chlorella include spirulina (another type of algae), raw organic manuka honey, acai berry powder, ground flax seed meal, and goji berries.

House cricket

Your IgG level for house cricket is 23.77 µg/ml.

Associated food intolerance symptoms after consuming house cricket include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Crickets are edible insects high in protein and many other nutrients, and are consumed as snacks in several African and Southeast Asian countries.

Possible alternatives for crickets are other edible insects such as grasshoppers and mealworms.

Mealworm

Your IgG level for mealworm is 18.01 µg/ml.

Associated food intolerance symptoms after consuming mealworm include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Mealworms are edible insects high in protein and fat. They can be eaten raw, pan-fried, or dry-roasted.

Possible alternatives for mealworms are other edible insects such as crickets and grasshoppers.

Migratory locust

Your IgG level for migratory locust is 17.02 µg/ml.

Associated food intolerance symptoms after consuming migratory locust include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Migratory locusts (European grasshoppers) are edible insects high in protein, zinc, and iron. Locusts are mostly eaten in Mexico, Australia, Israel, Kuwait, and Nairobi.

Possible alternatives for migratory locusts are other edible insects such as crickets and mealworms.

Coffee & Tea

Moringa

Your IgG level for moringa is 12.61 µg/ml.

Associated food intolerance symptoms after consuming moringa include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Drinks typically containing moringa include moringa tea, caffeine-free lattes, and smoothies.

Possible alternatives for moringa include matcha.

Peppermint

Your IgG level for peppermint is 14.5 µg/ml.

Associated food intolerance symptoms after consuming peppermint include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Drinks typically containing peppermint include peppermint tea and alcoholic beverages (cocktails).

Possible alternatives for peppermint tea include chamomile tea and spearmint tea.

Other

Agar agar

Your IgG level for agar agar is 13.35 µg/ml.

Associated food intolerance symptoms after consuming agar agar include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing agar agar include doughnuts, jams, jellies, cheese, puddings, gelatin fruit desserts, meat products, icings, canned soups, and ice cream.

Possible alternatives for agar agar include cornstarch.

Aspergillus niger (black mold)

Your IgG level for aspergillus niger (black mold) is 18.78 µg/ml.

* Molecular Antigen

Associated symptoms after consumping or exposure to aspergillus niger include fever, coughing, worsening of asthma symptoms, wheezing, shortness of breath, and fatigue.

Aspergillus niger grows on foods like breads, vegetables, dried fruits, and nuts, as well as in composts, organic waste bins, potting soil, and behind wallpaper and old upholstery.

It is nearly impossible to completely avoid exposure to aspergillus niger. Intolerant patients should check the foods they are consuming for any signs of mold and stay away from places where they are likely to encounter mold, for example construction sites and compost piles.

Honey

Your IgG level for honey is 10.38 µg/ml.

Associated food intolerance symptoms after consuming honey include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing honey include sauces, salad dressings, meads, soups, and baked goods (e.g., breads, cookies, cakes, muffins, etc.).

Possible alternatives for honey include rice malt syrup, brown rice syrup, molasses, maple syrup, agave nectar, and golden syrup.

M-Transglutaminase (meat glue)

Your IgG level for M-Transglutaminase is 31.25 µg/ml.

Associated food intolerance symptoms after consuming M-Transglutaminase include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing M-Translgutaminase include sausages, ham, fish balls, chicken nuggets, and surimi.

Possible alternatives for M-Translgutaminase include gelatin and carrageenan (derived from seaweeds).

Cane sugar

Your IgG level for cane sugar is 14.59 µg/ml.

Associated food intolerance symptoms after consuming cane sugar include nausea, stomach pain, gas, cramps, bloating, vomiting, heartburn, diarrhea, headaches, irritability, and nervousness.

Food products and dishes typically containing cane sugar include syrups, jams, jellies, confectionary, candy, baked goods (cakes, muffins, cookies, etc.), juices, and many more.

Possible alternatives for cane sugar include honey, stevia, monk fruit, and tapioca syrup.

Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.

(The connection between food intake, elevated IgG levels and chronic disorders has been described in peer reviewed publications and case studies. Nonetheless this connection is still debated in the scientific community and a consensus has not been reached thus far.)

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