

Dummy Report

Patient ID:



Patient Name:



Date of Birth:



Sample Code:

 130008

QR-Code:

 80AGM278

Analysed on:

 30/1/2025

Tested Antigens:

 287

Test method:

 FOX

Doctor Information:

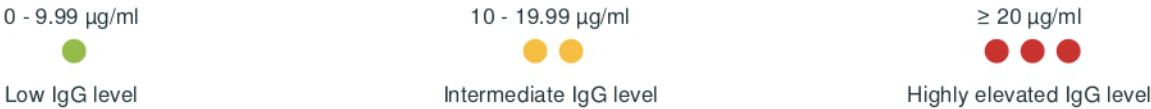
Additional Information:

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

Lab report: Overview of the IgG profile



Highest measured IgG concentration



Milk & Egg

Buttermilk	34.38 µg/ml		Cow's milk Bos d 8 * (Casein)	< 5.00 µg/ml	
Camembert	8.00 µg/ml		Buffalo milk	< 5.00 µg/ml	
Emmental	< 5.00 µg/ml		Camel milk	26.10 µg/ml	
Gouda	< 5.00 µg/ml		Goat cheese	19.00 µg/ml	
Cottage cheese	12.36 µg/ml		Goat milk	17.52 µg/ml	
Cow's milk	10.28 µg/ml		Quail egg	< 5.00 µg/ml	
Mozzarella	9.84 µg/ml		Egg white	13.75 µg/ml	
Parmesan	< 5.00 µg/ml		Egg yolk	< 5.00 µg/ml	
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	46.06 µg/ml		Sheep cheese	7.99 µg/ml	
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	< 5.00 µg/ml		Sheep milk	9.92 µg/ml	

Meat

Duck	< 5.00 µg/ml		Chicken	< 5.00 µg/ml	
Beef	< 5.00 µg/ml		Turkey	< 5.00 µg/ml	
Veal	< 5.00 µg/ml		Rabbit	< 5.00 µg/ml	
Venison	< 5.00 µg/ml		Lamb	< 5.00 µg/ml	
Goat	< 5.00 µg/ml		Ostrich	< 5.00 µg/ml	
Stag	< 5.00 µg/ml		Pork	< 5.00 µg/ml	
Horse	< 5.00 µg/ml		Boar	< 5.00 µg/ml	

Fish & Seafood

Caviar	< 5.00 µg/ml		Trout	< 5.00 µg/ml	
Eel	< 5.00 µg/ml		Oyster	< 5.00 µg/ml	
Noble crayfish	< 5.00 µg/ml		Northern prawn	< 5.00 µg/ml	
Cockle	< 5.00 µg/ml		Scallop	< 5.00 µg/ml	
Crab	< 5.00 µg/ml		Razor shell	< 5.00 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	< 5.00 µg/ml	
Northern pike	< 5.00 µg/ml		Salmon	< 5.00 µg/ml	
Atlantic cod	< 5.00 µg/ml		European pilchard	< 5.00 µg/ml	
Abalone	< 5.00 µg/ml		Turbot	< 5.00 µg/ml	
Lobster	< 5.00 µg/ml		Mackerel	< 5.00 µg/ml	
Shrimp mix	< 5.00 µg/ml		Atlantic redfish	< 5.00 µg/ml	



Squid	< 5.00 µg/ml	●	Sepia	< 5.00 µg/ml	●
Monkfish	< 5.00 µg/ml	●	Sole	< 5.00 µg/ml	●
Haddock	< 5.00 µg/ml	●	Gilt-head bream	< 5.00 µg/ml	●
Hake	< 5.00 µg/ml	●	Tuna	< 5.00 µg/ml	●
Common mussel	< 5.00 µg/ml	●	Swordfish	< 5.00 µg/ml	●
Octopus	< 5.00 µg/ml	●			

Cereals & Seeds

Amaranth	< 5.00 µg/ml	●	Pine nut	< 5.00 µg/ml	●
Oat	< 5.00 µg/ml	●	Rye	6.10 µg/ml	●
Rapeseed	< 5.00 µg/ml	●	Sesame	< 5.00 µg/ml	●
Hempseed	< 5.00 µg/ml	●	Wheat	14.89 µg/ml	●●
Quinoa (कीचुआ)	9.19 µg/ml	●	Wheat bran	10.69 µg/ml	●●
Pumpkin seed	< 5.00 µg/ml	●	Wheat gliadin Tri a Gliadin *	21.19 µg/ml	●●●
Buckwheat	< 5.00 µg/ml	●	Wheatgrass	< 5.00 µg/ml	●
Sunflower	< 5.00 µg/ml	●	Gluten	25.77 µg/ml	●●●
Barley	< 5.00 µg/ml	●	Emmer	16.82 µg/ml	●●
Malt (barley)	< 5.00 µg/ml	●	Durum	11.78 µg/ml	●●
Linseed	< 5.00 µg/ml	●	Einkorn	9.21 µg/ml	●
Lupine seed	< 5.00 µg/ml	●	Polish wheat	7.10 µg/ml	●
Rice	< 5.00 µg/ml	●	Spelt	< 5.00 µg/ml	●
Millet	< 5.00 µg/ml	●	Corn	< 5.00 µg/ml	●
Poppyseed	< 5.00 µg/ml	●			

Nuts

Cashew (काजू)	14.47 µg/ml	●●	Hazelnut	< 5.00 µg/ml	●
Brazil nut	< 5.00 µg/ml	●	Tigernut	< 5.00 µg/ml	●
Pecan nut	< 5.00 µg/ml	●	Walnut	< 5.00 µg/ml	●
Sweet chestnut	< 5.00 µg/ml	●	Macadamia (मैकाडामिया)	< 5.00 µg/ml	●
Coconut milk	< 5.00 µg/ml	●	Pistachio	< 5.00 µg/ml	●
Coconut	16.97 µg/ml	●●	Almond	42.66 µg/ml	●●●
Kola nut	< 5.00 µg/ml	●			

Legumes

Peanut	< 5.00 µg/ml	●	Green bean	< 5.00 µg/ml	●
Chickpea	< 5.00 µg/ml	●	Pea	5.20 µg/ml	●
Soy	< 5.00 µg/ml	●	Sugar pea	< 5.00 µg/ml	●



Lentil	< 5.00 µg/ml	●	Tamarind	< 5.00 µg/ml	●
White bean	< 5.00 µg/ml	●	Mung bean	< 5.00 µg/ml	●

Fruits

Kiwi (कीवी)	< 5.00 µg/ml	●	Date	< 5.00 µg/ml	●
Pineapple	< 5.00 µg/ml	●	Physalis	< 5.00 µg/ml	●
Papaya (पपीता)	< 5.00 µg/ml	●	Apricot	< 5.00 µg/ml	●
Lime	< 5.00 µg/ml	●	Cherry	6.33 µg/ml	●
Lemon	< 5.00 µg/ml	●	Plum	< 5.00 µg/ml	●
Watermelon	< 5.00 µg/ml	●	Peach	< 5.00 µg/ml	●
Grapefruit	< 5.00 µg/ml	●	Nectarine	< 5.00 µg/ml	●
Tangerine	< 5.00 µg/ml	●	Pomegranate	< 5.00 µg/ml	●
Orange (संतरा)	< 5.00 µg/ml	●	Pear	< 5.00 µg/ml	●
Melon	< 5.00 µg/ml	●	Gooseberry	< 5.00 µg/ml	●
Fig	37.45 µg/ml	●●●	Red currant	< 5.00 µg/ml	●
Strawberry	< 5.00 µg/ml	●	Blackberry	< 5.00 µg/ml	●
Lychee	< 5.00 µg/ml	●	Raspberry	< 5.00 µg/ml	●
Apple	< 5.00 µg/ml	●	Elderberry	< 5.00 µg/ml	●
Mango (आम)	< 5.00 µg/ml	●	Blueberry	< 5.00 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	< 5.00 µg/ml	●	Endive	< 5.00 µg/ml	●
Leek	< 5.00 µg/ml	●	Radicchio	< 5.00 µg/ml	●
Garlic	26.06 µg/ml	●●●	Chicorée	< 5.00 µg/ml	●
Chives	< 5.00 µg/ml	●	Pumpkin Butternut	< 5.00 µg/ml	●
Wild garlic	< 5.00 µg/ml	●	Pumpkin Hokkaido	< 5.00 µg/ml	●
Celery Bulb	< 5.00 µg/ml	●	Kiwano	< 5.00 µg/ml	●
Celery Stalk	< 5.00 µg/ml	●	Zucchini	< 5.00 µg/ml	●
Horseradish	< 5.00 µg/ml	●	Cucumber	< 5.00 µg/ml	●
White asparagus	< 5.00 µg/ml	●	Artichoke	< 5.00 µg/ml	●
Bamboo sprouts	< 5.00 µg/ml	●	Carrot	< 5.00 µg/ml	●
Chard	< 5.00 µg/ml	●	Arugula	< 5.00 µg/ml	●
Red beet	< 5.00 µg/ml	●	Fennel (bulb)	< 5.00 µg/ml	●



Cabbage	< 5.00 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 (जैतून)	< 5.00 µg/ml	●
Brussels sprouts	< 5.00 µg/ml	●	Parsnip	< 5.00 µg/ml	●
Kohlrabi	< 5.00 µg/ml	●	Avocado (एवोकाडो)	< 5.00 µg/ml	●
Broccoli	< 5.00 µg/ml	●	Radish	< 5.00 µg/ml	●
Romanesco	< 5.00 µg/ml	●	Eggplant	< 5.00 µg/ml	●
Red cabbage	< 5.00 µg/ml	●	Potato	< 5.00 µg/ml	●
Green cabbage	< 5.00 µg/ml	●	Tomato	< 5.00 µg/ml	●
Savoy	< 5.00 µg/ml	●	Spinach	< 5.00 µg/ml	●
Turnip	< 5.00 µg/ml	●	Nettle leaves	< 5.00 µg/ml	●
Pok-Choi	< 5.00 µg/ml	●	Lamb's lettuce	< 5.00 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	< 5.00 µg/ml	●
Paprika (लाल मिर्च)	< 5.00 µg/ml	●	Majoram	< 5.00 µg/ml	●
Cayenne pepper	< 5.00 µg/ml	●	Oregano (ओरिगैनो)	< 5.00 µg/ml	●
Chili (red)	< 5.00 µg/ml	●	Parsley	< 5.00 µg/ml	●
Caraway	< 5.00 µg/ml	●	Anise	< 5.00 µg/ml	●
Cinnamon	< 5.00 µg/ml	●	Pepper (black/white/green/red/yellow)	< 5.00 µg/ml	●
Curry	< 5.00 µg/ml	●	Rosmary	< 5.00 µg/ml	●
Coriander	< 5.00 µg/ml	●	Sage	< 5.00 µg/ml	●
Cumin	< 5.00 µg/ml	●	Mustard	< 5.00 µg/ml	●
Turmeric	< 5.00 µg/ml	●	Clove	< 5.00 µg/ml	●
Lemongrass	< 5.00 µg/ml	●	Thyme	< 5.00 µg/ml	●
Cardamom	< 5.00 µg/ml	●	Fenugreek	12.77 µg/ml	●●
Juniper berry	< 5.00 µg/ml	●	Vanilla	< 5.00 µg/ml	●
Bay leaf	< 5.00 µg/ml	●	Ginger	< 5.00 µg/ml	●
Nutmeg	< 5.00 µg/ml	●			

Edible Mushrooms

White mushroom	< 5.00 µg/ml	●	Enoki	< 5.00 µg/ml	●
Boletus	< 5.00 µg/ml	●	French horn mushroom	< 5.00 µg/ml	●
Chanterelle	< 5.00 µg/ml	●	Oyster mushroom	< 5.00 µg/ml	●



Novel Foods

House cricket	< 5.00 µg/ml	●	Ginseng	< 5.00 µg/ml	●
Baobab	< 5.00 µg/ml	●	Guarana	< 5.00 µg/ml	●
Aloe	< 5.00 µg/ml	●	Almond milk	14.00 µg/ml	●●
Greater burdock root	< 5.00 µg/ml	●	Nori	< 5.00 µg/ml	●
Aronia	< 5.00 µg/ml	●	Chia seed	< 5.00 µg/ml	●
Safflower oil	< 5.00 µg/ml	●	Yacón root	< 5.00 µg/ml	●
Chlorella	< 5.00 µg/ml	●	Spirulina	< 5.00 µg/ml	●
Ginkgo	< 5.00 µg/ml	●	Dandelion root	< 5.00 µg/ml	●
Maca root	< 5.00 µg/ml	●	Mealworm	< 5.00 µg/ml	●
Migratory locust	< 5.00 µg/ml	●	Wakame	< 5.00 µg/ml	●
Tapioca	< 5.00 µg/ml	●			

Coffee & Tea

Tea, black	< 5.00 µg/ml	●	Chamomile	< 5.00 µg/ml	●
Tea, green	< 5.00 µg/ml	●	Peppermint	5.54 µg/ml	●
Coffee	< 5.00 µg/ml	●	Moringa	< 5.00 µg/ml	●
Hibiscus	< 5.00 µg/ml	●	Cocoa	< 5.00 µg/ml	●
Jasmine	< 5.00 µg/ml	●			

Others

Agar Agar	7.32 µg/ml	●	Cane sugar	< 5.00 µg/ml	●
Honey	16.05 µg/ml	●●	Brewer's yeast	< 5.00 µg/ml	●
Aspergillus niger	5.11 µg/ml	●	Elderflower	< 5.00 µg/ml	●
Hops	< 5.00 µg/ml	●	M-Transglutaminase, meat glue	< 5.00 µg/ml	●
Baker's yeast	< 5.00 µg/ml	●			

CCD

Human Lactoferrin	< 5.00 µg/ml	●
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SAMPLED ON
30/1/2025

PRINTED ON
30/1/2025



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), Rosemary, 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



Interpretation Summary

दोषी भोजन का सेवन करने के बाद खाद्य असहिष्णुता से संबंधित लक्षणों में मतली, पेट दर्द, गैस, ऐंठन, सूजन, उल्टी, सीने में जलन, दस्त, सिरदर्द, चिड़चिड़ापन और घबराहट शामिल हैं।

Milk & Eggs

Buttermilk

Your IgG level for buttermilk is 34.38 µg/ml.

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).

Camel's milk

Your IgG level for camel's milk is 26.10 µg/ml.

Food products and dishes typically containing camel's milk include dairy products like butter, yogurt, and cheese.

Possible alternatives for camel's milk include buffalo'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 camel's milk.

Cottage cheese

Your IgG level for cottage cheese is 12.36 µg/ml.

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 10.28 µg/ml.

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.

Egg white

Your IgG level for egg white is 13.75 µg/ml.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovomucin, ovovitellin, or vitellin.

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavening agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Goat cheese

Your IgG level for goat cheese is 19.00 µg/ml.



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 17.52 µg/ml.

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 goat's milk.

Grains & Seeds

Durum

Your IgG level for durum is 11.78 µg/ml.

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.

Emmer

Your IgG level for emmer is 16.82 µg/ml.

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 25.77 µg/ml.

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.

Wheat

Your IgG level for wheat is 14.89 µg/ml.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, biscuits, 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 vegetable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artificial 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 bran

Your IgG level for wheat bran is 10.69 µg/ml.

Food products and dishes typically containing wheat bran include cereal, pancakes, muffins, and cookies.

Possible alternatives for wheat bran include oat bran.

Wheat gliadin

Your IgG level for wheat gliadin is 21.19 µg/ml.

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.



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

Nuts

Almond

Your IgG level for almond is 42.66 µg/ml.

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 14.47 µg/ml.

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 16.97 µg/ml.

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.).

Fruits

Fig

Your IgG level for fig is 37.45 µg/ml.

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.

Vegetables

Garlic

Your IgG level for garlic is 26.06 µg/ml.

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

Spices

Fenugreek

Your IgG level for fenugreek is 12.77 µg/ml.

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.

Novel Foods

Almond milk

Your IgG level for almond milk is 14.00 µg/ml.

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.

Other

Honey

Your IgG level for honey is 16.05 µg/ml.

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.

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.)