

PATIENT ID:


PATIENT NAME:


DATE OF BIRTH:


SAMPLE CODE:


QR-CODE:


ANALYSED ON:


TESTED ANTIGENS:
 287

TEST METHOD:
 FOX

REFERRING PHYSICIAN:

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	23.66 µg/ml	●●●	Cow's milk Bos d 8 * (Casein)	25.55 µg/ml	●●●
Camembert	32.22 µg/ml	●●●	Buffalo milk	14.80 µg/ml	●●
Emmental	18.10 µg/ml	●●	Camel milk	≤ 5.00 µg/ml	●
Gouda	35.76 µg/ml	●●●	Goat cheese	16.29 µg/ml	●●
Cottage cheese	38.11 µg/ml	●●●	Goat milk	18.81 µg/ml	●●
Cow's milk	21.64 µg/ml	●●●	Quail egg	≤ 5.00 µg/ml	●
Mozzarella	33.08 µg/ml	●●●	Egg white	35.98 µg/ml	●●●
Parmesan	29.25 µg/ml	●●●	Egg yolk	36.23 µg/ml	●●●
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	36.32 µg/ml	●●●	Sheep cheese	21.63 µg/ml	●●●
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	34.68 µg/ml	●●●	Sheep milk	15.84 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	20.16 µg/ml	●●●	Northern prawn	≤ 5.00 µg/ml	●
Cockle	≤ 5.00 µg/ml	●	Scallop	≤ 5.00 µg/ml	●
Crab	13.54 µg/ml	●●	Razor shell	6.04 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	7.12 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	7.42 µg/ml	●	Turbot	≤ 5.00 µg/ml	●
Lobster	≤ 5.00 µg/ml	●	Mackerel	≤ 5.00 µg/ml	●
Shrimp mix	19.41 µg/ml	●●	Atlantic redfish	≤ 5.00 µg/ml	●

Squid	≤ 5.00 µg/ml	●
Monkfish	≤ 5.00 µg/ml	●
Haddock	≤ 5.00 µg/ml	●
Hake	≤ 5.00 µg/ml	●
Common mussel	6.99 µg/ml	●
Octopus	≤ 5.00 µg/ml	●

Sepia	≤ 5.00 µg/ml	●
Sole	≤ 5.00 µg/ml	●
Gilt-head bream	≤ 5.00 µg/ml	●
Tuna	≤ 5.00 µg/ml	●
Swordfish	≤ 5.00 µg/ml	●

Cereals & Seeds

Amaranth	≤ 5.00 µg/ml	●
Oat	≤ 5.00 µg/ml	●
Rapeseed	≤ 5.00 µg/ml	●
Hempseed	≤ 5.00 µg/ml	●
Quinoa	≤ 5.00 µg/ml	●
Pumpkin seed	≤ 5.00 µg/ml	●
Buckwheat	≤ 5.00 µg/ml	●
Sunflower	≤ 5.00 µg/ml	●
Barley	≤ 5.00 µg/ml	●
Malt (barley)	8.42 µg/ml	●
Linseed	≤ 5.00 µg/ml	●
Lupine seed	≤ 5.00 µg/ml	●
Rice	≤ 5.00 µg/ml	●
Millet	≤ 5.00 µg/ml	●
Poppyseed	≤ 5.00 µg/ml	●

Pine nut	≤ 5.00 µg/ml	●
Rye	21.39 µg/ml	●●●
Sesame	≤ 5.00 µg/ml	●
Wheat	33.48 µg/ml	●●●
Wheat bran	28.29 µg/ml	●●●
Wheat gliadin Tri a Gliadin *	14.96 µg/ml	●●
Wheatgrass	≤ 5.00 µg/ml	●
Gluten	21.69 µg/ml	●●●
Emmer	11.87 µg/ml	●●
Durum	23.08 µg/ml	●●●
Einkorn	35.17 µg/ml	●●●
Polish wheat	24.32 µg/ml	●●●
Spelt	16.04 µg/ml	●●
Corn	≤ 5.00 µg/ml	●

Nuts

Cashew	≤ 5.00 µg/ml	●
Brazil nut	≤ 5.00 µg/ml	●
Pecan nut	≤ 5.00 µg/ml	●
Sweet chestnut	≤ 5.00 µg/ml	●
Coconut milk	5.39 µg/ml	●
Coconut	≤ 5.00 µg/ml	●
Kola nut	≤ 5.00 µg/ml	●

Hazelnut	≤ 5.00 µg/ml	●
Tigernut	≤ 5.00 µg/ml	●
Walnut	≤ 5.00 µg/ml	●
Macadamia	≤ 5.00 µg/ml	●
Pistachio	≤ 5.00 µg/ml	●
Almond	≤ 5.00 µg/ml	●

Legumes

Peanut	≤ 5.00 µg/ml	●
Chickpea	≤ 5.00 µg/ml	●
Soy	≤ 5.00 µg/ml	●

Green bean	≤ 5.00 µg/ml	●
Pea	≤ 5.00 µg/ml	●
Sugar pea	≤ 5.00 µg/ml	●

* Molecular Antigen

Lentil	≤ 5.00 µg/ml	●	Tamarind	≤ 5.00 µg/ml	●
White bean	5.14 µg/ml	●	Mung bean	≤ 5.00 µg/ml	●

Fruits

Kiwi	≤ 5.00 µg/ml	●	Date	≤ 5.00 µg/ml	●
Pineapple	38.91 µg/ml	●●●	Physalis	≤ 5.00 µg/ml	●
Papaya	≤ 5.00 µg/ml	●	Apricot	≤ 5.00 µg/ml	●
Lime	≤ 5.00 µg/ml	●	Cherry	≤ 5.00 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	≤ 5.00 µg/ml	●	Pear	≤ 5.00 µg/ml	●
Melon	≤ 5.00 µg/ml	●	Gooseberry	≤ 5.00 µg/ml	●
Fig	17.02 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	≤ 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	16.42 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	≤ 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	≤ 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	≤ 5.00 µg/ml	●	Majoram	≤ 5.00 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	≤ 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	8.78 µg/ml	●
Cardamom	≤ 5.00 µg/ml	●	Fenugreek	≤ 5.00 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	10.49 µg/ml	<div><div></div><div></div></div>	Ginseng	≤ 5.00 µg/ml	<div><div></div></div>
Baobab	≤ 5.00 µg/ml	<div><div></div></div>	Guarana	≤ 5.00 µg/ml	<div><div></div></div>
Aloe	≤ 5.00 µg/ml	<div><div></div></div>	Almond milk	≤ 5.00 µg/ml	<div><div></div></div>
Greater burdock root	≤ 5.00 µg/ml	<div><div></div></div>	Nori	≤ 5.00 µg/ml	<div><div></div></div>
Aronia	≤ 5.00 µg/ml	<div><div></div></div>	Chia seed	≤ 5.00 µg/ml	<div><div></div></div>
Safflower oil	≤ 5.00 µg/ml	<div><div></div></div>	Yacón root	≤ 5.00 µg/ml	<div><div></div></div>
Chlorella	≤ 5.00 µg/ml	<div><div></div></div>	Spirulina	≤ 5.00 µg/ml	<div><div></div></div>
Ginkgo	≤ 5.00 µg/ml	<div><div></div></div>	Dandelion root	≤ 5.00 µg/ml	<div><div></div></div>
Maca root	≤ 5.00 µg/ml	<div><div></div></div>	Mealworm	15.30 µg/ml	<div><div></div><div></div></div>
Migratory locust	17.66 µg/ml	<div><div></div><div></div></div>	Wakame	≤ 5.00 µg/ml	<div><div></div></div>
Tapioca	≤ 5.00 µg/ml	<div><div></div></div>			

Coffee & Tea

Tea, black	≤ 5.00 µg/ml	<div><div></div></div>	Chamomile	≤ 5.00 µg/ml	<div><div></div></div>
Tea, green	≤ 5.00 µg/ml	<div><div></div></div>	Peppermint	≤ 5.00 µg/ml	<div><div></div></div>
Coffee	≤ 5.00 µg/ml	<div><div></div></div>	Moringa	≤ 5.00 µg/ml	<div><div></div></div>
Hibiscus	≤ 5.00 µg/ml	<div><div></div></div>	Cocoa	≤ 5.00 µg/ml	<div><div></div></div>
Jasmine	≤ 5.00 µg/ml	<div><div></div></div>			

Others

Agar Agar	≤ 5.00 µg/ml	<div><div></div></div>	Cane sugar	≤ 5.00 µg/ml	<div><div></div></div>
Honey	5.11 µg/ml	<div><div></div></div>	Brewer's yeast	≤ 5.00 µg/ml	<div><div></div></div>
Aspergillus niger	≤ 5.00 µg/ml	<div><div></div></div>	Elderflower	≤ 5.00 µg/ml	<div><div></div></div>
Hops	≤ 5.00 µg/ml	<div><div></div></div>	M-Transglutaminase, meat glue	15.78 µg/ml	<div><div></div><div></div></div>
Baker's yeast	≤ 5.00 µg/ml	<div><div></div></div>			

CCD

Human Lactoferrin	≤ 5.00 µg/ml	<div><div></div></div>
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SAMPLED ON
16/05/2024

PRINTED ON
28/05/2024

**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

Interpretation Summary

Milk & Eggs

Buffalo's milk

Your IgG level for buffalo's milk is 14.8 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 23.66 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 32.22 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 38.11 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 21.64 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.

Egg white

Your IgG level for egg white is 35.98 µg/ml.

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

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 leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 36.23 µg/ml.

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

Food products and dishes containing egg yolks 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, and surimi. 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 yolks include soy lecithin (a byproduct of soybean oil). 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 leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Emmental

Your IgG level for emmental is 18.1 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 16.29 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 18.81 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 35.76 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 33.08 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 29.25 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 21.63 µg/ml.

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

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 15.84 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.

Fish & Seafood

Crab

Your IgG level for crab is 13.54 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.

Noble crayfish

Your IgG level for noble crayfish is 20.16 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 fries.

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.

Shrimp mix

Your IgG level for shrimp mix is 19.41 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 fries.

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.

Cereals & Seeds

Durum

Your IgG level for durum is 23.08 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 35.17 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 11.87 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 21.69 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.

Polish wheat

Your IgG level for Polish wheat is 24.32 µg/ml.

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

Food products and dishes typically containing Polish wheat and Polish wheat flour include pilafs, risottos, salads, breads, and baked goods.

Possible alternatives for Polish wheat flour include almond flour, buckwheat flour, sorghum flour, amaranth flour, teff flour, arrowroot flour, brown rice flour, and oat flour.

Rye

Your IgG level for rye is 21.39 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.

Spelt

Your IgG level for spelt is 16.04 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 33.48 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, 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 28.29 µg/ml.

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

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 14.96 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.

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

Fruits

Fig

Your IgG level for fig is 17.02 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.

Pineapple

Your IgG level for pineapple is 38.91 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.

Vegetables

Garlic

Your IgG level for garlic is 16.42 µg/ml.

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

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.

Novel Foods

House cricket

Your IgG level for house cricket is 10.49 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 15.3 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 17.66 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.

Other

M-Transglutaminase (meat glue)

Your IgG level for M-Transglutaminase is 15.78 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-Transglutaminase include sausages, ham, fish balls, chicken nuggets, and surimi.

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

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.)