

LIST OF FOOD ANTIBODIES CHECKED IN ALKALINE'S IgG FOOD INTOLERANCE TESTING

DAIRY

Casein
Cheese, Cheddar
Cheese, Cottage
Cheese, Mozzarella
Milk
Milk, Goat
Whey
Yogurt

FRUITS

Apple
Apricot
Banana
Blueberry
Coconut
Cranberry
Grape
Grapefruit
Lemon
Orange
Papaya
Peach
Pear
Pineapple
Plum
Raspberry, Red
Strawberry

MEAT/ POULTRY

Beef
Chicken
Egg White, Chicken
Egg Yolk, Chicken
Lamb
Pork
Turkey

FISH/ SEAFOOD

Clam, Manila
Cod, Atlantic
Crab, Dungeness
Halibut
Lobster, American
Oyster
Red Snapper
Salmon, Pacific
Shrimp/ Prawn
Sole
Tuna, Yellowfin

GRAINS/ LEGUMES

Almond
Amaranth
Barley
Bean, Kidney
Bean, Lima
Bean, Pinto
Bean, Soy
Bean, String
Buckwheat
Corn
Filbert
Gliadin, Wheat
Gluten, Wheat
Lentil
Oat
Pea, Green
Peanut, Runner
Pecan
Rice, White
Rye
Sesame
Spelt
Sunflower
Walnut, English
Wheat, Whole

MISCELLANEOUS

Cocoa Bean
Coffee Bean
Honey
Sugar Cane
Yeast, Baker's
Yeast, Brewer's

VEGETABLES

Asparagus
Avocado
Beet, Red
Broccoli
Cabbage, White
Carrot
Cauliflower
Celery
Cucumber
Garlic
Lettuce
Mushroom, Common
Olive, Black
Onion, White
Pepper, Green Bell
Potato, Sweet
Potato, White
Pumpkin
Radish
Spinach, Green
Squash, Zucchini
Tomato, Red

To have your food intolerance levels tested simply make an appointment to see our naturopath
Call (02) 9332 2500
Or use our [Online booking system](#)