

IgG ELISA 184 Food Panel



NAME

REQUISITION:

COLLECTION DATE:

RUN DATE:

| TEST | SCORE | CLASS | TEST | SCORE | CLASS | TEST | SCORE | CLASS | TEST | SCORE | CLASS |
|------------------------------|-------|-------|-----------------------------|-------|-------|-----------------------------|-------|-------|----------------------------------|-------|-------|
| MEAT & POULTRY | | | VEGETABLES | | | FRUITS | | | NUTS, SEEDS & OILS | | |
| Beef | 0.196 | 0 | Artichoke | 0.191 | 0 | Apple | 0.173 | 0 | Almond | 0.186 | 0 |
| Buffalo | 0.157 | 0 | Asparagus | 0.167 | 0 | Apricot | 0.147 | 0 | Brazil Nut | 0.165 | 0 |
| Chicken | 0.165 | 0 | Beets | 0.172 | 0 | Avocado | 0.159 | 0 | Canola | 0.229 | 1 * |
| Duck | 0.229 | 1 * | Bell Pepper | 0.180 | 0 | Banana | 0.156 | 0 | Cashew | 0.227 | 1 * |
| Lamb | 0.196 | 0 | Broccoli | 0.169 | 0 | Blackberry | 0.186 | 0 | Chestnut | 0.217 | 1 * |
| Pork | 0.182 | 0 | Brussel Sprouts | 0.165 | 0 | Blueberry | 0.184 | 0 | Chia Seed | 0.232 | 1 * |
| Turkey | 0.169 | 0 | Cabbage | 0.166 | 0 | Cantaloupe | 0.167 | 0 | Cola | 0.188 | 0 |
| Venison | 0.153 | 0 | Carrot | 0.168 | 0 | Cherry | 0.163 | 0 | Flaxseed | 0.168 | 0 |
| FISH & SHELLFISH | | | Cauliflower | 0.189 | 0 | Coconut | 0.167 | 0 | Hazelnut | 0.174 | 0 |
| Anchovy | 0.154 | 0 | Celery | 0.163 | 0 | Cranberry | 0.212 | 1 * | Hemp | 0.195 | 0 |
| Bass | 0.157 | 0 | Cucumber | 0.189 | 0 | Date | 0.190 | 0 | Macadamia Nut | 0.153 | 0 |
| Clam | 0.253 | 1 * | Eggplant | 0.194 | 0 | Fig | 0.193 | 0 | Pecan | 0.153 | 0 |
| Codfish | 0.198 | 0 | Garlic | 0.169 | 0 | Grape | 0.163 | 0 | Pine Nut | 0.191 | 0 |
| Crab | 0.294 | 1 * | Green Bean | 0.194 | 0 | Grapefruit | 0.169 | 0 | Pistachio | 0.198 | 0 |
| Flounder | 0.172 | 0 | Kale | 0.163 | 0 | Honeydew | 0.152 | 0 | Poppy Seed | 0.231 | 1 * |
| Haddock | 0.161 | 0 | Kelp | 0.173 | 0 | Kiwi | 0.185 | 0 | Safflower | 0.232 | 1 * |
| Halibut | 0.157 | 0 | Lettuce | 0.188 | 0 | Lemon | 0.183 | 0 | Sesame | 0.211 | 1 * |
| Herring | 0.157 | 0 | Mushroom | 0.195 | 0 | Lime | 0.148 | 0 | Sunflower Seed | 0.211 | 1 * |
| Lobster | 0.190 | 0 | Okra | 0.166 | 0 | Mango | 0.178 | 0 | Walnut | 0.182 | 0 |
| Mackerel | 0.178 | 0 | Olive, Green | 0.169 | 0 | Orange | 0.160 | 0 | HERBS, SPICES, FLAVORINGS | | |
| Mussel | 0.165 | 0 | Onion | 0.169 | 0 | Papaya | 0.163 | 0 | Basil | 0.219 | 1 * |
| Oyster | 0.178 | 0 | Parsnip | 0.171 | 0 | Peach | 0.156 | 0 | Bay Leaf | 0.227 | 1 * |
| Perch | 0.151 | 0 | Potato | 0.171 | 0 | Pear | 0.156 | 0 | Black Pepper | 0.178 | 0 |
| Red Snapper | 0.165 | 0 | Potato, Sweet | 0.176 | 0 | Pineapple | 0.155 | 0 | Cilantro | 0.188 | 0 |
| Salmon | 0.160 | 0 | Pumpkin | 0.160 | 0 | Plum | 0.161 | 0 | Cinnamon | 0.189 | 0 |
| Scallop | 0.169 | 0 | Radish | 0.184 | 0 | Raspberry | 0.161 | 0 | Cloves | 0.158 | 0 |
| Shrimp | 0.164 | 0 | Spinach | 0.175 | 0 | Rhubarb | 0.154 | 0 | Dill | 0.172 | 0 |
| Sole | 0.176 | 0 | Squash | 0.161 | 0 | Strawberry | 0.156 | 0 | Fennel Seed | 0.173 | 0 |
| Squid | 0.299 | 1 * | Tomato | 0.164 | 0 | Tangerine | 0.165 | 0 | Ginger | 0.196 | 0 |
| Swordfish | 0.168 | 0 | Turnip | 0.176 | 0 | Watermelon | 0.191 | 0 | Ginseng | 0.175 | 0 |
| Trout | 0.185 | 0 | Zucchini | 0.169 | 0 | BEVERAGES & MISC | | | Horseradish | 0.184 | 0 |
| Tuna | 0.178 | 0 | LEGUMES & PULSES | | | Black Tea | 0.190 | 0 | Licorice | 0.169 | 0 |
| Walleye Pike | 0.150 | 0 | Black-eyed Peas | 0.165 | 0 | Carob | 0.172 | 0 | Mustard | 0.170 | 0 |
| GRAINS & STARCHES | | | Chickpea | 0.173 | 0 | Cocoa | 0.157 | 0 | Nutmeg | 0.197 | 0 |
| Amaranth | 0.197 | 0 | Green Pea | 0.169 | 0 | Coffee | 0.230 | 1 * | Oregano | 0.198 | 0 |
| Arrowroot | 0.161 | 0 | Kidney Bean | 0.195 | 0 | Green Tea | 0.179 | 0 | Paprika | 0.191 | 0 |
| Barley | 0.178 | 0 | Lentil | 0.159 | 0 | Honey | 0.175 | 0 | Parsley | 0.186 | 0 |
| Bran | 0.219 | 1 * | Lima Bean | 0.165 | 0 | Yeast, Baker's | 0.230 | 1 * | Peppermint | 0.186 | 0 |
| Buckwheat | 0.230 | 1 * | Navy Bean | 0.186 | 0 | Yeast, Brewer's | 0.404 | 3 *** | Rosemary | 0.190 | 0 |
| Corn | 0.175 | 0 | Peanut | 0.233 | 1 * | | | | Sage | 0.195 | 0 |
| Gluten | 0.196 | 0 | Soybean | 0.186 | 0 | | | | Tarragon | 0.179 | 0 |
| Hops | 0.163 | 0 | DAIRY & EGG | | | | | | Thyme | 0.181 | 0 |
| Malt | 0.195 | 0 | Blue Cheese | 0.182 | 0 | | | | Turmeric | 0.189 | 0 |
| Millet | 0.168 | 0 | Casein | 0.239 | 1 * | | | | Vanilla Bean | 0.229 | 1 * |
| Oats | 0.170 | 0 | Cheddar Cheese | 0.238 | 1 * | | | | | | |
| Quinoa | 0.274 | 1 * | Cottage Cheese | 0.247 | 1 * | | | | | | |
| Rice | 0.168 | 0 | Egg, White | 0.184 | 0 | | | | | | |
| Rye | 0.170 | 0 | Egg, Yolk | 0.196 | 0 | | | | | | |
| Sorghum | 0.162 | 0 | Milk, Cow's | 0.250 | 1 * | | | | | | |
| Tapioca | 0.156 | 0 | Milk, Goat's | 0.195 | 0 | | | | | | |
| Teff | 0.190 | 0 | Milk, Sheep's | 0.175 | 0 | | | | | | |
| Wheat | 0.185 | 0 | Mozzarella Cheese | 0.229 | 1 * | | | | | | |
| | | | Swiss Cheese | 0.219 | 1 * | | | | | | |
| | | | Whey | 0.226 | 1 * | | | | | | |
| | | | Yogurt | 0.232 | 1 * | | | | | | |

Top Things to Avoid

| TEST | SCORE | CLASS | |
|-------------------|-------|-------|-----|
| Yeast, Brewer's | 0.404 | 3 | *** |
| Squid | 0.299 | 1 | * |
| Crab | 0.294 | 1 | * |
| Quinoa | 0.274 | 1 | * |
| Clam | 0.253 | 1 | * |
| Milk, Cow's | 0.250 | 1 | * |
| Cottage Cheese | 0.247 | 1 | * |
| Casein | 0.239 | 1 | * |
| Cheddar Cheese | 0.238 | 1 | * |
| Peanut | 0.233 | 1 | * |
| Yogurt | 0.232 | 1 | * |
| Chia Seed | 0.232 | 1 | * |
| Safflower | 0.232 | 1 | * |
| Poppy Seed | 0.231 | 1 | * |
| Buckwheat | 0.230 | 1 | * |
| Coffee | 0.230 | 1 | * |
| Yeast, Baker's | 0.230 | 1 | * |
| Duck | 0.229 | 1 | * |
| Mozzarella Cheese | 0.229 | 1 | * |
| Canola | 0.229 | 1 | * |
| Vanilla Bean | 0.229 | 1 | * |
| Cashew | 0.227 | 1 | * |
| Bay Leaf | 0.227 | 1 | * |
| Whey | 0.226 | 1 | * |
| Bran | 0.219 | 1 | * |
| Swiss Cheese | 0.219 | 1 | * |
| Basil | 0.219 | 1 | * |
| Chestnut | 0.217 | 1 | * |
| Cranberry | 0.212 | 1 | * |
| Sesame | 0.211 | 1 | * |
| Sunflower Seed | 0.211 | 1 | * |
| Codfish | 0.198 | 0 | |
| Pistachio | 0.198 | 0 | |
| Oregano | 0.198 | 0 | |
| Amaranth | 0.197 | 0 | |
| Nutmeg | 0.197 | 0 | |
| Beef | 0.196 | 0 | |
| Lamb | 0.196 | 0 | |

Top Things to Enjoy

| TEST | SCORE | CLASS |
|---------------|-------|-------|
| Apricot | 0.147 | 0 |
| Lime | 0.148 | 0 |
| Walleye Pike | 0.150 | 0 |
| Perch | 0.151 | 0 |
| Honeydew | 0.152 | 0 |
| Venison | 0.153 | 0 |
| Macadamia Nut | 0.153 | 0 |
| Pecan | 0.153 | 0 |
| Anchovy | 0.154 | 0 |
| Rhubarb | 0.154 | 0 |
| Pineapple | 0.155 | 0 |
| Tapioca | 0.156 | 0 |
| Banana | 0.156 | 0 |
| Peach | 0.156 | 0 |
| Pear | 0.156 | 0 |
| Strawberry | 0.156 | 0 |
| Buffalo | 0.157 | 0 |
| Bass | 0.157 | 0 |
| Halibut | 0.157 | 0 |
| Herring | 0.157 | 0 |
| Cocoa | 0.157 | 0 |
| Cloves | 0.158 | 0 |
| Lentil | 0.159 | 0 |
| Avocado | 0.159 | 0 |
| Salmon | 0.160 | 0 |
| Pumpkin | 0.160 | 0 |
| Orange | 0.160 | 0 |
| Haddock | 0.161 | 0 |
| Arrowroot | 0.161 | 0 |
| Squash | 0.161 | 0 |
| Plum | 0.161 | 0 |
| Raspberry | 0.161 | 0 |
| Sorghum | 0.162 | 0 |
| Hops | 0.163 | 0 |
| Celery | 0.163 | 0 |
| Kale | 0.163 | 0 |
| Cherry | 0.163 | 0 |
| Grape | 0.163 | 0 |