

Please mark all the foods you would like to be tested for

Animal Products

- Red Meat
- Bacon
- Bass, Black
- Beef
- Bologna
- Butter
- Catfish
- Cheese, American
- Cheese, Blue
- Cheese, Cheddar
- Cheese, Cottage
- Cheese, Cream
- Cheese, Goat
- Cheese, Mozzarella
- Cheese, Parmesan
- Cheese, Swiss
- Chicken
- Clam
- Codfish
- Crab
- Crappie
- Egg White
- Egg Yolk
- Flounder
- Haddock
- Halibut
- Ham
- Herring
- Hot Dogs
- Liver
- Lobster
- Lamb
- Oyster
- Pepperoni
- Perch
- Pork
- Salmon
- Salami
- Sardines
- Sausage
- Scallop
- Shrimp
- Spam
- Trout
- Tuna Fish
- Turkey
- Yogurt

Beverages

- Albumin, Cows Milk
- Beer
- Casein, Cows Milk
- Champagne
- Coca-Cola
- Coffee
- Coffee, Decaf.
- Milk, Almond
- Milk, Cow
- Milk, Goat
- Milk, Rice
- Milk, Soy
- Scotch
- Tea
- Tea, Decaf.
- Vodka
- Whey, Cows Milk
- Whiskey
- Wine, Red
- Wine, White

Fruit

- Apple
- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Boysenberry
- Cantaloupe
- Cherry
- Crab Apple
- Cranberry
- Date
- Fig
- Grapes
- Grapefruit
- Kiwi
- Lemon
- Lime
- Mango
- Melon, Honeydew
- Nectarine
- Olive, Green
- Olive, Ripe
- Orange
- Orange, Mandarin
- Papaya
- Peach
- Pear
- Prune
- Pineapple
- Plantain
- Plum
- Raisin
- Raspberry
- Strawberry
- Watermelon

Grains

- Barley
- Buckwheat
- Caraway Seed
- Corn, Pop
- Corn
- Gluten
- Gliadin
- Kamut
- Millet
- Mustard Seed
- Oat
- Poppyseed
- Quinoa
- White Rice
- Brown Rice
- Rye
- Spelt
- Wheat Bran
- Wheat, White Flour
- Wheat, Whole
- Wild Rice
- Flaxseed

NUTS

- ___ Almond
- ___ Brazil
- ___ Cashew
- ___ Coconut
- ___ Hazelnut
- ___ Macadamia
- ___ Peanut
- ___ Pecan
- ___ Pinenut
- ___ Pistachio
- ___ Sesame Seed
- ___ Sunflower Seed
- ___ Walnut, Black
- ___ Walnut, English

OIL

- ___ Oil, Almond
- ___ Black Currant Seed
- ___ Oil, Canola
- ___ Oil, Corn
- ___ Crisco
- ___ Evening Primrose
- ___ Fish Oil
- ___ Flaxseed Oil
- ___ Olive Oil
- ___ Coconut Oil
- ___ Oil, Peanut
- ___ Oil, Sesame
- ___ Superheated Vegetable

SPICES

- ___ Allspice
- ___ Anise Seed
- ___ Basil
- ___ Bay Leaf
- ___ Bay Berry
- ___ Caraway Seed
- ___ Celery Seed
- ___ Chili Powder
- ___ Cilantro
- ___ Cinnamon
- ___ Clove
- ___ Coriander
- ___ Cumin
- ___ Curry
- ___ Dill
- ___ Fennel Seed
- ___ Ginger
- ___ Lemon Grass
- ___ Marjoram
- ___ Mustard Seed
- ___ Nutmeg
- ___ Oregano
- ___ Paprika
- ___ Pepper, Black
- ___ Poppyseed
- ___ Quince Seed
- ___ Red Pepper
- ___ Rosemary
- ___ Saffron
- ___ Sage
- ___ Savory
- ___ Sesame Seed
- ___ Spearmint
- ___ Tarragon
- ___ Thyme
- ___ Turmeric
- ___ Valerian
- ___ Vanilla

VEGETABLES

- ___ Alfalfa Sprouts
- ___ Arrowroot
- ___ Artichoke
- ___ Asparagus
- ___ Bamboo Shoots
- ___ Bean, Black
- ___ Bean, Garbanzo
- ___ Bean, Kidney
- ___ Bean, Lima
- ___ Bean, Navy
- ___ Bean, Pinto
- ___ Bean, Red Kidney
- ___ Bean, Soy
- ___ Bean Sprouts
- ___ Bean, String (Green)
- ___ Beet, Garden Red
- ___ Blackeye Peas
- ___ Broccoli
- ___ Brussel Sprouts
- ___ Cabbage
- ___ Carob
- ___ Carrot
- ___ Cauliflower
- ___ Celery
- ___ Chives
- ___ Collard Greens
- ___ Corn
- ___ Cucumber
- ___ Dandelion
- ___ Eggplant
- ___ Endive
- ___ Fennel
- ___ Garlic
- ___ Garbonzo Beans
- ___ Heart of Palm
- ___ Horseradish
- ___ Jicama
- ___ Kale
- ___ Kelp
- ___ Leek
- ___ Lentils
- ___ Lettuce
- ___ Mushrooms
- ___ Mustard Greens
- ___ Okra
- ___ Olive, Green
- ___ Onion
- ___ Parsley
- ___ Parsnip
- ___ Pea, Green

VEGETABLES

- ___ Pepper, Green/Red
- ___ Pickles, Dill
- ___ Pickles, Sweet
- ___ Pimento
- ___ Potato, Sweet
- ___ Potato, White
- ___ Potato, Red
- ___ Pumpkin
- ___ Radish
- ___ Rhubarb
- ___ Sea Weed
- ___ Spinach
- ___ Squash, Winter
- ___ Squash, Yellow
- ___ Swiss Chard
- ___ Tofu
- ___ Tomato
- ___ Turnip
- ___ Water Chestnut
- ___ Watercress
- ___ Yam
- ___ Zucchini

CONDIMENTS

- ___ Ketchup
- ___ Mayonnaise
- ___ Miracle Whip
- ___ Mustard, Dijon
- ___ Mustard, Yellow
- ___ Teriyaki Sauce