

FOOD SENSITIVITY PANEL CONTENTS

250 Panel Includes All Food Panels Before it

FOOD PANELS	50 Food Panel children 3 and under		100 Food Panel 50 Food Panel Plus Items Below		150 Food Panel 100 Food Panel Plus Items Below		200 Food Panel 150 Food Panel Plus Items Below		250 Food Panel 200 Food Panel Plus Items Below	
	Apple	Green Pea	Almond	Goat's Milk	Amaranth	Malt	Acorn Squash	Maple Sugar	Adzuki Beans	Mulberry
Baker's Yeast	Iceberg Lettuce	Asparagus	Grapefruit	Apricot	Mango	Ancho Chili	Monk Fruit	Agave	Mustard Greens	
Banana	Lamb	Avocado	Green Tea	Artichoke	Navy Bean	Pepper	Mung Bean	Allspice s	Nori	
Barley	Lemon	Basil	Halibut	Bay Leaf	Nutmeg	Anchovy	Mussel	Arrowroot	Nutritional Yeast	
Beef	Mustard Seed	Bell Pepper i Black	Honey	Blackberry	Oyster	Bison	Nectarine	Arugula	Persimmon	
Black Pepper	Oat (GF)	Tea Blueberry	Hops	Black Beans	Papaya	Bok Choy	Okra	Black Currant	Plantain	
Broccoli	Onion	Brewer's Yeast	Lime	Black-Eyed Pea	Paprika	Brazil Nut	Parsnip	Boston Bibb	Poppy seed	
Butternut	Orange	Brussels	Lobster	Buckwheat	Peppermint	Cardamom	Pine Nut	Lettuce	Rapeseed	
Squash	Peanut	Sprouts	Millet	Caraway	Pistachio	Catfish	Pomegranate	Cannellini Bean	Red Palm Fruit	
Cabbage	Pear	Button Mushroom	Olive	Cayenne Pepper	Pumpkin	Chamomile	Portobello	Capers	Rhubarb Rutabaga	
Cane Sugar	Pollock	<i>Candida albicans</i>	Oregano	Chickpea	Radish	Cilantro	Mushroom	Chia	Shallot	
Cantaloupe	Pork	Carob	Parsley	Clove	Raspberrry	Coriander	Quinoa	Chicory	Sheep's Milk	
Carrot	Rice	Cashew	Peach	Cumin	Red Beet	Endive	Romaine	Chives	Shiitak	
Casein	Brown/White	Celery	Pecan	Date	Safflower	Fava Bean	Lettuce	Collard Greens	Mushroom	
Cauliflower	Shrimp	Cherry	Pineapple	Dill	Sage	Fennel Seed	Rosemary	Dandelion Leaf	Spaghetti	
Chicken	Soybean	Clam	Pinto Bean	Duck	Sardine	Flounder	Saffron	Dragon Fruit	Squash	
Cinnamon	Strawberry	Coconut	Plum	Fig	Sea Bass	Grouper	Scallion	Escarole	Spearmint	
Cocoa	String Bean	Codfish	Rye	Flaxseed	Sunflower	Jalapeño	Sorghum	Guava	Star Fruit	
Corn	Sweet Potato	Coffee	Salmon	Haddock	Tapioca	Pepper	Spelt	Habaner	Stevia	
Cow's Milk	Tomato	Crab	Scallop	Hazelnut	Thyme	Kale	Swiss Chard	Pepper Hemp	Tangerine	
Egg White	Tuna	Cranberry	Sesame	Honeydew	Tilapia	Kelp	Swordfish	Horseradish	Taro Root	
Egg Yolk	Turkey	Cucumber	Snapper (Red)	Melon	Trout	Leaf Lettuce	Teff	Jackfruit	Tarragon Wakame	
Garlic	Vanilla	Eggplant	Sole	Kidney Bean	Turnip	(Red/Green)	Turmeric	Seaweed		
Gliadin	Wheat	Ginger	Spinach	Kiwi	Veal	Leek	Venison	Lactose	Water	
Gluten	White Potato		Watermelon	Lentil Bean	Walnut	Licorice	Watercress	Lychee	Chestnut	
Grape	Yellow Squash		Whey	Lima Bean		Macadamia	Wild Rice	Molasses	Yellow Pea	
						Mackerel	Zucchini as			
						Mahi Mahi				