IHR LOGO

PATIENT ID:
31173
PATIENT NAME:
[redacted]
DATE OF BIRTH:
5/5/1981
SAMPLE ID:
31173
QR-CODE:
80AEC067
ANALYZED ON:
2/12/2024
TESTED ANTIGENS:
286
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


MILK & EGG ●●●


MEAT ●


FISH & SEAFOOD ●


CEREALS & SEEDS ●●●


NUTS ●●●


LEGUMES ●●


FRUITS ●●●


VEGETABLES ●●●


SPICES ●●●


EDIBLE MUSHROOMS ●


NOVEL FOODS ●●●


COFFEE & TEA ●


OTHERS ●●●

Highest measured IgG concentration

0 - 9,99 µg/ml ●
Low IgG level

10 - 19,99 µg/ml ●●
Intermediate IgG level

≥ 20 µg/ml ●●●
Highly elevated IgG level

Milk & Egg

Buttermilk	9,96 µg/ml	Cow's milk Bos d 8 * (Casein)	10,41 µg/ml
Camembert	23,92 µg/ml	Buffalo milk	10,60 µg/ml
Emmental	37,39 µg/ml	Camel milk	≤ 5,00 µg/ml
Gouda	25,24 µg/ml	Goat cheese	18,86 µg/ml
Cottage cheese	19,20 µg/ml	Goat milk	23,47 µg/ml
Cow's milk	11,91 µg/ml	Quail egg	31,68 µg/ml
Mozzarella	30,02 µg/ml	Egg white	43,92 µg/ml
Parmesan	7,00 µg/ml	Egg yolk	46,29 µg/ml
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	16,47 µg/ml	Sheep cheese	19,50 µg/ml
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	44,41 µg/ml	Sheep milk	32,79 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	8,00 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
Crayfish	≤ 5,00 µg/ml	Northern prawn	≤ 5,00 µg/ml
Cockle	≤ 5,00 µg/ml	Scallop	≤ 5,00 µg/ml
Crab	≤ 5,00 µg/ml	Razor shell clam	≤ 5,00 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
Anchovy	≤ 5,00 µg/ml	Venus clam	≤ 5,00 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	≤ 5,00 µg/ml	Turbot	≤ 5,00 µg/ml
Lobster	≤ 5,00 µg/ml	Mackerel	≤ 5,00 µg/ml
Shrimp mix	≤ 5,00 µg/ml	Atlantic redfish	≤ 5,00 µg/ml

* Molecular Antigen

Squid	≤ 5,00 µg/ml	Sepia	≤ 5,00 µg/ml
Monkfish	≤ 5,00 µg/ml	Sole	≤ 5,00 µg/ml
Haddock	≤ 5,00 µg/ml	Gilt-head bream	≤ 5,00 µg/ml
Hake	≤ 5,00 µg/ml	Tuna	≤ 5,00 µg/ml
Common mussel	≤ 5,00 µg/ml	Swordfish	≤ 5,00 µg/ml
Octopus	≤ 5,00 µg/ml		

Cereals & Seeds

Amaranth	≤ 5,00 µg/ml	Pine nut	≤ 5,00 µg/ml
Oat	16,10 µg/ml	Rye	41,78 µg/ml
Canola	47,74 µg/ml	Sesame	19,28 µg/ml
Hempseed	≤ 5,00 µg/ml	Wheat	39,80 µg/ml
Quinoa	≤ 5,00 µg/ml	Wheat bran	35,24 µg/ml
Pumpkin seed	≤ 5,00 µg/ml	Wheat gliadin Tri a Gliadin *	28,06 µg/ml
Buckwheat	≤ 5,00 µg/ml	Wheatgrass	≤ 5,00 µg/ml
Sunflower	5,33 µg/ml	Gluten wheat	35,62 µg/ml
Barley	13,49 µg/ml	Emmer wheat	28,63 µg/ml
Malt (barley)	33,41 µg/ml	Durum wheat	18,33 µg/ml
Flaxseed	≤ 5,00 µg/ml	Einkorn wheat	43,54 µg/ml
Lupine seed	≤ 5,00 µg/ml	Polish wheat	26,64 µg/ml
Rice	≤ 5,00 µg/ml	Spelt	32,42 µg/ml
Millet	≤ 5,00 µg/ml	Corn	≤ 5,00 µg/ml
Poppyseed	5,38 µg/ml		

Nuts

Cashew	≤ 5,00 µg/ml	Hazelnut	48,61 µg/ml
Brazil nut	35,45 µg/ml	Tigernut	≤ 5,00 µg/ml
Pecan nut	6,73 µg/ml	Walnut	23,53 µg/ml
Sweet chestnut	≤ 5,00 µg/ml	Macadamia	12,97 µg/ml
Coconut milk	≤ 5,00 µg/ml	Pistachio	≤ 5,00 µg/ml
Coconut	≤ 5,00 µg/ml	Almond	49,28 µg/ml
Kola nut	≤ 5,00 µg/ml		

Legumes

Peanut	≤ 5,00 µg/ml	Green bean	8,86 µg/ml
Chickpea	≤ 5,00 µg/ml	Pea	≤ 5,00 µg/ml
Soy	≤ 5,00 µg/ml	Sugar pea	≤ 5,00 µg/ml

* Molecular Antigen

Lentil	≤ 5,00 µg/ml	Tamarind	≤ 5,00 µg/ml
White bean	11,31 µg/ml	Mung bean	≤ 5,00 µg/ml

Fruits

Kiwi	≤ 5,00 µg/ml	Date	≤ 5,00 µg/ml
Pineapple	43,56 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	≤ 5,00 µg/ml	Red currant	≤ 5,00 µg/ml
Strawberry	34,03 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	7,31 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	≤ 5,00 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
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

* Molecular Antigen

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	5,99 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	30,96 µg/ml
Savoy cabbage	≤ 5,00 µg/ml	Spinach	≤ 5,00 µg/ml
Turnip	≤ 5,00 µg/ml	Nettle leaves	≤ 5,00 µg/ml
Bok Choy	≤ 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	38,48 µg/ml
Turmeric	≤ 5,00 µg/ml	Clove	≤ 5,00 µg/ml
Lemongrass	≤ 5,00 µg/ml	Thyme	≤ 5,00 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

* Molecular Antigen

Novel Foods

House cricket	≤ 5,00 µg/ml	Ginseng	≤ 5,00 µg/ml
Baobab	≤ 5,00 µg/ml	Guarana	≤ 5,00 µg/ml
Aloe	≤ 5,00 µg/ml	Almond milk	27,92 µg/ml
Greater burdock root	≤ 5,00 µg/ml	Nori	≤ 5,00 µg/ml
Aronia	≤ 5,00 µg/ml	Chia seed	≤ 5,00 µg/ml
Safflower oil	≤ 5,00 µg/ml	Yacón root	≤ 5,00 µg/ml
Chlorella	≤ 5,00 µg/ml	Spirulina	≤ 5,00 µg/ml
Ginkgo	≤ 5,00 µg/ml	Dandelion root	≤ 5,00 µg/ml
Maca root	≤ 5,00 µg/ml	Mealworm	≤ 5,00 µg/ml
Migratory locust	≤ 5,00 µg/ml	Wakame	≤ 5,00 µg/ml
Tapioca	≤ 5,00 µg/ml		

Coffee & Tea

Tea, black	≤ 5,00 µg/ml	Chamomile	≤ 5,00 µg/ml
Tea, green	≤ 5,00 µg/ml	Peppermint	≤ 5,00 µg/ml
Coffee	≤ 5,00 µg/ml	Moringa	≤ 5,00 µg/ml
Hibiscus	≤ 5,00 µg/ml	Cocoa	≤ 5,00 µg/ml
Jasmine	≤ 5,00 µg/ml		

Others

Agar Agar	≤ 5,00 µg/ml	Cane sugar	≤ 5,00 µg/ml
Honey	28,11 µg/ml	Brewer's yeast	≤ 5,00 µg/ml
Aspergillus niger	≤ 5,00 µg/ml	Elderflower	≤ 5,00 µg/ml
Hops	≤ 5,00 µg/ml	M-Transglutaminase, meat glue	≤ 5,00 µg/ml
Baker's yeast	≤ 5,00 µg/ml		

CCD

Human Lactoferrin	≤ 5,00 µg/ml

SAMPLED ON	PRINTED ON
2/12/2024	2/17/2024

* Molecular Antigen

FOX – Number of tested food sources: 283

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, Anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobste, Mackerel, Monkfish, Crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell clam, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam

CEREALS & SEEDS 29

Amaranth, Barley, Buckwheat, Corn, Durum wheat, Einkorn wheat, Emmer wheat, Hempseed, Flaxseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Canola, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten wheat, 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, Bok Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy cabbage, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, 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

* Molecular Antigen

Interpretation Summary

Milk & Eggs

Buffalo's milk

Your IgG level for buffalo's milk is 10.6 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.

Camembert

Your IgG level for camembert is 23.92 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 19.2 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 11.91 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 43.92 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, ovamucin, ovovitellin, or vitellin.

* Molecular Antigen

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 46.29 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, ovamucin, 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 37.39 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 18.86 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 23.47 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 25.24 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 30.02 µg/ml.

* Molecular Antigen

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.

Quail egg

Your IgG level for quail egg is 31.68 µg/ml.

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

Food products and dishes typically containing quail eggs 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, and soufflés.

Possible alternatives for quail eggs include hen's eggs, goose eggs, duck eggs, and ostrich eggs for animal based substitutes. Plant-based substitutes include silken tofu.

Sheep cheese

Your IgG level for sheep cheese is 19.5 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 32.79 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.

Cereals & Seeds

Barley

Your IgG level for barley is 13.49 µg/ml.

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

Food products and dishes typically containing barley, barley flour, barley flakes, barley grits, or barley malt include soups, stews, beer, brewer's yeast, cereal, snack foods, protein bars, brown rice syrup, malted milkshakes, malted milk, malt vinegar, or food coloring. On food labels, barley may be referred to as malted barley flour, barley flour, barley flavoring, barley enzymes, malt extract, malt flavoring, maltose, malt syrup, and dextrimaltose.

Possible alternatives for barley include buckwheat, amaranth, corn, millet, quinoa, teff, wild rice, and sorghum.

Durum

Your IgG level for durum is 18.33 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

* Molecular Antigen

Einkorn

Your IgG level for einkorn is 43.54 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 28.63 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 35.62 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.

Malt

Your IgG level for malt is 33.41 µg/ml.

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

Food products and dishes typically containing malted grains and malt syrup are beer, whiskey, malted milk, malt vinegar, confections such as Maltesers and Whoppers, flavored drinks such as Horlicks, Ovaltine, and Milo, and baked goods such as malt loaf and bagels.

Possible alternatives for malt syrups include honey, molasses, brown rice syrup, maple syrup, maltose, and sugar.

Oat

Your IgG level for oat is 16.1 µg/ml.

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

Food products and dishes typically containing oats and oat flour include oatmeal, porridge, oat milk, cereal, granola, flapjacks, cookies, breads, cakes, and oat bran.

Possible alternatives for oats include sorghum, millet, corn, polenta, and rice.

Polish wheat

Your IgG level for Polish weat is 26.64 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.

* Molecular Antigen

Canola

Your IgG level for canola is 47.74 µg/ml.

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

Food products and dishes typically containing canola include canola oil.

Possible alternatives for canola oil include olive oil, avocado oil, and pumpkin seed oil.

Rye

Your IgG level for rye is 41.78 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.

Sesame

Your IgG level for sesame is 19.28 µg/ml.

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

Food products and dishes typically containing sesame seeds and sesame oil include bagels, bread, breadsticks, hamburger buns, bread crumbs, cereal, crackers, hummus, tahini, baba ghanoush, dressings, marinades, sauces, falafel, hummus, processed meats and sausages, energy bars, sushi, tempeh, vegetarian burgers, and a lot of Asian cuisine. On food labels, sesame may be referred to as benne, benne seed, benniseed, gingelly, gingelly oil, gomasio, halvah, sesame flour, sesame oil, sesame paste, sesame salt, sesame seed, sesamol, sesamum indicum, sesemolina, sim sim, tahini, tahina, tehina, and til.

Possible alternatives for sesame seeds include poppy seeds and flax seeds. Sesame oil can be substituted with perilla oil, walnut oil, olive oil, canola oil, and avocado oil.

Spelt

Your IgG level for spelt is 32.42 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 39.8 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, buiscuits, 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 vegatable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artifical 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 35.24 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 28.06 µg/ml.

* Molecular Antigen

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.

Nuts

Almond

Your IgG level for almond is 49.28 µg/ml.

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

Food products and dishes typically containing almonds, ground almonds, or almond flour include cakes, breads, biscuits, confectionary, ice cream, marzipan, and liqueurs such as Amaretto.

Possible alternatives for almonds include hazelnuts, Brazil nuts, cashews, and unsalted pistachios. Unsalted pumpkin and sunflower seeds, granola, or oatmeal can function als nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

Brazil nut

Your IgG level for Brazil nut is 35.45 µg/ml.

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

Food products and dishes typically containing Brazil nuts include cakes, breads, biscuits, confectionary, ice cream, as well as nut loaf and nut roast.

Possible alternatives for Brazil nuts include macadamia nuts, almonds, and raw coconut meat. Unsalted pumkin and sunflower seeds, beans, and pretzels can function as nut-free substitutes.

Hazelnut

Your IgG level for hazelnut is 48.61 µg/ml.

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

Food products and dishes typically containing hazelnuts include biscuits, cakes, pastries, chocolate, chocolate spreads, confectionary, cereal, and bread.

Possible alternatives for hazelnuts include almonds, macadamia nuts, walnuts, and cashews. Oats, unsalted sunflower and pumpkin seeds, and raisins can be used as nut-free substitutes in baking.

Macadamia

Your IgG level for macadamia is 12.97 µg/ml.

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

Food products and dishes typically containing macadamia nuts include biscuits, cakes, pastries, chocolate, confectionary, and cereal.

Possible alternatives for macadamia nuts include Brazil nuts, cashews, almonds, pecan nuts, and walnuts. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

Walnut

Your IgG level for walnut is 23.53 µg/ml.

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

Food products and dishes typically containing walnuts include pesto sauces, salads, cakes, biscuits, confectionary, and ice cream.

Possible alternatives for walnuts include hazelnuts and almonds. Unsalted sunflower and pumpkin seeds can function as nut-free substitutes.

Legumes

* Molecular Antigen

White bean

Your IgG level for white bean is 11.31 µg/ml.

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

Food products and dishes typically containing white beans include stews, chilis, hummus, soups, and salads.

Possible alternatives for white beans include peas, lentils, and other beans (e.g., chickpea, black, pinto, lima, fava).

Fruits

Pineapple

Your IgG level for pineapple is 43.56 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.

Strawberry

Your IgG level for strawberry is 34.03 µg/ml.

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

Food products and dishes typically containing strawberries include pastries (e.g., cakes, tarts, muffins, etc.), jams, salads, juices, smoothies, and cocktails.

Possible alternatives for strawberries include kiwis, figs, rhubarb, and raspberries.

Vegetables

Tomato

Your IgG level for tomato is 30.96 µg/ml.

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

Food products and dishes typically containing tomatoes include sauces, pasta dishes, salads, stews, soups, dips, chutneys, salsa, and jams.

Possible alternatives for tomato include red bell peppers and olives.

Spices

Mustard

Your IgG level for mustard is 38.48 µg/ml.

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

Food products and dishes using mustard seeds as a flavoring agent include sauces, curries, and chutneys in Indian cooking. Mustard paste is used for salad dressings, as well as meat and fish dishes (as a glaze).

Possible alternatives for mustard seeds include caraway seeds and horseradish.

Novel Foods

Almond milk

Your IgG level for almond milk is 27.92 µg/ml.

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

Almond milk is a plant-based substitute for cow's milk and is used for cooking porridge, oatmeal, cream-based soups, creamy sauces, gravies, as a coffee creamer, smoothies, ice creams, and other desserts.

* Molecular Antigen

Possible alternatives (plant-based) to almond milk include oat milk, rice milk, coconut milk, soy milk, hemp milk, and cashew milk.

Other

Honey

Your IgG level for honey is 28.11 µg/ml.

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

Food products and dishes typically containing honey include sauces, salad dressings, meads, soups, and baked goods (e.g., breads, cookies, cakes, muffins, etc.).

Possible alternatives for honey include rice malt syrup, brown rice syrup, molasses, maple syrup, agave nectar, and golden syrup.

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.)

* Molecular Antigen