

84 FOODS TESTED:

Dairy

Buffalo milk
Buttermilk
Cheddar cheese
Kefir
Sheep's milk
Yoghurt

Fish

Alaska pollock
Anchovy
Carp
Eel
Flounder
Sardine
Sea bass
Sole

Fruits

Fig
Guava
Honeydew melon
Kiwi fruit
Litchi
Mandarin
Mango
Plum
Capers
Papaya

Gluten containing grains

Spelt
Millet

Legumes

Broad bean
Chickpea
Mung beans

Meat

Duck meat
Goose meat
Grapevine snail
Rabbit
Veal

Miscellaneous

Black tea
Cane sugar
Dill
Lemon grass
Molasses
Oolong tea
Parsley

Mollusks

Blue mussel
Octopus
Pacific squid
Squid

Nightshades

Eggplant

Nuts (Tree)

Hazelnut
Pine nut
Pistachio nut
Sweet chestnut

Seeds

Coriander seed
Flax seed
Poppy seed
Rape seed
Sunflower seed

Shellfish

Crayfish

Spices

Anise
Bay leaf
Caraway
Cayenne pepper
Common thyme
Curry powder
Hot paprika powder
Oregano
Woo-hsiang powder

Vegan

Cous Cous
Tempeh
Tofu
Vegan Cheese

Vegetables

Asparagus
Bamboo shoots
Beet root
Endive
Leek
Roquette
Savoy cabbage
Turnip
Vine leaf
White radish
Artichoke
Chard
Kale
Shiitake mushroom
Zucchini

