

# Antibody Assessment

## Cross Reference of Different Food Panels

- 96 General Food
- 96 Asian Food
- 95 Vegetarian

### Dairy

Casein	●	●	●
Cheese, Cheddar	●		●
Cheese, Cottage	●		●
Cheese, Mozzarella	●		●
Milk	●	●	●
Milk, Goat	●		●
Whey	●	●	●
Yogurt	●	●	●

### Fruits

Apple	●	●	●
Apricot	●		●
Banana	●	●	●
Blueberry	●		●
Cantaloupe		●	●
Cherry		●	●
Coconut	●	●	●
Cranberry	●		●
Grape	●	●	●
Grapefruit	●	●	●
Guava		●	
Honeydew		●	
Kiwi		●	
Lemon	●	●	●
Lian Woo		●	
Mango		●	
Orange	●	●	●
Papaya	●	●	●
Peach	●	●	●
Pear	●		●
Pineapple	●	●	●
Plum	●		●
Raspberry, Red	●		●
Strawberry	●	●	●
Watermelon		●	●

### Fish/Crustacea/Mollusk

Abalone		●	
Clam, Manila	●	●	
Cod, Atlantic	●	●	
Crab, Dungeness	●	●	
Cuttlefish		●	
Halibut	●		
Lobster, American	●	●	
Oyster	●	●	
Red Snapper	●		
Salmon, Pacific	●	●	
Sea Bass		●	
Sea Perch		●	
Shrimp, Western	●	●	
Sole	●		
Tuna, Yellowfin	●	●	

### Grains/Legumes

Almond	●	●	●
Amaranth	●		●
Barley	●		●
Bean, Kidney	●	●	●
Bean, Lima	●	●	●
Bean, Mung		●	
Bean, Navy			●
Bean, Pinto	●		●
Bean, Red		●	
Bean, Soy	●	●	●
Bean, String	●		●
Buckwheat	●		●
Cashew Nut		●	●
Corn	●	●	●
Filbert	●		●
Flaxseed			●
Gladiin, Wheat	●		●
Gluten, Wheat	●	●	●
Job's Tears		●	
Kamut			●
Lentil	●		●
Millet			●
Oat	●	●	●
Pea, Green	●		●
Peanut, Runner	●	●	●
Pecan	●		●
Pistachio Nut			●
Quinoa			●
Rice, Brown			●
Rice, White	●	●	●
Rye	●		●
Sesame	●	●	●
Spelt	●		●
Sunflower	●	●	●
Walnut, English	●	●	●
Wheat, Whole	●		●

### Meat/Fowl

Beef	●	●	
Chicken	●	●	
Duck		●	
Egg White, Chicken	●		●
Egg Yolk, Chicken	●		●
Egg, Whole		●	
Goose		●	
Lamb	●	●	
Pork	●	●	
Turkey	●		

### Miscellaneous

Cocoa Bean	●	●	●
Coffee Bean	●	●	●
Honey	●	●	●
Sugar Cane	●		●
Tea, Woo-long		●	
Yeast, Baker's	●	●	●
Yeast, Brewer's	●	●	●

### Spices

Curry	●		
Ginger	●		
Mustard	●		
Pepper, Black	●		
Pepper, Cayenne	●		
Vanilla	●		
Woo-hsiang	●		

### Vegetables

Artichoke			●
Asparagus	●	●	●
Avocado	●		●
Bamboo Shoot		●	
Bean Sprout			●
Beet, Red	●		●
Bitter Gourd		●	
Broccoli	●	●	●
Cabbage, White	●	●	●
Carrot	●	●	●
Cauliflower	●	●	●
Celery	●	●	●
Cucumber	●	●	●
Eggplant		●	●
Garlic	●	●	●
Kelp		●	
Leek		●	
Lettuce	●	●	●
Mushroom, Common	●	●	●
Olive, Black	●	●	●
Onion, White	●	●	●
Pepper, Chili			●
Pepper, Green Bell	●	●	●
Potato, Sweet	●	●	●
Potato, White	●	●	●
Pumpkin	●		●
Radish	●	●	●
Spinach, Green	●	●	●
Spinach, Water		●	
Sponge, Vegetable		●	
Squash, Zucchini	●	●	●
Taro		●	
Tomato, Red	●	●	●



15 Additional Vegetarian Panel available to be ordered with 96 General Food Panel

**Fruits:** Cantaloupe, Cherry, Watermelon

**Grains/Legumes:** Navy Bean, Cashew Nut, Flaxseed, Kamut, Millet, Pistachio Nut, Quinoa, Brown Rice

**Vegetables:** Artichoke, Bean Sprout, Eggplant, Chili Pepper