

IgG 270 FOOD INTOLERANCE TEST

PATIENT INFORMATION

Name: Juan Dela Cruz

Client Code: AFIT-001

Gender: Male

Date of Birth: 01/05/1998

Referring Clinic/Institution: CUS-100096

Referring Physician: Dr. John Doe

TEST INFORMATION

Request No. 2019100000

Specimen Collected: Serum

Date Collected: 01/05/2019

Date Received: 01/07/2019

Date of Report: 01/16/2019

TEST RESULTS

Vegetables	IgG [$\mu\text{g/ml}$]	1	2	3	4
Artichoke	9.45	■			
Asparagus	7.84	■			
Aubergine	4.41				
Bamboo shoots	16.53	■	■		
Beetroot	3.06				
Broccoli	5.54				
Brussel sprouts	6.33				
Carrots	9.40	■			
Cauliflower	8.18	■			
Celeriac, Knob celery	7.56	■			
Chard, Beet greens	44.10	■	■		
Chili Cayenne	5.09				
Chili Habanero	3.30				
Chili Jalapeno	4.37				
Chinese cabbage	7.58	■			
Courgette	6.50				
Cucumber	6.93				
Fennel	7.66	■			
Kale, Curled kale	5.55				
Kohlrabi (Turnip cabbage)	5.61				
Leek	11.30	■			
Molokhia	2.33				
Okra, Lady's finger	3.30				
Olive	2.76				
Onion	4.21				
Parsnip	3.56				
Potato	3.26				
Pumpkin	6.37				
Radish red - Radish white	6.53				
Red cabbage	9.06	■			
Rutabaga	6.44				
Savoy cabbage	4.92				
Spinach	5.04				
Stalk celery	5.42				
Sweet pepper	5.59				
Tomato	16.65	■	■		
White cabbage	5.25				
Legumes					
Broad bean	3.79				
Chickpeas	5.22				
Green bean	1.03				
Green pea	5.26				
Lentil	4.66				
Mung bean, Green gram	5.76				
Soyabean	31.20	■	■		

Fruits	IgG [$\mu\text{g/ml}$]	1	2	3	4
Fresh fruits					
Apple	2.39				
Apricot	4.56				
Banana	2.14				
Blackberry	1.92				
Blueberry	26.60	■	■		
Cherry	6.06				
Cranberry	3.54				
Currant	2.47				
Fig	4.99				
Gooseberry	1.90				
Grape / Raisin	4.45				
Grapefruit	5.45				
Guava	2.38				
Honeydew melon	7.56	■			
Kiwi	10.17	■			
Lemon	30.00	■	■		
Lime	2.95				
Lingonberry	2.00				
Lychee	3.56				
Mandarin	7.71	■			
Mango	19.90	■	■		
Nectarine	2.12				
Orange	17.00	■	■		
Papaya	3.90				
Peach	2.84				
Pear	3.09				
Pineapple	4.97				
Plum	5.21				
Pomegranate	3.64				
Prickly pear	3.45				
Quince	15.30	■	■		
Raspberry	6.14				
Rhubarb	2.03				
Sea buckthorn	4.37				
Strawberry	22.80	■	■		
Watermelon	4.14				
Yellow plum	4.24				
Dry fruits					
Date	4.32				
Fruits that contain oil					
Avocado	2.88				
Yeast					
Yeast	IgG [$\mu\text{g/ml}$]	1	2	3	4
Yeast	5.80				

Spices and herbs	IgG [$\mu\text{g/ml}$]	1	2	3	4
Alfalfa	2.80				
Allspice	8.44	■			
Aniseed	4.48				
Basil	5.88				
Bay leaf	6.32				
Capers	1.70				
Caraway	2.10				
Cardamom	3.93				
Chervil	2.67				
Chive	4.45				
Cinnamon	3.59				
Clove	8.79	■			
Coriander	3.32				
Cumin	6.18				
Dill	2.72				
Garden cress	4.18				
Garlic	34.06	■	■		
Ginger	2.55				
Horseradish	7.77	■			
Juniper berry	10.42	■			
Lavender	2.03				
Lemon balm	2.30				
Lovage	5.27				
Marjoram	3.67				
Mustard seed	4.99				
Nutmeg	14.79	■			
Oregano	3.33				
Paprika, spice	4.63				
Parsley	4.59				
Pepper, black	4.83				
Pepper, white	6.45				
Rosemary	2.54				
Saffron	4.28				
Sage	5.41				
Savory	2.59				
Thyme	3.29				
Vanilla	1.56				
Wild garlic	4.06				
Eggs	IgG [$\mu\text{g/ml}$]	1	2	3	4
Chicken egg-white	18.32	■	■		
Chicken yolk	13.05	■	■		
Goose eggs	7.18				
Quail eggs	6.35				

Fish and seafood	IgG [$\mu\text{g/ml}$]	1	2	3	4
Fishes					
Anchovy	2.12				
Angler, Monkfish	2.45				
Carp	12.01	■			
Cod, Codling	2.48				
Eel	3.58				
Gilthead bream	3.14				
Haddock	2.43				
Hake	3.39				
Halibut	2.27				
Herring	2.07				
Iridescent shark, Sutchi catfish	11.00	■			
Mackerel	2.43				
Ocean perch	2.04				
Octopus	1.77				
Plaice	1.88				
Pollock	5.47				
Red Snapper	4.16				
Salmon	2.72				
Sardine	3.18				
Sea bass	3.50				
Shark	2.47				
Sole	4.11				
Swordfish	9.19	■			
Trout	2.07				
Tunafish	4.84				
Zander	2.51				
Molluscs					
Blue mussels	1.52				
Oysters	1.89				
Scallop	1.38				
Squid, Cuttlefish	2.00				
Crustaceans					
Crayfish	22.60	■	■		
Lobster	2.25				
Shrimp, Prawn	75.00	■	■	■	
Mushrooms	IgG [$\mu\text{g/ml}$]	1	2	3	4
Bay boletus	6.58				
Cep (boletus)	5.68				
Chanterelle	2.72				
Meadow mushrooms	3.56				
Oyster mushrooms	2.72				
Shiitake	3.85				

Cereals	IgG [$\mu\text{g/ml}$]	1	2	3	4
Cereals with gluten					
Barley	3.10				
Gluten	16.35				
Kamut	20.94				
Oats	16.15				
Rye	12.85				
Spelt	32.23				
Wheat	19.77				
Gluten free cereals, starch and dry vegetables					
Amaranth	14.60				
Arrowroot	2.40				
Buckwheat	2.76				
Carob	8.22				
Cassava	12.30				
Fonio	3.52				
Jerusalem artichoke	14.50				
Lupine	1.79				
Maize, Sweet corn	8.17				
Millet	5.57				
Quinoa	3.66				
Rice	6.57				
Sweet chestnut	7.75				
Sweet potato	4.62				
Tapioca	2.00				
Teff	4.18				
Seeds and nuts					
Almond	3.25				
Brazil nut	3.05				
Cashew kernels	2.02				
Cocoa bean	6.36				
Coconut	55.60				
Hazelnut	6.21				
Linseed	1.57				
Macadamia nut	3.15				
Peanut	7.74				
Pine nut	3.05				
Pistachio	25.30				
Poppy seeds	14.86				
Pumpkin seeds	1.87				
Sesame	4.45				
Sunflower seed	3.75				
Walnut	5.69				

Meat	IgG [$\mu\text{g/ml}$]	1	2	3	4
Meat					
Beef	13.32				
Goat meat	7.88				
Lamb	5.72				
Pork	12.02				
Veal	13.77				
Poultry					
Chicken	2.56				
Duck	3.60				
Goose	2.54				
Ostrich meat	1.63				
Quail	2.30				
Turkey hen	2.90				
Game					
Deer	3.04				
Hare	4.53				
Rabbit	3.47				
Roe Deer	3.26				
Wild boar	5.72				
Milk Products					
Cow milk and products					
Halloumi	6.41				
Kefir	9.17				
Milk (cow)	14.58				
Milk, cooked	7.88				
Rennet cheese (cow)	4.10				
Ricotta	12.70				
Sour-milk products (cow)	8.32				
Other sorts of milk and products					
Camel's milk	7.31				
Goat: milk and cheese	4.96				
Mare's milk	3.38				
Sheep: milk and cheese	5.14				
Salads					
Butterhead lettuce	3.14				
Chicory	5.25				
Dandelion	6.51				
Endive	4.41				
Iceberg lettuce	6.82				
Lamb's lettuce	4.82				
Lollo rosso	28.50				
Radicchio	6.31				
Rocket	4.03				
Romaine / Cos lettuce	4.92				

Food additives	IgG [$\mu\text{g/ml}$]	1	2	3	4
Preservatives					
Benzoic acid	3.67				
Sorbic acid (E200)	3.63				
Thickening agents					
Agar-Agar (E406)	6.66				
Carrageenan (E407)	2.50				
Guar flour (E412)	31.10				
Pectin (E440)	1.38				
Tragacanth (E413)	6.53				
Xanthan gum	1.27				
Colourings					
Curcumin (E100)	2.85				
Teas, coffee and tannin					
Camomile	65.00				
Coffee	2.64				
Nettle	2.21				
Peppermint	4.30				
Rooibus tea	2.12				
Rose hip	1.72				
Tannin	3.89				
Tea, black	2.72				
Tea, green	2.17				
Sweeteners					
Agave nectar	1.35				
Cane sugar	2.84				
Honey (Mixture)	18.82				
Maple syrup	2.10				
Specials					
Aloe Vera	2.54				
Aspergillus Niger	8.48				
Candied lemon peel	2.15				
Vine leaves	1.95				
Algae					
Red algae(nori)	6.33				
Spirulina	3.38				

Candida = Negative

1 = weak; 2 = increased; 3 = high; 4 = very high

Examination method: Determination of allergen-specific IgG from human serum using enzyme linked immunoassay.



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General recommendations

The foods positively identified by the test should be avoided in accordance with the level of reaction.

Remember that these products can also be hidden in more complex foods.

Please note that products such as oil or fat, fruit juices or vinegar can also serve as a base for manufactured products. The rotation rules also apply to these products i.e. if you have an allergy type III to sunflower seeds then you must avoid sunflower oil. This also applies to olives and olive oil, peanuts and peanut oil etc.

It is the same situation with fruit juices. For example, if you have an allergy type III to oranges, you should avoid the consumption of orange juice. This is very important because in order to manufacture 250 mls of orange juice you need at least three to four oranges, but you would never eat four oranges at once! Thus, the danger of consuming damaging antigens is much higher by drinking fruit juice than by consuming the fruit. You must pay attention to the diet rotation principle.

The test results show that you have developed allergy type III to **66** food(s). Statistically, this level lies above the average of detected food allergies type III. This result indicates that your immune system is disturbed and that it overreacts to usually harmless foods. Every time you eat these foods, your body responds with an inflammatory reaction. These repeated reactions can cause a tendency to chronic diseases, infections and allergies.

Food allergies type III can act like catalysts, which aggravate normally harmless stresses or ailments.

It is therefore very important to stabilise your immune system by avoiding all foods against which an allergy type III has been shown. The high amount of positive reactions shows that your intestinal barrier is strongly impaired and there is a so-called hyper-permeability (increased intestinal permeability). Experience shows that simple avoidance of the positively tested foods is not enough and a diet modification in accordance with the rotation principle is required.

The large number of positive reactions indicates a considerable affection of the intestinal flora and / or the intestinal barrier.

We therefore recommend you have the composition of your intestinal flora and the functionality of your intestinal barrier determined by means of a stool analysis.

Individual recommendations

1. You have a level 1 reaction to following foods:

Level 1

Allspice	Cauliflower	Iridescent shark, Sutchi catfish	Peanut
Artichoke	Celeriac, Knob celery	Juniper berry	Pork
Asparagus	Chinese cabbage	Kefir	Red cabbage
Aspergillus Niger	Clove	Kiwi	Sour-milk products (cow)
Carob	Fennel	Leek	Sweet chestnut
Carp	Goat meat	Maize, Sweet corn	Swordfish
Carrots	Honeydew melon	Mandarin	
Cassava	Horseradish	Milk, cooked	

We recommend that you should avoid these foods and all those which they are part of for at least two months.

2. You have a level 2 reaction to following foods:

Level 2

Amaranth	Gluten	Oats	Tomato
Bamboo shoots	Honey (Mixture)	Orange	Veal
Barley	Jerusalem artichoke	Poppy seeds	Wheat
Beef	Mango	Quince	
Chicken egg-white	Milk (cow)	Ricotta	
Chicken yolk	Nutmeg	Rye	

We recommend that you should avoid these foods and all those which they are part of for at least three months.

3. You have a level 3 reaction to following foods:

Level 3

Blueberry	Garlic	Lemon	Soyabean
Chard, Beet greens	Guar flour (E412)	Lollo rosso	Spelt
Crayfish	Kamut	Pistachio	Strawberry

We recommend that you should avoid these foods, and all those which they are part of for at least six months.

4. You have a level 4 reaction to following foods:

Level 4

Camomile	Coconut	Shrimp, Prawn	
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We recommend that you should avoid these foods, and all those which they are part of for at least one year.

The following allergies type III were detected:

Chicken egg-white, Chicken yolk, Gluten, Milk (cow)

These foods represent very strong antigens that are often used by the food industry and may be hidden in convenience food. Even small quantities of these foods are sufficient to produce symptoms of chronic inflammation. For example egg-white, which is occasionally used in gluten free bread. Read the labels on the packaging carefully or ask the manufacturer.

The detected antibody readings against gluten are relatively low. For an exact clarification of the critical nature of the gluten allergy type III, we recommend that you seek analysis of the following supplementary determinants:

- Anti-gliadin IgG
- Anti-gliadin IgA
- Anti-transglutaminase IgG
- Anti-transglutaminase
- IgA Anti-endomysium

In the chapter "Gluten", all the relevant information required to identify gluten and to find corresponding gluten free replacement products is summarised

Detailed Analysis

Cereals

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Arrowroot	Carob	Amaranth	Kamut	
Buckwheat	Cassava	Barley	Spelt	
Fonio	Maize, Sweet corn	Gluten		
Lupine	Sweet chestnut	Jerusalem artichoke		
Millet		Oats		
Quinoa		Rye		
Rice		Wheat		
Sweet potato				
Tapioca				
Teff				

Grain contains 8 to 15% proteins. However, these proteins do not contain all of the essential amino acids.

They contain little fats that concentrate mainly in the germs and consist of poly-unsaturated fat acids. Because grain is of vegetable origin, it is low in cholesterol. It is very rich in carbohydrates (60 to 80%) and it contains many minerals (iron, phosphorus, magnesium and zinc).

It is very rich in B-group vitamins (niacin, thiamine, and riboflavin) and in folic acid. However, through grain grinding and polishing, most nutrients are lost.

Cereals with gluten



Barley (*Hordeum vulgare*) You have a level 2

allergy type III to barley.

Barley is used in the health cuisine, to manufacture beers and whiskey and as a coffee replacement (malt coffee).

When the external shell is removed, barley is also named “pearl barley”. Pearl barley is used for desserts and as a soup ingredient.

On the market, barley oats, flour and flakes are also available.

Barley contains gluten, therefore avoid it if there is an allergy type III!

Gluten

You have a level 2 allergy type III to gluten.

Also named the white of the grain. Gluten is contained in spelt, barley, green spelt, oat, kamut, rye and wheat. Pay a lot of attention to semi-finished and instant products, since gluten is used as natural wheat albumen or starch for its binding properties. Alternative: Gluten free grain sorts such as amaranth, millet, corn, quinoa, rice, buckwheat, chestnut and their products.

Gluten free products for the home use:

Agar-Agar

Agar-Agar is a gelatinous substance that is obtained from red seaweed. The food industry uses this extract because of its gelatinization properties as a thickening agent, e.g. for glazes. Agar-Agar can be used as a binding agent for cold or warm fluids.

Guar seed flour

Guar is mainly cultivated in India and Pakistan. The seeds are taken out of their pods, peeled and then ground. Guar seed flour can bind and retain large quantities of cold water and preserves this capacity even in sour fluids. Moreover, it is heat stable up to 95° C. Guar seed flour serves as a glue replacement; however it must be used with consideration because too much of it influences the consistency of the dough in a negative way. The dough does not rise correctly and the baked good becomes gummy. It is also fit for binding sauces and desserts.

Carob flour

The carob tree grows mainly in the Mediterranean region. Every ripe fruit, a long brown pod, contains from five to six kernels. During processing, the kernels and the germs are removed out of the pods. Then the kernels are ground to flour. Carob flour reaches its best source capacity when it is heated. Before you stir it into foods, you should stir it with some salt or sugar in order to avoid lumping.

Potato flour

Due to its high starch concentration, potato flour is best used for binding soups and sauces. One can also use dumpling flour - naturally only out of potatoes for that.

Alternatives offered for you:

- Agar-Agar – Agar-agar is a jelly-like substance that is extracted from red seaweed. The food industry uses this extract due to its gelling capacity as a thickening agent for e.g. glazes. You can mix agar-agar as a thickening agent into cold or warm liquids.
- Potato flour – on the basis of its high starch content, potato flour is best suited for binding soups and sauces. One can also use dumpling flour – produced out of potatoes – instead of potato flour.



Kamut (*Triticum turgidum*

polonicum) You have a level 3 allergy type III to kamut.

Kamut is an ancestor of wheat and it is a cereal which contains gluten. Products that are produced from kamut or by using it are correspondingly labelled (bread and baked goods, snack food, etc.)

Alternatives: other grain sorts



Oats

(*Avena sativa*) You have a level 2 allergy type

III to oats.

Oats are mainly found as oat flakes (instant), also in the baby and infant nourishment as well as for the sick.

The flakes with seed are eaten in granolas, the delicate flakes in porridge or granolas.

Cream flakes are used to bind both sauces and soups or hamburgers and kale stew.

Very popular are oatmeal cookies and the oats green tea (metabolism stimulator).

Because oats are very low on gluten, it is not used to bake bread.

However, in case of gluten allergy type III, oats should be avoided!

As alternatives, other grain sorts are offered.

Alternatives offered for you:

- Millet – Millet is, along with oats, the cereal with the highest nutritional-physiological value. Millet is rich in albumen and fats and is very appreciated in the whole foods cuisine. Millet flakes are optimal gluten free substitutes for rolled oats.



Rye (*Secale*

cereale) You have a level 2 allergy type III to

rye.

Rye is processed to many products:

- flour - is used to manufacture rye bread or rolls or to manufacture mix bread together with further flour sorts
- flakes - (Muesli)
- raw material to manufacture Brandywines



Spelt

(*Triticum spelta*) You have a level 3 allergy type

III to spelt.

Spelt is available on the market as entire grains, groats or flour. It is used as an ingredient for soups, stews and baked goods of all type. You should ask your baker about the use of spelt in mixed breads. Industrially processed food rarely contain spelt – which is usually labelled on the list of ingredients.

Other grain sorts are offered as alternatives.



Wheat

(Triticum aestivum) You have a level 2 allergy

type III to wheat.

Wheat grains are a base for many products. A distinction is made between:

Durum wheat – usage: flour for making bread, semolina and pasta

Soft wheat: flour for baking or couscous (mixture of semolina wheat, flour and water)

Semolina, wheat germs and wheat bran are added to many products in dried form, because of its binding and stabilising properties. Therefore, the list of ingredients should be read before purchase.

A selection of foods that may contain wheat or elements of wheat:

Pasta, breadcrumb coating, instant meals, instant soups, cake mix, beverages, muesli, snacks, sweets and many others.

Alternatives offered for you:

- Millet

Gluten free cereals, starch and dry vegetables



Amaranth

(Amarantus-Arten) You have a level 2 allergy type III to

amaranth.

Amaranth belongs to the so-called pseudo-cereals and it is used often as a replacement for grains as well as wheat or oats.

Products that are made out of amaranth are correspondingly marked so that a hidden occurrence is not to be expected.

All other grains are alternatives.

However, the use of these grain sorts depends on individual tolerance of gluten.



Carob

(*Ceratonia siliqua*) You have a level 1 allergy type

III to carob.

Carob flour is used as a thickening agent in sauces, soups, ice-cream, cream cheese, fillings, baked goods, pudding products, especially in deep-frozen products and "light-products".

Carob is also a replacement for cocoa.

You should especially pay attention with candy, because they often contain carob.

Alternatives offered for you:

- Agar-agar
- Cocoa bean



Cassava (*Manihot esculenta*)

You have a level 1 allergy type III to cassava.

Cassava can be found in the vegetable range in the form of roots or as flour.

In Brazil, cassava is used to prepare [Beijú](#), [Farofa](#) or [Tarubá](#). [Yuca á la Huancaína](#) is a dish extremely popular mainly in Peru; [Yuquitas](#) are sold as snacks there at nearly all large fast food restaurants.



Jerusalem artichoke (*Helianthus*

tuberosus) You have a level 2 allergy type III to Jerusalem artichoke.

The roots can be bought fresh.

In health food stores, Jerusalem artichoke is sold as chewable tablet or drink that, taken before the actual meal, suppresses slightly the hungry feeling by swelling up with water in the stomach. Thanks to a new infrared drying process, ready-to-cook Jerusalem artichokes are available throughout the year for the first time.



Maize, sweet corn

(*Zea mays*) You have a level 1 allergy type III to maize.

Corn is industrially processed to corn grits and flour and thus serves as a base material for products like corn flat cake or tortilla chips.

The grains of corn contain a germ out of which corn germ oil is obtained, that is appreciated as valuable food oil. The cornflakes produced out of grains of corn represent a popular breakfast variant. Corn is also offered as a fresh or as a canned food (often mixed with other vegetable sorts). When purchasing flour or grit products, the list of ingredients should be reviewed.



Sweet chestnut

(*Castanea sativa*) You have a level 1 allergy type III to sweet chestnut.

The peeled chestnuts are eaten fried, roasted, or dried.

The can also be ground to flour. Its carbohydrates contain 40% starch, two times more than potatoes. Chestnut puree flavors ice-cream and desserts, e.g. the dessert "Mont Blanc" consists of a mixture of cream with chestnut puree.

Cross reactions: Chestnuts have common allergenic structures with latex. If one is allergenic or sensitised to latex, a cross reaction with chestnuts is possible. You can absolutely react to chestnuts without ever having eaten one. The indoor plant Benjamin's fig is another possible source for this allergen. If you are sensitised to the plant, you shouldn't have it in your rooms.

Eggs

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Goose eggs		Chicken egg-white		
Quail eggs		Chicken yolk		

Due to their composition, egg proteins can be used by our organism up to 95%. 1 egg covers about 15% of the daily need for protein. The egg white consists mainly of water; it contains 11% proteins, as well as water-soluble vitamins, sodium, potassium, minerals and chlorides. The egg yolk is rich in lecithin, fats (phospholipids, cholesterol), vitamins A, B1, B2, D and E, calcium, phosphorous and iron.

Egg white is often a strong antigen. Therefore, one must try to completely avoid it.

List of products that can contain eggs:

gluten free bread	confectionery products
pancakes	cakes
quiches	pies
gratins	stews
sausages	meat products
desserts	fresh dough
sauces	instant meals
candies	mayonnaise
bread spreads	ketchup
mustard	ice cream
soups meat products	hamburger

It is extremely important to read the list of ingredients of these products and also the composition of each product. Egg-free products are relatively easily found on the market. In general, it is clearly labelled on the packaging.

Labels that hide eggs:

Yolk	Egg-white
Ovalbumin	Livestin
Albumin	Lysozyme E1105
Globulin	Ovomucoid
Lecithin E322	

Alternatives to eggs: it is not necessary to cover the need for proteins with egg-free nourishment. If one takes into consideration nourishment with different protein sources, the amount of the necessary amino acids is guaranteed. In addition to different animal protein sources, there are many vegetable protein sources: soybeans and their derived products, legumes, nuts, seeds, rice, potatoes and grains. The difficulties arise in daily cooking and substitution of egg characteristics. On the market, egg replacements are available.

To replace the bounding effect of an egg: mix 1 spoon soybean flour with 2 spoons of water. In case of soyabean intolerance, one can also make a mixture with rice or corn flour.

Egg white

You have a level 2 allergy type III to egg white.

The term white stands for the albumen of the chicken egg and it must not be confused with the proteins, out of which the chicken meat consists. Chicken egg white is industrially prepared and processed in numerous foods.

Egg yolk

You have a level 2 allergy type III to egg yolk.

Usually, chicken yolk is industrially processed in egg powder and in innumerable foods. In health and natural food shops, an "egg replacement" is offered as an alternative for the use at home.

Fish and seafood

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Anchovy	Carp		Crayfish	Shrimp, Prawn
Angler, Monkfish	Iridescent shark, Sutchi catfish			
Blue mussels	Swordfish			
Cod, Codling				
Eel				
Gilthead bream				
Haddock				
Hake				
Halibut				
Herring				
Lobster				
Mackerel				
Ocean perch				
Octopus				
Oysters				
Plaice				
Pollock				

Red Snapper				
Salmon				
Sardine				
Scallop				
Sea bass				
Shark				
Sole				
Squid, Cuttlefish				
Trout				
Tunafish				
Zander				

Fish meat contains from 15 to 20% proteins. It is rich in many minerals and vitamins. Fatty fish represent a very good vitamin D source. Fish fat is mainly composed of polyunsaturated Omega 3 fats, which possesses cancer prophylactic properties.

Crustaceans

Crustaceans are invertebrate water animals whose body is covered by a hard shell. The majority live in sea water: crab, shrimp, lobster, langouste; some of them, like the river crabs and some shrimp types, live in freshwater, too. Mussels also belong to the crustaceans. They are, like most edible sea animals, rich in proteins and minerals. They contain little fat, little cholesterol and few calories.



Crayfish

(Astacus astacus) You have a level 3 allergy type

III to crayfish.

Crayfish is available fresh or deep-frozen, but also canned. Moreover, crayfish meat is used for crayfish soups, crayfish butter, crayfish paste and other fish dishes.

Shrimps, lobster, emperor garnet and spiny lobster belong to the family of the crayfish.

Possible cross reactions: Crayfish belong to the so called molluscs and are high in tropomyosin, the main allergen of the dust mite. People who are allergic or sensitised to dust mites can react to crayfish without ever having eaten one.



Shrimp, prawn (*Crangon vulgaris* / *Crangon*

crangon) You have a level 4 allergy type III to shrimp.

The shrimp resembles a little lobster. Its meat is more delicate than that of the lobster's and it tastes outstanding. It is rich in calcium, phosphorus and iron.

If you have an allergy type III to shrimp, we recommend you to also avoid other crustaceans (lobster, crab, crawfish).

Possible cross reactions: Shrimp belong to the so called invertebrates and are high in tropomyosin, the main allergen of the dust mite. You can react to shrimps without ever having eaten one if you are sensitised to dust mites.

Fishes



Carp

(*Cyprinus carpio*) You have a level 1 allergy type

III to carp.

The carp is a freshwater fish with fat, firm, white meat. Because it usually lives on the bottom of the water, the living fish is kept before the consumption for a few days in fresh water so that the meat does not taste "muddy".

Carp is a popular feast day food; smoked, they count as a delicacy.

Other fish types are offered as alternatives.



Iridescent shark, sutchi catfish (*Pangasius*

sutchi) You have a level 1 allergy type III to iridescent shark/sutchi catfish.

In Germany, iridescent shark still counts among the exotic types of fish. It is only sold frozen and ready-to-serve products containing iridescent shark are very rare.



Swordfish (*Xiphias*

gladius) You have a level 1 allergy type III to swordfish.

The swordfish is available fresh as filet, smoked or canned. It is similarly prepared to tuna fish. A hidden occurrence of sword fish meat in food is not to be expected because it is labelled on the list of ingredients.

Food additives

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Agar-Agar (E406)			Guar flour (E412)	
Benzoic acid				
Carrageenan (E407)				
Curcumin (E100)				
Pectin (E440)				
Sorbic acid (E200)				
Tragacanth (E413)				
Xanthan gum				

Because of the way that they are produced, most industrially produced foods are tasteless, look bad, have a reduced nutritive content and a limited shelf life. Industry uses hundreds of food additives in order to balance out these deficits.

Thickening agents

Guar flour (E412)

You have a level 3 allergy type III to guar flour.

Guar flour is an indigestible polysaccharide for our organism that is used as a thickener.

It is used in sauces, soups, ice-creams, milk products, fillings, and puddings. Guar flour can cause flatulence and abdominal cramps. Read the labels of the foods carefully.

Fruits

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Apple	Honeydew melon	Mango	Blueberry	
Apricot	Kiwi	Orange	Lemon	
Avocado	Mandarin	Quince	Strawberry	
Banana				
Blackberry				
Cherry				
Cranberry				
Currant				
Date				
Fig				
Gooseberry				
Grape / Raisin				
Grapefruit				
Guava				
Lime				
Lingonberry				
Lychee				
Nectarine				
Papaya				
Peach				
Pear				
Pineapple				
Plum				
Pomegranate				
Prickly pear				
Raspberry				
Rhubarb				
Sea buckthorn				
Watermelon				
Yellow plum				

The majority of the fruits have a high water content (88-95%) and contain many minerals and vitamins such as vitamin A, B6, C, potassium, calcium, iron and magnesium. Fresh fruits should be eaten well washed and with the skin, because most vitamins, minerals and the fibers are contained in the skin.

Certain people may also have difficulties in digesting raw fruits.

Fresh fruits



Blueberry (*Vaccinium*

myrtillus) You have a level 3 allergy type III to blueberry.

Blueberries can be found in jams, jellies, juices, canned food and as deep-frozen fruits. Moreover, they are used to manufacture alcoholic drinks such as fruit wine. You can frequently find blueberries in fresh products such as curd, yogurt, pancake, baked pastry case and in ice-cream. Blueberries are also used as medicine against diarrhoea and therefore, many tea types contain them.

Therefore, read the enclosed packing insert.

Alternatives offered for you:

- Blackberry



Honeydew melon (*Cucumis melo ssp. melo var.*

inodorus) You have a level 1 allergy type III to honeydew melon.

Honeydew melon is used as an appetizer to raw ham. Honeydew melons are also very popular for their use in cocktails or as an ingredient in fruit punch (also with alcohol).

Cross reactions: Melons have common allergenic structures with latex. If one is allergic or sensitised to latex, then there is the possibility of a cross reaction to melon. After the consumption of melon, allergic reactions may occur even if you have never eaten melon before. The indoor plant Benjamin's fig is another possible source for this allergen. If one is sensitised to the plant, you shouldn't have it in your rooms. Cross reactions to avocados and banana are also possible.



Kiwi

(Actinidia chinensis) You have a level 1 allergy

type III to kiwi.

Kiwi is consumed fresh or is processed to fruit salads, granolas, drinks, pastries, fruit pie aromas and to jams. Moreover, kiwi is available as a canned food or deep-frozen.

Cross reactions: Kiwis have common allergenic structures with latex. If one is allergic or sensitised to latex, then there is the possibility of a cross reaction to kiwis. After the consumption of kiwis, allergic reactions may occur even if you have never eaten kiwis before. The indoor plant Benjamin's fig is another possible source for this allergen. If one is sensitised to the plant, you shouldn't have it in your rooms. Other possible cross reactions: Kiwis have common allergenic structures with birch pollen, namely the so called Bet V1 allergen. If one reacts allergic to birch pollen or is sensitive to it, allergic reactions are possible if one consumes kiwis.



Lemon

(Citrus limon) You have a level 3 allergy type III

to lemon.

Lemon is consumed fresh, but it is also processed to juice, lemon oil and dry peel, syrup, furthermore to jam, fruit powder, drinks (refreshment drinks) and spirituous (fruit aroma liqueur) and lemonades.

Meat, poultry and fish are dripped with lemon for aroma strengthening.

Food contains lemon in the form of lemon syrup or condensed extract. These are used above all in jams, drinks, spirituous and in many other types of food. The list of ingredients should be reviewed before purchasing.

Alternatives offered for you:

- Lemon balm



Mandarin (*Citrus*

reticulata) You have a level 1 allergy type III to mandarin.

Mandarines are almost exclusively bought for the fresh consumption.

They are divided into several classes. Among them are Satsuma, Tangerine and Clementine.

Mandarines are processed in their cultivating countries into canned food, juices, tangerine liqueur, as well as to tangerine oil, jams and candies

The manderine oil is used to manufacture flavors for baked goods and dessert foods.



Mango

(*Magnifera indica*) You have a level 2 allergy type III to mango.

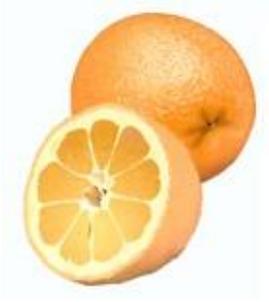
Fresh mango is a very popular dessert fruit. It is also processed to jams, juice, and syrup.

Mango is also dried in order to produce the “Amchur” spice (powder).

This spice is especially appreciated in India and is suitable to fish, chicken, eggplant, potatoes and legumes.

Alternatives offered for you:

- Papaya
- Pineapple



Orange

(Citrus sinensis) You have a level 2 allergy type III to orange.

Oranges are sold mainly fresh or are processed to juice as well as to marmalade, jams and fruit powder.

Dry orange blossoms and peel are secondary products. They are used for the manufacture of liqueur, herb liqueurs, baked goods, chocolate, desserts and aromas.



Quince

(Cydonia oblonga) You have a level 2 allergy type III to quince.

Quince can only be consumed cooked.

It is used in compotes, jam, canned food, fruit juice, confectionery and liqueurs.

Sometimes, it is used to garnish meat and poultry.



Strawberry (*Fragaria*

spp.) You have a level 3 allergy type III to strawberry.

On the market, strawberries are available fresh, as canned foods and as deep-frozen food. They are processed to marrow, jam, jelly, syrup, fruit nectar, fruit wine, sparkling wine and to liqueur.

Strawberries can be found fresh as curd additives, in dessert food, as pie topping, in yogurt or with ice.

Alternatives offered for you:

- Cherry
- Raspberry
- Rhubarb

Meat

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Chicken	Goat meat	Beef		
Deer	Pork	Veal		
Duck				
Goose				
Hare				
Lamb				
Ostrich meat				
Quail				
Rabbit				
Roe Deer				
Turkey hen				
Wild boar				

Meat



Beef (*Bos*

taurus taurus) You have a level 2 allergy type III

to beef.

On the market, almost all body parts of the beef (ox, cow, calf) and some tripe are offered. Beef is also prepared in sausages, salads or canned food. Gelatin and beef juice are also extracted from the bones.

A hidden occurrence of beef in food that is not labelled as “containing beef” is not to be expected.

Alternatives offered for you:

- Chicken
- Turkey

Goat meat (*Carpa hircus*)

You have a level 1 allergy type III to goat meat.

Foodstuffs containing goat meat are marked accordingly.



Pork (*Sus scrofa*

domestica) *You have a level 1 allergy type III to pork.*

On the market, almost all parts and some innards of the pig are offered. They are also processed to sausage, in different dishes and to canned food.

Attention to poultry sausages, beef sausages and lamb sausages! In these sausages, pork may be included in the form of pork bacon or pork lard. Pay close attention to the list of ingredients when purchasing.

Alternatives offered for you:

- Turkey



Veal (*Bos*

taurus taurus) *You have a level 2 allergy type III to veal.*

Veal can be prepared breaded, as filet or fricassee. It may also be processed to sausage (calf liver sausage), sausage, cold cuts, roast loin of veal.

Alternatives offered for you:

- Turkey

Milk Products

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Camel's milk	Kefir	Milk (cow)		
Goat: milk and cheese	Milk, cooked	Ricotta		
Halloumi	Sour-milk products (cow)			
Mare's milk				
Rennet cheese (cow)				
Sheep: milk and cheese				

Under the term of milk, we usually understand cow's milk. It is either hidden or obvious in a large amount of food types: soups, sauces, pancakes, cakes, confectionery products, desserts, aperitifs, purees etc.

HOMOGENIZED MILK – fat milk that is prepared under pressure. Due to this procedure, fat particles do not gather at the surface.

WHOLE MILK – milk that contains 3,5% fat and is rich in vitamin D.

PASTEURIZED MILK - milk that is heated up close to its boiling point in order to eliminate all pathogenic bacteria.

SKIMMED and/or low fat MILK - milk that contains no more than 0.3% fat. It is often enriched with vitamin D.

SEMI-SKIMMED MILK – milk that contains 1-2% fat and is often enriched with vitamins A and D.

RAW MILK - untreated milk - (is illegal for sale in many countries).

CONDENSED MILK – milk has up to 60% of its water evaporated by a vacuum. It contains 7.5% fat and is enriched with vitamins C and D.

SWEETENED CONDENSED MILK – condensed milk that is sweetened with sugar. It contains 40-45% sugar and 8% fat. It is always enriched with vitamin A and sometimes with vitamin D.

WHOLE MILK POWDER - dehydrated milk, rich in vitamins A and D. It contains at least 25% fat. The semi-skimmed dried milk contains 9.5% fat and the skimmed milk powder 0.8% of fat.

FLAVOURED MILK – milk that is mixed with other flavor additives (milk with chocolate, fruits or vanilla)

ICE MILK –milk ice is low in fat (between 2 and 7%) but its sugar level is very high.

MICROFILTERED MILK - milk that was treated with a filtering procedure that permits the elimination of 99,9% of bacteria.

UHT MILK (ultra high temperature treated milk) - milk that was packed in sealed, sterile containers. At room temperature, it lasts up to 3 months (unopened).

BUTTERMILK - fluid with a slightly acidic taste which separates itself from the cream while butter is being produced. Nowadays, buttermilk is obtained by adding a bacteria culture to milk.

GOAT'S MILK - Goat's milk has an intense taste. It is considered as being more digestible than cow's milk.

SHEEP'S MILK - milk from sheep especially bred for this purpose.

Cream

Cream is the milk fat that is formed during the first stage of the butter production and that gathers at the surface of the milk. It is used for many foods: vinaigrette, soups, sauces, fried eggs (according to the preparation method), pies, desserts, confectionery products and aperitifs.

Coffee cream: 10% fat. It is used for coffee.

"Light"-cream: cream that contains at most 12-13% fat

Double cream: Crème fraîche with 40% fat.

Cream: pasteurized cream which is enriched with fermented milk.

Sour cream: pasteurized cream that is fermented with a bacteria culture.

Butter: it is produced from cream. Butter can be produced from cow's, buffalo and camel's milk.

Low-fat butter: butter that contains much more water than normal butter. It is used for bread spreads. It contains between 21 and 45% fat. *Yogurt:* milk that was fermented.

Kefir: milk that is fermented by the effect of bacteria and yeasts. It is a low carbon dioxide and alcohol content and has a spicy flavor. It is consumed ice cold with mint leaves or poured over fruits. **Cheese** Product that is obtained by clotting and draining milk, cream or a mixture of both.

Cheese is produced from cow's, sheep's, goat's or buffalo milk. Cheese is classified according to its firmness that varies based on the moisture content.

Hard cheese: Parmesan, Peccorino etc.

Cream cheese: has relatively high water content and therefore should be consumed quickly. Cottage cheese, Ricotta, Mascarpone, etc

Soft cheese: the water content of this sort is of 50-60% and that of the fat is 20 to 25%. Camembert, Chaumes, etc.

Soft goat's cheese: cheese sort that is 100% made of goat's milk or goat's milk mixed with cow's milk.

Processed cheese (for bread spreads): cheeses which are produced out of melted cheese types, and to which milk, cream or butter is added. Cheese stabilizers, emulsifying agents, salt, dye, sweetener and spice are also added.

Blue cheese - cheese types made with good mold: Roquefort, Gorgonzola, Bavaria Blue, etc.

The antigen effect

Cow's milk composition differs very much from breast milk. Breast milk contains three more proteins, ten more growth hormones, less lactose and less sugar substances. Breast milk contains, in comparison to cow's milk, oligosaccharides that favor the development of the intestinal flora. Milk intolerance appears mainly due to the cow's milk proteins. Yogurt and cheese are derived products that are obtained by fermentation or acidification.

This procedure changes the milk proteins and can either reinforce or weaken the antigen effect.

Labels behind which cow's milk proteins are hidden:

Lactoglobulin	Casein
Lactalbumin	Milk proteins
Whole milk, dried whole milk , concentrated milk	Butter
Buttermilk	Yoghurt
Cream, sour cream	

Cow's milk alternatives (to avoid in case of an intolerance against one of the ingredients):

Goat's milk and cheese	Oats milk
Sheep's milk and cheese	Pine milk
Soya milk	Almond milk
Rice milk	Coconut milk

Cow milk and products

Kefir

You have a level 1 allergy type III to kefir.

Kefir is a thick and slightly alcoholic fermented milk product, that is often used for milk mix drinks, sweets or sauces.

Please check the ingredient list.

Milk, cooked

You have a level 1 allergy type III to milk, cooked.

Cooked milk should not be mistaken for the so-called long-life milk. This product is not on sale.

The milk tested here was boiled for 30 minutes, cooled down and the developed skin was removed.



Ricotta

You have a level 2 allergy type III to ricotta.

The Foodscreen 270 test is based on ricotta that is produced from cows milk and/or cow milk whey. This fresh cheese is used for desserts, baked goods, sauces, appetizers and as bread spread. Ricotta is rarely used as an ingredient for industrially processed products. Before purchase, the list of ingredients should be preventively reviewed.

Ricotta is also produced from sheeps milk whey, which represents an alternative to the cows milk ricotta. You should pay attention because the cheese can also be a mixed product of sheep -and cows milk.

Sour-milk products made of cow's milk

You have a level 1 allergy type III to sour-milk products.

Typical sour-milk products are buttermilk, yoghurt, whey and curd as well as sour-milk cheese.

Types of sour-milk cheese include the following products: Mozzarella, cottage cheese, Camembert, processed cheese, Harzer cheese, Handkäs, Korbkäs, Vienenburger Schimmelkäs, Olmützer Quargel, Mainzer cheese, Stangenkäs, Spitzkäs, Styrian Graukäs etc.

A very popular dish is called “Handkäs mit Musik” (Handkäs with music). For this dish, the ripe cheese is marinated in a mixture of chopped onions, vinegar, oil, caraway, pepper and salt and served together with the marinade.

Salads

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Butterhead lettuce			Lollo rosso	
Chicory				
Dandelion				
Endive				
Iceberg lettuce				
Lamb's lettuce				
Radicchio				
Rocket				
Romaine / Cos lettuce				



Lollo rosso (*Lactuca*

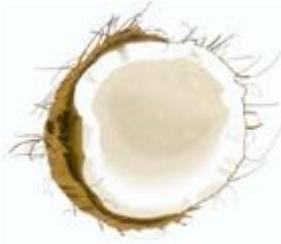
sativa) You have a level 3 allergy type III to lollo rosso.

Lollo rosso is only sold fresh. It can be recognised by its curly appearance. The leaves have a yellowish-green or dark red colour.

This lettuce is often used as garnishment for snacks, cold cuts, sandwiches and filled rolls. **Seeds and nuts**

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Almond	Peanut	Poppy seeds	Pistachio	Coconut
Brazil nut				

Cashew kernels				
Cocoa bean				
Hazelnut				
Linseed				
Macadamia nut				
Pine nut				
Pumpkin seeds				
Sesame				
Sunflower seed				
Walnut				



Coconut

(Cocos nucifera) You have a level 4 allergy type

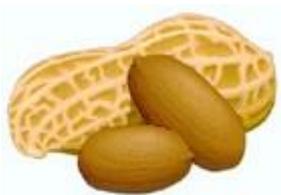
III to coconut.

The coconut is processed into the following products: coconut oil, macaroons (shredded coconut with eggs), cake, coconut milk and ice-cream.

Shredded coconut is found in the dry form in the candy baked goods industry.

Coconut flakes contain more than 5% and at most 40% shredded coconuts.

In the Asian, African, Indonesian and South American cuisine, coconut is a basic ingredient.



Peanut

(Arachis hypogaea) You have a level 1 allergy

type III to peanuts.

In several countries (China , India), the peanut is processed to sauces. Ground or entire nuts are also served to meat (especially poultry) and fish.

Peanuts can be found in candies, chocolate, baked goods and granolas. Therefore, you should pay attention before purchasing such foods, especially since they are not always listed in the list of ingredients. Peanut oil as a food oil can be used to fry and roast. Other nut sorts are offered as an alternative.

Possible cross reactions: Peanuts have common allergenic structures with certain grass pollen. If one is allergic or sensitised to grass pollen, allergic reactions may occur if one consumes peanuts.



Pistachio

(Pistacia vera) You have a level 3 allergy type III

to pistachio.

Pistachios are frequently eaten fresh or roasted as snack foods. Moreover, they are processed to sweet baked goods, in meat, spices and to ice-cream.

In the Mediterranean and eastern cuisines, they have an important role.

The list of ingredients should be reviewed before purchasing.



Poppy seeds (*Papaver*

somniferum) You have a level 2 allergy type III to poppy

seeds.

From poppy seeds, we produce poppy oil. It is an easily digestible food oil which is very difficult to find in Germany .

Poppy seeds are used to garnish baked goods and pastry products, such as poppy-seed strudel, as a filling in dumplings, on bread and rolls. Poppy is also found in baked goods, different candies and cheese kinds.

Alternatives offered for you:

- Sesame

Specials

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4

Aloe Vera	Aspergillus Niger			
Candida				
Candied lemon peel				
Vine leaves				

Aspergillus Niger

You have a level 1 allergy type III to aspergillus niger.

Aspergillus niger can be found on dry fruits, nuts, seeds, spices and teas, especially on Asian ones.

Industrially, Aspergillus niger is frequently used to the production of lemon acid and different enzymes. It is also used to manufacture effervescent tablets.

You should avoid all the above mentioned products.

Spices and herbs

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
	Allspice	Nutmeg	Garlic	
Alfalfa				
Aniseed	Clove			
Basil	Horseradish			
Bay leaf	Juniper berry			
Capers				
Caraway				
Cardamom				
Chervil				
Chive				
Cinnamon				
Coriander				
Cumin				
Dill				
Garden cress				
Ginger				

Lavender				
Lemon balm				
Lovage				
Marjoram				
Mustard seed				
Oregano				
Paprika, spice				
Parsley				
Pepper, black				
Pepper, white				
Rosemary				
Saffron				
Sage				
Savory				
Thyme				
Vanilla				
Wild garlic				

The words "seasoning" and "condiments" are often used, indistinctively, for all products which intensify the flavor of foods.

The spices are aromatic plants coming from plants which grow in tropical regions. Fine herbs are herbs from temperate regions, easily cultivated in gardens.



Allspice

(Pimenta dioca) You have a level 1 allergy

type III to allspice.

Under the label allspice, the following spices: clove pepper, spice seeds and Jamaica pepper can be also found.

It is used for marinades, as a spice for fish, in the sausage manufacture and for Christmas pastries.

Ground pimento is added in sauces (Worcester-Sauce), alcoholic drinks, soups and baked goods. The pimento seeds are used to obtain pimento oil that is used in the spirituous industry, for essences, baked goods and drinks.

The list of ingredients should be read.



Clove (*Syzygium*

aromaticum) You have a level 1 allergy type

III to clove.

On the market, the clove is available as an entire nodule, ground or shredded. Because of its aroma, clove is very appreciated as a spice in drinks, baked goods, and to meat and fish. Cloves are used as a spice in Christmas bakery goods and for mulled wine. It is also available in numerous spice mixtures. Therefore, the list of ingredients of such products should be read before purchasing.

Alternatives offered for you:

- Kardamom



Garlic (*Allium*

sativum) You have a level 3 allergy type *III*

to garlic.

Industrially, garlic is manufactured to powder and garlic salt. Garlic oil has large utilization purposes in the manufacture of meat spices, salad dressings and instant soups. Therefore, before buying pickled meat, you should read the list of ingredients. As powder, garlic is contained in many spice mixtures.

Possible cross reaction: Garlic has common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes garlic.



Horseradish (*Armoracia*

rusticana) You have a level 1 allergy type III to

horseradish.

Grated horseradish, refined with cream, is often consumed with smoked fish or potatoes. Horseradish is often contained with mixed pickles or with canned pickled cucumbers.

Therefore, pay attention to these products' list of ingredients.



Juniper berry (*Juniperus communis*)

You have a level 1 allergy type III to allergy type III to juniper berry.

Juniper berries are used for spicing in the fish industry. They are available in spice mixtures and are used for sauerkraut, cabbage and especially for venison dishes. Juniper berries frequently serve as a raw material and ingredient for different spirituous (gin, Steinhäger spirit, Jenever). Juniper is frequently used when smoking meat.



Nutmeg (*Myristica*

fragrans) You have a level 2 allergy type III to

nutmeg.

On the market, nutmeg is available such as it is (entire nuts), coarsely grinded or as nutmeg powder. As a spice, it is used in preparing meat, baked goods and spirituous drinks (Cocktails etc.)

Nutmeg is also contained in spice mixtures such as curry. Read the list of ingredients carefully before purchasing.

Possible cross reaction: Nutmeg has common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes nutmeg.

Sweeteners

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Agave nectar		Honey (Mixture)		
Cane sugar				
Maple syrup				

Honey (honey mixture – acacia honey)

You have a level 2 allergy type III to honey.

Honey is used in the household as a bread spread and to sweeten foods and drinks. Honey can also be found in candies (e.g. honey bonbons), as well as in the liqueur industry. (Best known honey liqueur is the "Bärenfang").

Honey cake is spiced ginger bread dough.

Honey sparkling wine is a mixture of honey wine with sparkling fruit wine.

Honey wine is the mead (1 part honey, 2 parts water, hops and spices).

In natural food and health food shops, many articles are sweetened with honey instead of sugar. Therefore, before purchasing, read the list of ingredients carefully.

Alternatives offered for you:

- Agaves thick juice – agaves thick juice has a neutral taste and is suitable for sweetening drinks, mueslis, desserts, cakes and pastries, fruit spreads and salad sauces.
- Maple syrup – Maple syrup distinguishes itself by its mild flavor and can be found on the market in 2 qualities: A and B.

Teas, coffee and tannin

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Coffee				Camomile
Nettle				
Peppermint				

Rooibus tea				
Rose hip				
Tannin				
Tea, black				
Tea, green				



Camomile (*Matricaria*

recutita) You have a level 4 allergy type III to camomile.

Camomile is to be found in herbal teas with curative effect, therefore herbal teas should be checked for this ingredient before purchasing.

Possible cross reaction: Camomile has common allergenic structures with birch pollen, namely the so called Bet V1 allergen. If one reacts allergic to birch pollen or is sensitive to it, allergic reactions are possible if one consumes camomile.

Alternatives offered for you:

- - peppermint

Vegetables

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Aubergine	Artichoke	Bamboo shoots	Chard, Beet greens	
Beetroot	Asparagus	Tomato	Soyabean	
Broad bean	Carrots			
Broccoli	Cauliflower			
Brussel sprouts	Celeriac, Knob celery			
Chickpeas	Chinese cabbage			

Chili Cayenne	Fennel			
Chili Habanero	Leek			
Chili Jalapeno	Red cabbage			
Courgette				
Cucumber				
Green bean				
Green pea				
Kale, Curled kale				
Kohlrabi (Turnip cabbage)				
Lentil				
Molokhia				
Mung bean, Green gram				
Okra, Lady's finger				
Olive				
Onion				
Parsnip				
Potato				
Pumpkin				
Radish red - Radish white				
Rutabaga				
Savoy cabbage				
Spinach				
Stalk celery				
Sweet pepper				
White cabbage				

Vegetables and grains were people's main foods for long time.

One should pay attention to the freshness of the vegetable. The preparation and preservation of vegetables influence their taste, nutritional value, composition and appearance. Each vegetable contains healthy nutrients.

Generally one can say:

- vegetables contain vitamins and minerals
- they have a high water content
- they are rich in water-soluble and insoluble fibers
- they are poor in fats (except for avocados and olives)
- they contain no cholesterol



Artichoke (*Cynara*

scolymus) You have a level 1 allergy type

III to artichoke.

Artichokes are offered fresh or as canned products. You rarely find them as ingredients in semi-finished or instant meals such as refrigerated pizza, instant salads, pesto, dips or sauces. Food which contains artichoke is accordingly labelled, so that avoiding artichoke is easy.

Possible cross reaction: Artichokes have common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes artichokes.



Asparagus (*Asparagus*

officinalis) You have a level 1 allergy type III to asparagus.

On the market, asparagus is either offered fresh or canned. The asparagus is a component of mixed vegetables: mixed vegetables and mixed pickles.

Therefore, pay attention to the list of ingredients of these products.



Bamboo shoots

(*Bambusa vulgaris*) You have a level 2 allergy type III to

bamboo shoots.

When boiled and cooked, bamboo shoots result in an asparagus like vegetable, mainly served with rice. Bamboo shoots are often prepared with vinegar and oil as salads or as vinegar vegetables generously pickled with hot spices. The pickled bamboo shoots are named Achia or Atchia. You should check the ingredients list when buying Asian products.

As an alternative you can use delicate asparagus shoots.



Carrots

(Daucus carota) You have a level 1 allergy

type III to carrots.

They are processed into canned or frozen products. Carrots have multiple uses: e. g. purée, salad, for drinks, broths and vegetable mixtures.

Possible cross reactions: Carrots have common allergenic structures with birch pollen, namely the so called Bet V1 allergen. If one reacts allergic to birch pollen or is sensitive to it, allergic reactions are possible if one consumes carrots. Another possible cross reaction: Carrots have common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes carrots.



Cauliflower (*Brassica oleracea convar. botrytis var.*

botrytis) You have a level 1 allergy type III to cauliflower.

Cauliflower is used for broths, salads and soups.

Cauliflower is also frequently used in frozen food, in mixed vegetables and in sour canned food (mixed pickles).

Alternatives offered for you:

- An alternative to cauliflower is broccoli.
- Brussel sprouts
- Turnip cabbage



Celeriac, knob celery (*Apium graveolens var.*

rapaceum) You have a level 1 allergy type III to celeriac, knob celery.

Celeriac bulbs are used raw as a salad, vegetable or spice. The leaf bases (steamed celery, celery) are used as vegetables, for sauces and pickles. Celery can also be contained in different vegetable juices.

Especially when buying spice mixtures and finished products, the list of ingredients should be read.

Possible cross reaction: Celeriac has common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes celeriac.

Alternatives offered for you:

- As a spice: parsley



Chard, beet greens (*Beta vulgaris ssp. vulgaris var.*

vulgaris) You have a level 3 allergy type III to chard.

Chard is a beet sort whose leaves are prepared as spinach. It is not industrially processed so that a hidden occurrence in foods is unlikely. Ask in restaurants about the use of chard in salad dishes.

Alternatives offered for you:

- Spinach



Chinese cabbage (*Brassica*

chinensis) You have a level 1 allergy type III to chinese cabbage.

Chinese cabbage is consumed either roughly in salads and cooked to soups and pots.

Chinese cabbage is also sold in salad mixtures. Therefore, one should read the list of ingredients before purchasing.



Fennel (*Foeniculum vulgare var.*

azoricum) You have a level 1 allergy type III to Fennel.

Fennel is sold in groceries as seed, coarsely grinded and as powder. Due to its flavors, it is used in drinks, candies, tea and as spice mixtures for salads and fish dishes. As a remedy, fennel is used against colds and throat infections. One should pay attention to the list of ingredients of spice mixtures, candies and tea.

Possible cross reaction: Fennel has common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes fennel.

Alternatives offered for you:

- Anise



Leek (*Allium*

porrum) You have a level 1 allergy type

III to leek.

Leek is also called allium. One especially finds this vegetable in chicken or beef soups. Industrially, it is processed in instant broth.

When buying this kind of product, one should pay attention to the list of ingredients.

Alternatives offered for you:

- Onion



Red cabbage (*Brassica oleracea convar. capitata var. capitata f. rubra*)

You have a level 1 allergy type III to red cabbage

Red cabbage is processed to deep-frozen food and to juice and is canned. On the market, it is also available fresh as a cabbage head.

It is very popular as a raw food salad and vegetable supplement to beef, hare and venison.

Alternatives offered for you:

- White cabbage



Tomato (*Solanum*

lycopersicum) *You have a level 2 allergy type III*

tomato.

Processed tomatoes can be found in canned food, beef marrow, pastes, ketchup, juice, and powder and are also contained in spice mixtures. Tomato sauce is widely used for cooked foods such as meat, fish and eggs as well as with pasta, rice, potatoes and vegetable dishes.

Tomatoes can be found in pizza, ratatouille, and gazpacho and in many Italian dishes. Many vegetarian products, especially bread spreads, are refined with tomato paste. At the purchase, the list of ingredients should be read.

Cross reactions: Tomatoes have common allergenic structures with latex. If one is allergenic or sensitised to latex, a cross reaction with tomato is possible. You can absolutely react to tomatoes without ever having eaten one. The indoor plant Benjamin's fig is another possible source for this allergen. If you are sensitised to the plant, you shouldn't have it in your rooms. Another possible cross reaction: Tomatoes have common allergenic structures with the pollen of mugwort, in the protein profilin. If one reacts allergic to or is sensitised to pollen of mugwort, allergic reactions are possible if one consumes raw tomatoes. Furthermore, tomatoes have common allergenic structures with certain grass pollen. If you react allergic to grass pollen, allergic reactions are possible when eating tomatoes.

Legumes



Soyabean

(Glycine max) You have a level 3 allergy type III

to soyabean.

Soyabeans serve as raw materials for an abundance of products.

The two fermentation products, Shoyu (soya sauce) and Miso, are used as spices. Other sauces are produced from soya sauce, such as Worcestershire Sauce. Soyabeans are the main ingredients for Tofu. Soyabeans are also used to prepare meat products and milk replacement products.

Soyabean oil is used in the Asian kitchen and to produce soaps, varnishes and grease oil. At purchase, the list of ingredients should be reviewed in case soyabean or derived products are contained.

Possible cross reaction: Soyabean has common allergenic structures with birch pollen, namely the so called Bet v1 allergen. If one reacts allergic to birch pollen or is sensitive to it, allergic reactions are possible if one consumes soyabean.