METAMETRICS LABORATORY
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IgG 270 FOOD INTOLERANCE TEST

PATIENT INFORMATION		TEST INFORMATION
Name: Juan Dela Cruz		Request No. 2021000001
Client Code: 2021_AFIT-000		Specimen Collected: Serum
Gender: Male	Date of Birth: 07/19/1996	Date Collected: 01/04/2021
Referring Clinic/Institution: CUS-100011		Date Received: 01/04/2021
Referring Physician:		Date of Report: 01/11/2021

Vegetables	lgG [µg/ml]	1	2	3	4
Artichoke	4.25				
Asparagus	4.67				
Aubergine	4.77				
Bamboo shoots	1.58				
Beetroot	3.11				
Broccoli	4.02				
Brussel sprouts	7.50				
Carrots	3.60				
Cauliflower	2.42				
Celeriac, Knob celery	4.02				
Chard, Beet greens	2.29				
Chili Cayenne	4.09				
Chili Habanero	2.42				
Chili Jalapeno	2.62				
Chinese cabbage	3.50				
Courgette	5.45				
Cucumber	3.71				
Fennel	2.50				
Kale, Curled kale	2.32				
Kohlrabi (Turnip cabbage)	4.85				
Leek	3.79				
Molokhia	2.33				
Okra, Lady's finger	2.10				
Olive	2.47				
Onion	3.59				
Parsnip	6.58				
Potato	3.42				
Pumpkin	10.99				
Radish red - Radish white	2.79				
Red cabbage	4.85				
Rutabaga	3.33				
Savoy cabbage	2.92				
Spinach	7.75				
Stalk celery	5.50				
Sweet pepper	4.07				
Tomato	3.64				
White cabbage	3.08				
Legumes					
Broad bean	3.91				
Chickpeas	3.89				
Green bean	1.04				
Green pea	9.20				
Lentil	8.33				
Mung bean, Green gram	2.67				
Soyabean	3.86				

Fruits	lgG [µg/ml]	1	2	3	4
Fresh fruits					
Apple	5.91				
Apricot	3.79				
Banana	2.58				
Blackberry	2.16				
Blueberry	2.27				
Cherry	10.50				
Cranberry	2.48				
Currant	2.27				
Fig	3.15				
Gooseberry	2.01				
Grape / Raisin	2.73				
Grapefruit	4.81				
Guava	2.64				
Honeydew melon	18.51				
Kiwi	3.68				
Lemon	3.48				
Lime	3.11				
Lingonberry	2.71				
Lychee	3.92				
Mandarin	4.04				
Mango	2.48				
Nectarine	5.83				
Orange	7.95				
Papaya	5.00				
Peach	5.83				
Pear	2.34				
Pineapple	7.08				
Plum	4.83				
Pomegranate	2.62				
Prickly pear	1.33				
Quince	2.12				
Raspberry	4.60				
Rhubarb	2.19				
Sea buckthorn	2.96				
Strawberry	6.67				
Watermelon	6.84				
Yellow plum	4.92				
Dry fruits					
Date	2.42				
Fruits that contain oil					
Avocado	2.50				

Yeast	lgG [µg/ml]	1	2	3	4
Yeast	4.02				

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

Spices and herbs	lgG [µg/ml]	1	2	3	4
Alfalfa	3.67				
Allspice	3.90				
Aniseed	5.33				
Basil	7.58				
Bay leaf	2.19				
Capers	1.96				
Caraway	2.16				
Cardamom	2.39				
Chervil	2.27				
Chive	2.32				
Cinnamon	2.65				
Clove	2.33				
Coriander	2.85				
Cumin	2.27				
Dill	2.25				
Garden cress	5.47				
Garlic	5.04				
Ginger	1.25				
Horseradish	5.76				
Juniper berry	2.14				
Lavender	2.13				
Lemon balm	2.21				
Lovage	2.47				
Marjoram	3.27				
Mustard seed	2.89				
Nutmeg	2.73				
Oregano	2.65				
Paprika, spice	3.82				
Parsley	4.61				
Pepper, black	2.45				
Pepper, white	2.78				
Rosemary	2.65				
Saffron	2.09				
Sage	1.37				
Savory	2.29				
Thyme	2.45				
Vanilla	1.85				
Wild garlic	2.36				

Eggs	lgG [µg/ml]	1	2	3	4
Chicken egg-white	24.43				
Chicken yolk	21.48				
Goose eggs	12.28				
Quail eggs	12.82				

Fish and seafood	lgG [µg/ml]	1	2	3	4
Fishes					
Anchovy	2.39				
Angler, Monkfish	1.84				
Carp	5.02				
Cod, Codling	2.20				
Eel	2.85				
Gilthead bream	4.00				
Haddock	2.40				
Hake	2.20				
Halibut	2.39				
Herring	2.37				
Iridescent shark, Sutchi catfish	1.63				
Mackerel	2.67				
Ocean perch	3.20				
Octopus	3.26				
Plaice	2.35				
Pollock	2.23				
Red Snapper	2.23				
Salmon	2.95				
Sardine	3.42				
Sea bass	4.11				
Shark	2.40				
Sole	3.33				
Swordfish	2.27				
Trout	4.25				
Tunafish	2.23				
Zander	2.69				
Molluscs					
Blue mussels	3.22				
Oysters	1.54				
Scallop	2.25				
Squid, Cuttlefish	2.39				
Crustaceans					
Crayfish	3.03				
Lobster	1.26				
Shrimp, Prawn	1.96				

Mushrooms	lgG [µg/ml]	1	2	3	4
Bay boletus	2.21				
Cep (boletus)	2.45				
Chanterelle	4.11				
Meadow mushrooms	2.24				
Oyster mushrooms	2.19				
Shiitake	1.63				

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

Cereals	IgG [µg/ml]	1	2	3	4
Cereals with gluten					
Barley	4.70				
Gluten	25.67				
Kamut	22.18				
Oats	9.13				
Rye	11.64				
Spelt	31.66				
Wheat	15.92				
Gluten free cereals, starch and dry vegetables					
Amaranth	2.34				
Arrowroot	2.19				
Buckwheat	1.53				
Carob	3.42				
Cassava	5.95				
Fonio	2.83				
Jerusalem artichoke	2.35				
Lupine	1.80				
Maize, Sweet corn	2.55				
Millet	3.09				
Quinoa	4.60				
Rice	4.64				
Sweet chestnut	2.92				
Sweet potato	3.50				
Tapioca	2.22				
Teff	1.84				

Seeds and nuts	IgG [µg/ml]	1	2	3	4
Almond	5.78				
Brazil nut	1.91				
Cashew kernels	2.00				
Cocoa bean	3.41				
Coconut	2.34				
Hazelnut	6.74				
Linseed	1.24				
Macadamia nut	3.44				
Peanut	16.33				
Pine nut	2.37				
Pistachio	2.42				
Poppy seeds	1.40				
Pumpkin seeds	1.23				
Sesame	3.03				
Sunflower seed	1.13				
Walnut	2.73				

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

Meat	IgG [µg/ml]	1	2	3	4
Meat					
Beef	9.16				
Goat meat	3.50				
Lamb	4.70				
Pork	9.70				
Veal	7.91				
Poultry					
Chicken	15.04				
Duck	3.75				
Goose	2.29				
Ostrich meat	1.47				
Quail	3.00				
Turkey hen	4.56				
Game					
Deer	3.02				
Hare	2.47				
Rabbit	2.45				
Roe Deer	2.58				
Wild boar	3.73				

Milk Products	IgG [µg/ml]	1	2	3	4
Cow milk and products					
Halloumi	3.08				
Kefir	5.94				
Milk (cow)	11.63				
Milk, cooked	4.99				
Rennet cheese (cow)	8.45				
Ricotta	7.76				
Sour-milk products (cow)	7.46				
Other sorts of milk and products					
Camel's milk	8.37				
Goat: milk and cheese	8.66				
Mare's milk	2.48				
Sheep: milk and cheese	10.11				

Salads	IgG [µg/ml]	1	2	3	4
Butterhead lettuce	2.45				
Chicory	4.25				
Dandelion	2.09				
Endive	3.42				
Iceberg lettuce	3.83				
Lamb's lettuce	2.85				
Lollo rosso	2.31				
Radicchio	2.29				
Rocket	2.27				
Romaine / Cos lettuce	3.17				

Food additives	lgG [µg/ml]	1	2	3	4
Preservatives					
Benzoic acid	3.55				
Sorbic acid (E200)	3.62				
Thickening agents					
Agar-Agar (E406)	0.74				
Carrageenan (E407)	2.22				
Guar flour (E412)	1.82				
Pectin (E440)	2.24				
Tragacanth (E413)	8.53				
Xanthan gum	1.35				
Colourings					
Curcumin (E100)	2.29				
Teas, coffee and tannin	lgG [µg/ml]	1	2	3	4
Camomile	3.12				
Coffee	5.46				
Nettle	2.45				
Peppermint	3.64				
Rooibus tea	2.41				
Rose hip	2.18				
Tannin	2.30				
Tea, black	2.33				
Tea, green	2.29				
Sweeteners	lgG [µg/ml]	1	2	3	4
Agave nectar	2.14				
Cane sugar	2.37				
Honey (Mixture)	5.54				
Maple syrup	2.99				
Specials	lgG [µg/ml]	1	2	3	4
Aloe Vera	2.13				
Aspergillus Niger	2.63				
Candied lemon peel	2.18				
Vine leaves	2.15				
Algae	lgG [µg/ml]	1	2	3	4
Red algae(nori)	0.45				
Spirulina	1.55				

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 important because to manufacture 250 mL 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 **31** 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 important to stabilize your immune system by avoiding all foods against which an allergy type III has been shown. The high number 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			
Basil	Goose eggs	Pork	Spinach
Beef	Green pea	Pumpkin	Tragacanth (E413)
Camel's milk	Lentil	Rennet cheese (cow)	Veal
Cherry	Milk (cow)	Ricotta	
Goat: milk and cheese	Orange	Sheep: milk and cheese	

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			
Chicken	Honeydew melon	Peanut	Quail eggs

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			
Barley	Gluten	Rye	
Chicken egg-white	Kamut	Spelt	
Chicken yolk	Oats	Wheat	

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:

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 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 rather high. The main symptoms of gluten allergy type III are diarrhea, constipation, abdominal cramps, and deficiency syndromes. 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 summarized. Gluten allergy type III leads to intestinal inflammation that is automatically connected with an increase of intestinal permeability. This can lead to iron and folic acid deficiencies. Simple supplementation is not sufficient. To determine the severity of the intestinal permeability, stool testing is recommended to establish the concentration of the a-1-Antitrypsin.

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Detailed Analysis

Cereals

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

Grain contains 8 to 15% proteins. However, these proteins do not contain all 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 rich in carbohydrates (60 to 80%) and it contains many minerals (iron, phosphorus, magnesium, and zinc). It is 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 3 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 3 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 to avoid lumping.

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

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 3 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 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 food cuisine. Millet flakes are optimal gluten free substitutes for rolled oats.

Rye *(Secale cereale)*

You have a level 3 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 Brandy wine

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 contains spelt – which is usually labelled on the list of ingredients. Other grain sorts are offered as alternatives.

Wheat *(Triticum aestivum)*

You have a level 3 allergy type III to wheat.

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

- Durum wheat – usage: flower for making bread, semolina, and pasta.
- Soft wheat: flower for baking or couscous (mixture of semolina wheat, flower, and water)
- Semolina, wheat germs and wheat bran are added to many products in dried form, because of its binding and stabilizing 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.

Eggs

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
	Goose eggs	Quail eggs	Chicken egg-white	
			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	hamburger
meat products	

It is extremely important to read the list of ingredients of these products and 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 3 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 3 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.

Goose eggs

You have a level 1 allergy type III to goose eggs.

Goose eggs are only sold fresh on the market.

Quail eggs

You have a level 2 allergy type III to quail eggs.

Quail eggs differ from chicken eggs in their strong pattern and in their size.

Food additives

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Agar-Agar (E406)	Tragacanth (E413)			
Benzoic acid				
Carrageenan (E407)				
Curcumin (E100)				
Guar flour (E412)				
Pectin (E440)				
Sorbic acid (E200)				
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 to balance out these deficits.

Thickening agents

Tragacanth (E413)

You have a level 1 allergy type III to tragacanth.

Tragacanth belongs to the thickening and jelly agents and is produced from Asian Astralagus-bushes juice; it is generally allowed for food.

A selection of food containing tragacanth:

- salad dressing
- soups, sauces
- spread and processed cheese
- pills
- baked goods

Fruits

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

Most of the fruits have high-water content (88-95%) and contain many minerals and vitamins such as vitamin A, B6, C, potassium, calcium, and magnesium. Fresh fruits should be eaten well-washed and with skin because most vitamins, minerals and fibers are contained in the skin. Certain people may have difficulties in digesting raw fruits.

Fresh fruits

Cherry *(Prunus avius, Prunus cerasus)*

You have a level 1 allergy type III to cherry.

On the market, you can predominantly find sweet and sour cherries, either fresh, as canned food or deep-frozen. Cherries are also cooked, candied, canned, inserted in alcohol, or is used as a pie topping.

Cherries are added to fruit salads, pies (Black Forest cake) and yogurt. Do not forget cherry jam and jelly. Cherries, or better said their juice, are also main ingredients for various spirituous: cherry brandy (fruit brandy), cherry liqueur (fruit juice liqueur = Cherry Brandy, cherry with rum, cherry with Whiskey and Ratafia).

Possible cross reaction: Cherries 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 cherries. Alternative: Strawberry

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

You have a level 2 allergy type III to honeydew melon.

Honeydew melon is used as an appetizer to raw ham. Honeydew melons are also 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 sensitized 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 sensitized to the plant, you should not have it in your rooms. Cross reactions to avocados and banana are also possible.

Orange *(Citrus sinensis)*

You have a level 1 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.

Meat

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

Meat

Beef *(Bos taurus taurus)*

You have a level 1 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. Alternative: Turkey

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. Alternative: Turkey

Veal *(Bos taurus taurus)*

You have a level 1 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. Alternative: Turkey

Poultry

Poultry meat should never be consumed raw or cooked at less than 150 degrees because of the risk of salmonella. Fresh poultry is easily perishable because it represents an ideal breeding place for bacteria. Therefore, thawed poultry should be prepared within 24 hours and special attention should be paid to the hygienic conditions. The durability of frozen poultry is about twelve months. Poultry has the same protein amounts as meat.

Chicken *(Gallus gallus domesticus)*

You have a level 2 allergy type III to chicken.

On the market, chickens and cockerels are offered as roast, soup, poultry pieces, poultry breast, sausage, cold meats (combined with pork) and as chicken fat. Alternative: Turkey, Duck

Milk Products

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

Rennet cheese (cow)

You have a level 1 allergy type III to rennet cheese made of cow's milk.

Rennet cheese includes: Parmesan, Leerdam, Edam, Emmental cheese, Chester, Tilsit, Brie cheese, Gouda etc.

Ricotta

You have a level 1 allergy type III to ricotta.

The Foodscreen 270 test is based on ricotta that is produced from cow's 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 sheep's milk whey, which represents an alternative to the cow's milk ricotta. You should pay attention because the cheese can also be a mixed product of sheep -and cow's milk.

Other sorts of milk and products

Camel's milk

You have a level 1 allergy type III to camel's milk.

In Europe, dried camel's milk is available.

Goat: milk and cheese

You have a level 1 allergy type III to goat (milk and cheese)

Goats milk is processed to cheese and it is a replacement for cow's milk. Products made of goat's milk are labelled and can be easily avoided.

Sheep: milk and cheese

You have a level 1 allergy type III to sheep (milk and cheese).

Sheep cheese is offered as pure sheep cheese, but also as a mixture of sheep and cow cheese. Most important sorts: Roquefort and Pecorino.

Seeds and nuts

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Almond		Peanut		
Brazil nut				
Cashew kernels				
Cocoa bean				
Coconut				
Hazelnut				
Linseed				
Macadamia nut				
Pine nut				
Pistachio				
Poppy seeds				
Pumpkin seeds				
Sesame				
Sunflower seed				
Walnut				

Peanut *(Arachis hypogaea)*

You have a level 2 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 sensitized to grass pollen, allergic reactions may occur if one consumes peanuts. Alternative: Pistachio

Spices and herbs

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

Basil *(Ocimum basilicum)*

You have a level 1 allergy type III to basil.

Fresh basil is frequently added tomatoes and garnishes pastas. It is also the basic spice of the Italian Pesto. Dry basil is contained in almost all spice mixtures and in many instant meals. Therefore, the list of ingredients should be carefully read before purchasing and the product should not be bought if "spice" as an ingredient is written on the label. Selection of foods, which can contain basil: instant meals, tomato dishes, dough, pesto, soups, sauces, stew.

Vegetables

Without reaction	With reaction			
	Level 1	Level 2	Level 3	Level 4
Artichoke	Green pea			
Asparagus	Lentil			
Aubergine	Pumpkin			
Bamboo shoots	Spinach			
Beetroot				
Broad bean				
Broccoli				
Brussel sprouts				
Carrots				
Cauliflower				
Celeriac, Knob celery				
Chard, Beet greens				
Chickpeas				
Chili Cayenne				
Chili Habanero				
Chili Jalapeno				
Chinese cabbage				
Courgette				
Cucumber				
Fennel				
Green bean				
Kale, Curled kale				
Kohlrabi (Turnip cabbage)				
Leek				
Molokhia				
Mung bean, Green gram				
Okra, Lady’s finger				
Olive				
Onion				
Parsnip				
Potato				
Radish red - Radish white				
Red cabbage				
Rutabaga				

Savoy cabbage				
Soyabean				
Stalk celery				
Sweet pepper				
Tomato				
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.

Pumpkin *(Cucurbita maxima / C. pepo / C. moschata)*

You have a level 1 allergy type III to pumpkin.

Pumpkin is used to prepare soups, desserts, different cake mixtures and sometimes jams. A hidden occurrence of the pumpkin in food, which is not labelled as containing pumpkin, is not to be expected.

Cross reaction: Pumpkin has common allergenic structures with certain grass pollen. If one is allergic or sensitised to grass pollen, allergic reactions may occur if one consumes pumpkin. Alternative: Zucchini

Spinach *(Spinacia oleracea)*

You have a level 1 allergy type III to spinach.

Spinach is predominantly processed as frozen good. On the market, it is also contained in fillings (ravioli, tortellini, cappeletti, strudels, etc.) or as a soup ingredient. Fresh spinach is used for salads and dips. Products containing spinach are correspondingly labelled; therefore, a hidden occurrence in the food is not to be expected.

Cross reactions: Spinach has common allergenic structures with latex. If one is allergic or sensitised to latex, a cross reaction with spinach is possible. You can absolutely react to spinach without ever having eaten it. 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. Alternative: Chard

Legumes

Green pea *(Pisum sativum)*

You have a level 1 allergy type III to green pea.

Industrially, peas are processed to canned food and frozen goods. On the market, one can find pea sausage, a soup product pressed into a sausage form containing pea flour, fat, bacon, spices, and salt, which is pressed, packaged, and ready to be cooked. Fresh green peas are used as a vegetable supplement in chicken-fricassee and broths.

Possible cross reactions: Green peas have common allergenic structures with certain grass pollen. If one is allergic or sensitized to grass pollen, allergic reactions may occur if one consumes green peas. Alternative: Chick pea, green bean

Lentil *(Lens culinaris)*

You have a level 1 allergy type III to lentil.

The different lentil sorts are dried and are storable. To prepare salads or soups, the lentils are cooked or mashed and thus used as garnish to fish or meat. Lentil flour is added to many dishes because of its binding properties: dry food products such as instant soups and sauces, snacks, diet supplements, diet food. At purchase, the list of ingredients should be reviewed in case lentils are contained.

Possible cross reaction: Lentils have common allergenic structures with certain grass pollen. If one is allergic or sensitized to grass pollen, allergic reactions may occur if one consumes lentils.