



SAMPLE CODE

Test

PATIENT NAME



PATIENT CODE



DATE OF BIRTH

QR-CODE

80AJY351

ANALYSIS DATE

18/05/2026

TEST METHOD

FOX

TESTED ANTIGENS

287

DOCTOR INFORMATION



LAB REPORT

Overview of the IgG profile



EGG & MILK



FRUITS



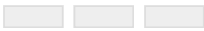
MEAT



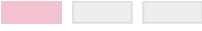
VEGETABLES



FISH & SEAFOOD



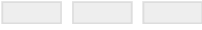
SPICES



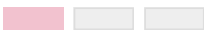
CEREALS & SEEDS



EDIBLE MUSHROOMS



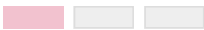
NUTS



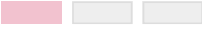
NOVEL FOODS



LEGUMES



HERBAL TEAS & COFFEE



OTHERS



Measured IgG concentration ranges





Summary of all positive results

Egg & Milk

Name	E/M	Antigen	µg/ml	
Cow's milk Bos d 5 * (β-Lactoglobulin)		Bos d 5		37.56
Cow's milk Bos d 4 * (α-Lactalbumin)		Bos d 4		33.63
Gouda		Bos d_Go		31.07
Camembert		Bos d_Ca		28.33
Mozzarella		Bos d_Mo		27.53
Cottage cheese		Bos d_Hue		26.28
Parmesan		Bos d_Pa		20.16
Emmental		Bos d_Em		20.13
Sheep milk		Ovi a_milk		19.99
Cow's milk Bos d 8 * (Casein)		Bos d 8		18.54
Goat cheese		Cap h_cheese		18.51
Buttermilk		Bos d_but		17.08
Cow's milk		Bos d_milk		16.93
Sheep cheese		Ovi a_cheese		14.86
Goat milk		Cap h_milk		13.79
Buffalo milk		Bub b_milk		7.19

Meat

Name	E/M	Antigen	µg/ml	
Horse		Equ c_meat		10.11
Venison		Cap c		6.88
Boar		Sus s_meat		6.19
Veal		Bos d_veal_meat		6.06

Cereals & Seeds

Name	E/M	Antigen	µg/ml	
Wheat Gliadin		Tri a Gliadin		17.23
Gluten		Tri ae		17.16
Wheat		Tri a		15.36
Oat		Ave s		11.55
Durum		Tri du		9.60
Wheat bran		Tri a_bran		8.52
Malt (barley)		Hor v_malt		5.94
Einkorn		Tri m		5.86
Corn		Zea m		5.66
Spelt		Tri s		5.31



Nuts

Name	E/M	Antigen	µg/ml	
Coconut milk		Coc n		7.67
Cashew		Ana o		6.74
Macadamia		Mac inte		5.80
Sweet chestnut		Cas s		5.49

Legumes

Name	E/M	Antigen	µg/ml	
Chickpea		Cic a		5.72

Fruits

Name	E/M	Antigen	µg/ml	
Pineapple		Ana c		13.44
Cherry		Pru av		9.00
Strawberry		Fra a		7.64
Tangerine		Cit r		5.11

Vegetables

Name	E/M	Antigen	µg/ml	
Savoy		Bra o_saba		10.21
White Asparagus		Asp o		8.96
Fennel (bulb)		Foe v		7.77
Avocado		Pers a		7.50
Carrot		Dau c		6.93
Turnip		Bra r		6.26
Pok-Choi		Bra ra_chi		5.96
Cauliflower		Bra o_bot		5.80

Spices

Name	E/M	Antigen	µg/ml	
Tarragon		Art d		5.46

Novel Foods

Name	E/M	Antigen	µg/ml	
Yacón root		Sma s		8.65
Dandelion root		Tar v		7.18
House cricket		Ach d		6.93

Herbal Teas & Coffee

Name	E/M	Antigen	µg/ml	
Moringa		Mor o		5.64

Others

Name	E/M	Antigen	µg/ml	
M-Transglutaminase, meat glue		Str m		20.35
Honey		Api m_honey		7.18



Summary of all negative results

Egg & Milk

Name	E/M	Antigen	µg/ml
Camel's milk		Cam d	< 5.00
Quail egg		Cot c	< 5.00
Egg white		Gal d_white	< 5.00
Egg yolk		Gal d_yolk	< 5.00

Meat

Name	E/M	Antigen	µg/ml
Duck		Ana p	< 5.00
Beef		Bos d_meat	< 5.00
Goat		Cap h_meat	< 5.00
Stag		Cer e	< 5.00
Chicken		Gal d_meat	< 5.00
Turkey		Mel g	< 5.00
Rabbit		Ory_meat	< 5.00
Lamb		Ovi a_meat	< 5.00
Ostrich		Str c	< 5.00
Pork		Sus d_meat	< 5.00



Fish & Seafood

Name	E/M	Antigen	µg/ml			
Caviar		Aci spp.				< 5.00
Eel		Ang a				< 5.00
Noble crayfish		Ast a				< 5.00
Cockle		Car spp.				< 5.00
Crab		Chi spp.				< 5.00
Atlantic herring		Clu h				< 5.00
Carp		Cyp c				< 5.00
European anchovy		Eng e				< 5.00
Northern pike		Eso l				< 5.00
Atlantic cod		Gad m				< 5.00
Abalone		Hal g				< 5.00
Lobster		Hom g				< 5.00
Shrimp mix		Lit s				< 5.00
Squid		Lol spp.				< 5.00
Monkfish		Lop p				< 5.00
Haddock		Mel a				< 5.00
Hake		Mer c				< 5.00
Common mussel		Myt e				< 5.00
Octopus		Oct v				< 5.00
Trout		Onc m				< 5.00
Oyster		Ost e				< 5.00
Northern prawn		Pan b				< 5.00
Scallop		Pec spp.				< 5.00
Razor shell		Pha spp.				< 5.00
European plaice		Ple p				< 5.00
Thornback Ray		Raj c				< 5.00
Venus clam		Rud spp.				< 5.00
Salmon		Sal s				< 5.00
European pilchard		Sar p				< 5.00
Turbot		Sco m				< 5.00
Mackerel		Sco s				< 5.00
Atlantic redfish		Seb m				< 5.00
Sepia		Sep spp.				< 5.00
Sole		Sol s				< 5.00
Gilt-head bream		Spa a				< 5.00
Tuna		Thu a				< 5.00
Swordfish		Xip g				< 5.00



Cereals & Seeds

Name	E/M	Antigen	µg/ml			
Pigweed		Ama t				< 5.00
Rapeseed		Bra n				< 5.00
Hempseed		Can s_seed				< 5.00
Quinoa		Che q				< 5.00
Pumpkin seed		Cuc p				< 5.00
Buckwheat		Fag e				< 5.00
Sunflower		Hel a				< 5.00
Barley		Hor v				< 5.00
Linseed		Lin u				< 5.00
Lupine seed		Lup a				< 5.00
Rice		Ory s				< 5.00
Millet		Pan m				< 5.00
Poppyseed		Pap s				< 5.00
Pine nut		Pin k				< 5.00
Rye		Sec c_flour				< 5.00
Sesame		Ses i				< 5.00
Wheatgrass		Tri a_grass				< 5.00
Emmer		Tri d				< 5.00
Polish wheat		Tri p				< 5.00

Nuts

Name	E/M	Antigen	µg/ml			
Brazil nut		Ber e				< 5.00
Pecan nut		Car i				< 5.00
Coconut		Coc n_nut				< 5.00
Kola nut		Col_spp				< 5.00
Hazelnut		Cor a_hazel				< 5.00
Tigernut		Cyp e				< 5.00
Walnut		Jug r_nut				< 5.00
Pistachio		Pis v				< 5.00
Almond		Pru du				< 5.00



Legumes

Name	E/M	Antigen	µg/ml			
Peanut	...	Ara h				< 5.00
Soy	...	Gly m				< 5.00
Lentil	...	Len c				< 5.00
White bean	...	Pha v				< 5.00
Green bean	...	Pha v_green				< 5.00
Pea	...	Pis s				< 5.00
Sugar pea	...	Pis s_conv				< 5.00
Tamarind	...	Tam i				< 5.00
Mung bean	...	Vig r				< 5.00



Fruits

Name	E/M	Antigen	µg/ml			
Kiwi		Act d				< 5.00
Papaya		Car p				< 5.00
Lime		Cit a				< 5.00
Lemon		Cit l				< 5.00
Watermelon		Cit la				< 5.00
Grapefruit		Cit p				< 5.00
Orange		Cit s				< 5.00
Melon		Cuc m				< 5.00
Fig		Fic c				< 5.00
Lychee		Lit c				< 5.00
Apple		Mal d				< 5.00
Mango		Man i				< 5.00
Mulberry		Mor spp._berry				< 5.00
Banana		Mus a				< 5.00
Passion fruit		Pas e				< 5.00
Date		Pho d_fruit				< 5.00
Physalis		Phy p				< 5.00
Apricot		Pru ar				< 5.00
Plum		Pru do				< 5.00
Peach		Pru p				< 5.00
Nectarine		Pru p_nuc				< 5.00
Pomegranate		Pun g				< 5.00
Pear		Pyr c				< 5.00
Gooseberry		Rib g				< 5.00
Red currant		Rib r				< 5.00
Blackberry		Rub f				< 5.00
Raspberry		Rub i				< 5.00
Elderberry		Sam n				< 5.00
Blueberry		Vac m				< 5.00
Cranberry		Vac m_cra				< 5.00
Grape		Vit v				< 5.00
Raisin		Vit v_ros				< 5.00



Vegetables

Name	E/M	Antigen	µg/ml			
Shallot		All a				< 5.00
Onion		All c				< 5.00
Leek		All p				< 5.00
Garlic		All s				< 5.00
Chives		All sc				< 5.00
Wild garlic		All u				< 5.00
Celery Bulb		Api g				< 5.00
Celery Stalk		Api g_stalk				< 5.00
Horseradish		Arm r				< 5.00
Bamboo sprouts		Bam v				< 5.00
Chard		Bet vu				< 5.00
Red beet		Bet vul				< 5.00
Cabbage		Bra o				< 5.00
White cabbage		Bra o_cap				< 5.00
Brussels sprouts		Bra o_gem				< 5.00
Kohlrabi		Bra o_gon				< 5.00
Broccoli		Bra o_ita				< 5.00
Romanesco		Bra o_rom				< 5.00
Red cabbage		Bra o_rub				< 5.00
Green cabbage		Bra o_sab				< 5.00
Chinese cabbage		Bra ra_pek				< 5.00
Caper		Cap s				< 5.00
Endive		Cic e				< 5.00
Radicchio		Cic i_fol				< 5.00
Chicorée		Cic if				< 5.00
Pumpkin Butternut		Cuc m_butternut				< 5.00
Pumpkin Hokkaido		Cuc m_hoc				< 5.00
Kiwano		Cuc met				< 5.00
Zucchini		Cuc pe				< 5.00
Cucumber		Cuc s				< 5.00
Artichoke		Cyn c				< 5.00
Arugula		Eru s				< 5.00
Sweet potato		Ipo b				< 5.00
Watercress		Lep s				< 5.00
Olive		Ole_fruit				< 5.00
Parsnip		Pas s				< 5.00
Radish		Rap s				< 5.00
Eggplant		Sol m				< 5.00
Potato		Sol t				< 5.00
Tomato		Sola l				< 5.00
Spinach		Spi o				< 5.00



Name	E/M	Antigen	µg/ml
Nettle leaves		Urt d_leaf	< 5.00
Lamb's lettuce		Val l	< 5.00

Spices

Name	E/M	Antigen	µg/ml
Dill		Ane g	< 5.00
Paprika		Cap a	< 5.00
Cayenne pepper		Cap f	< 5.00
Chili (red)		Cap f_chi	< 5.00
Caraway		Car c	< 5.00
Cinnamon		Cin v	< 5.00
Curry		Con spp.	< 5.00
Coriander		Cor s	< 5.00
Cumin		Cum c	< 5.00
Turmeric		Cur l	< 5.00
Lemongrass		Cym c	< 5.00
Cardamom		Ele c	< 5.00
Juniper berry		Jun c	< 5.00
Bay leaf		Lau n	< 5.00
Nutmeg		Myr f	< 5.00
Mint		Nep c	< 5.00
Basil		Oci b	< 5.00
Majoram		Ori m	< 5.00
Oregano		Ori v	< 5.00
Parsely		Pet c	< 5.00
Anise		Pim a	< 5.00
Pepper (black/white/green/red/yellow)		Pip n	< 5.00
Rosemary		Ros o	< 5.00
Sage		Sal o	< 5.00
Mustard		Sin	< 5.00
Clove		Syz a	< 5.00
Thyme		Thy v	< 5.00
Fenugreek		Tri fo	< 5.00
Vanilla		Van p	< 5.00
Ginger		Zin o	< 5.00



Edible Mushrooms

Name	E/M	Antigen	µg/ml
White Mushroom		Aga b	< 5.00
Boletus		Bol e	< 5.00
Chanterelle		Can c	< 5.00
Enoki		Fla v	< 5.00
French horn mushroom		Ple e	< 5.00
Oyster mushroom		Ple o	< 5.00

Novel Foods

Name	E/M	Antigen	µg/ml
Baobab		Ada d	< 5.00
Aloe		Alo v	< 5.00
Greater burdock root		Arc l	< 5.00
Aronia		Aro spp.	< 5.00
Safflower oil		Car t	< 5.00
Chlorella		Chl spp.	< 5.00
Ginkgo		Gin b	< 5.00
Maca root		Lep m	< 5.00
Migratory locust		Loc m	< 5.00
Tapioca		Man e	< 5.00
Ginseng		Pan g	< 5.00
Guarana		Pau c	< 5.00
Almond milk		Pru du_milk	< 5.00
Nori		Pyr y	< 5.00
Chia seed		Sal h	< 5.00
Spirulina		Spi spp.	< 5.00
Mealworm		Ten m	< 5.00
Wakame		Und p	< 5.00

Herbal Teas & Coffee

Name	E/M	Antigen	µg/ml
Tea, black		Ame a	< 5.00
Tea, green		Cam s	< 5.00
Coffee		Cof a	< 5.00
Hibiscus		Hib s	< 5.00
Jasmine		Jas o	< 5.00
Chamomile		Mat c	< 5.00
Peppermint		Men p	< 5.00
Cocoa		The c	< 5.00

Others

Name	E/M	Antigen	µg/ml			
Agar Agar		Aga				< 5.00
Aspergillus niger		Asp n				< 5.00
Human Lactoferrin		Hom s LF				< 5.00
Hops		Hum l				< 5.00
Baker's yeast		Sac c				< 5.00
Cane sugar		Sac o				< 5.00
Brewer's yeast		Sac u				< 5.00
Elderflower		Sam f				< 5.00



Interpretation Summary

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

MILK & EGGS

Buttermilk

Your IgG level for buttermilk is 17.08 µg/mL.

Food products and dishes typically containing buttermilk include biscuits, cakes, mashed potatoes, soups, fried chicken, hamburger buns, cornbread, ranch dressing, smoothies, pancakes, ice cream, and cream cheese.

Possible alternatives (non-dairy) for buttermilk include soy-based options such as a combination of soy milk and acid (e.g., lemon juice or vinegar), vegan sour cream and water, or unsweetened plant milk (e.g., coconut, almond, or cashew) and acid (e.g., lemon juice or vinegar).

Camembert

Your IgG level for camembert is 28.33 µg/mL.

Food products and dishes typically containing camembert are salads, cheese boards, burgers. Camembert is often served in French cuisine.

Possible alternatives (non-dairy) for camembert include substitutes based on cashews.

Cottage cheese

Your IgG level for cottage cheese is 26.28 µg/mL.

Food products and dishes typically containing cottage cheese include breakfast bowls, dips, pancakes, egg dishes, pasta dishes, and sandwiches.

Possible alternatives (non-dairy) for cottage cheese include firm tofu (crumbled) or substitutes based on cashews.

Cow's milk

Your IgG level for cow's milk is 16.93 µg/mL.

Food products and dishes containing cow's milk include dairy products such as butter, cheese, cream, sour cream, custard, yogurt, ice cream, and pudding. Cow's milk protein is often included in gratins, breads, cookies, crackers, cakes, battered foods, cake mix, cereals, chocolate, coffee creamer, granola bars, margarine, mashed potatoes, and salad dressings. On food labels, milk protein may be referred to as artificial butter, cheese flavor, casein, diacetyl, curd, ghee, hydrolysates, lactalbumin, lactose, recaldent, rennet, tagatose, or whey.

Possible alternatives for cow's milk include goat's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming cow's milk.

Emmental

Your IgG level for emmental is 20.13 µg/mL.

Food products and dishes typically containing emmental cheese include gratins, cheese fondues, cheese puffs, soups, pizza, and cheese boards.

Possible alternatives (non-dairy) for emmental cheese are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Goat cheese

Your IgG level for goat cheese is 18.51 µg/mL.

Food products and dishes typically containing goat cheese include salads, pizza, savory tarts, sandwiches, as a garnish on pasta, desserts, and cheese boards.

Possible alternatives (non-dairy) for goat cheese include tofu and cashew cheese.

Goat's milk

Your IgG level for goat's milk is 13.79 µg/mL.

Food products and dishes typically containing goat's milk include dairy products such as cheese, butter, ice cream, yogurt, and cajeta.

Possible alternatives for goat's milk include cow's milk, camel's milk, sheep's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming goat's milk.

Gouda

Your IgG level for gouda is 31.07 µg/mL.

Food products and dishes typically containing gouda include cheese dips, gratins, soups, sandwiches, sauces, lasagna, pizza, and cheese boards.

Possible alternatives (non-dairy) for gouda are vegan cheese substitutes based on nuts (e.g., cashew, macadamia) or soy.

Mozzarella

Your IgG level for mozzarella is 27.53 µg/mL.

Food products and dishes typically containing mozzarella include pizza, lasagna, caprese salads, and fruit salads.

Possible alternatives (non-dairy) for mozzarella cheese are vegan cheese substitutes based on cashew nuts or rice milk.

Parmesan

Your IgG level for parmesan is 20.16 µg/mL.

Food products and dishes typically containing parmesan include pizza, lasagne, pasta dishes, chicken ceasar salads, soups, and cheese boards.

Possible alternatives (non-dairy) for parmesan includes substitutes based on soy and nutritional yeast.

Sheep cheese

Your IgG level for sheep cheese is 14.86 µg/mL.

Food products and dishes typically containing sheep cheese include popular cheeses such as feta (Greek), ricotta (Italian), and roquefort (French).

Possible alternatives (non-dairy) for sheep cheese are tofu and cashew cheese.

Sheep's milk

Your IgG level for sheep's milk is 19.99 µg/mL.

Food products and dishes typically containing sheep's milk include dairy products such as cheeses (e.g., feta, ricotta, roquefort), yogurt, butter, and ice cream.

Possible alternatives for sheep milk include cow's milk, camel's milk, goat's milk, and buffalo's milk for animal derived sources. Plant-based alternatives include coconut milk, rice milk, soy milk, almond milk, and oat milk. Please note that the proteins in the milk of different animals are structurally similar to the proteins in cow's milk. Some patients may tolerate them, others might experience similar reactions to what they experience after consuming sheep milk.

MEAT

Horse

Your IgG level for horse is 10.11 µg/mL.

Food products and dishes typically containing horse include stews, roasts, sausages, and meatloaf.

Possible alternatives for horse include venison and beef.

GRAINS & SEEDS

Gluten

Your IgG level for gluten is 17.16 µg/mL.

Food products and dishes typically containing gluten include wheat, wheat varieties (spelt, durum, couscous, semolina, farina, farro, kamut, einkorn, bulgur, wheat bran, wheat starch, emmer, seitan, graham flour, rye, barley), bread, pitas, bagels, flatbreads, rolls, pasta, crackers, biscuits, pastry, breakfast cereals, breadcrumbs, croutons, beers, ales, and lagers. On food labels, gluten may be referred to as triticum vulgare (wheat), triticale (cross between wheat and rye), hordeum vulgare (barley), secale cereale (rye), and triticum spelta (spelt).



Possible alternatives to gluten products include buckwheat (groats and flour), quinoa (grain or flour), rice (grain or flour), potato flour, soy flour, chickpea flour, corn, amaranth, millet, gluten-free oats, sorghum, and tapioca. Gluten-free pasta alternatives are made from lentils, peas, corn, rice, or buckwheat. Vegetable noodles are made from zucchini, carrot, or squash.

Oat

Your IgG level for oat is 11.55 µg/mL.

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

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

Wheat

Your IgG level for wheat is 15.36 µg/mL.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, biscuits, couscous, crackers, crumpets, durum, einkorn, emmer, farina, farro, kamut, malt, seitan, semolina, scones, pancakes, pizza, pasta, and pastries. On food labels, wheat may be referred to as bromated flour, cereal extract, cracker meal, hydrolyzed vegetable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artificial flavoring, caramel color, dextrin, food starch, glucose syrup, maltodextrin, soy sauce, surimi, textured vegetable protein, and vegetable gum.

Possible alternatives for wheat include amaranth, buckwheat, millet, quinoa, and teff.

Wheat gliadin

Your IgG level for wheat gliadin is 17.23 µg/mL.

Food products and dishes typically containing gliadin include major sources of gluten such as bread, pasta, pizza, dressing, and sauces, as well as barley, rye, and oats.

Possible alternatives for wheat gliadin products include amaranth, millet, buckwheat, and quinoa.

FRUITS

Pineapple

Your IgG level for pineapple is 13.44 µg/mL.

Food products and dishes typically containing pineapple include salads, chutneys, relishes, marinades, juices, smoothies and cocktails.

Possible alternatives for pineapples include green apples and oranges.

VEGETABLES

Savoy

Your IgG level for savoy cabbage is 10.21 µg/mL.

Food products and dishes typically containing savoy cabbage include salads, stir fries, soups, and slaws.

Possible alternatives for savoy cabbage include red cabbage, green cabbage and Chinese cabbage.

OTHER

M-Transglutaminase (meat glue)

Your IgG level for M-Transglutaminase is 20.35 µg/mL.

Food products and dishes typically containing M-Transglutaminase include sausages, ham, fish balls, chicken nuggets, and surimi.

Possible alternatives for M-Transglutaminase include gelatin and carrageenan (derived from seaweeds).

Disclaimer

The presence of IgG-antibodies may be an indication of food intolerances and has to be analyzed in conjunction with the clinical history and other diagnostic test results.

The Raven Interpretation Software is a tool to assist in the interpretation of FOX results but does not constitute a diagnosis. No liability is accepted for Raven comments and the resulting dietary recommendations. The stated comments are designed exclusively for FOX results.



FOX - Tested food sources

	Egg & Milk 20	Buffalo milk, Buttermilk, Camel's milk, Camembert, Cottage cheese, Cow's milk, Cow's milk Bos d 4 * (α-Lactalbumin), Cow's milk Bos d 5 * (β-Lactoglobulin), Cow's milk Bos d 8 * (Casein), Egg white, Egg yolk, Emmental, Goat cheese, Goat milk, Gouda, Mozzarella, Parmesan, Quail egg, Sheep cheese, Sheep milk
	Meat 14	Beef, Boar, Chicken, Duck, Goat, Horse, Lamb, Ostrich, Pork, Rabbit, Stag, Turkey, Veal, Venison
	Fish & Seafood 37	Abalone, Atlantic cod, Atlantic herring, Atlantic redfish, Carp, Caviar, Cockle, Common mussel, Crab, Eel, European anchovy, European pilchard, European plaice, Gilt-head bream, Haddock, Hake, Lobster, Mackerel, Monkfish, Noble crayfish, Northern pike, Northern prawn, Octopus, Oyster, Razor shell, Salmon, Scallop, Sepia, Shrimp mix, Sole, Squid, Swordfish, Thornback Ray, Trout, Tuna, Turbot, Venus clam
	Cereals & Seeds 29	Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Gluten, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pigweed, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Wheat bran, Wheat Gliadin, Wheatgrass

	Nuts 13	Almond, Brazil nut, Cashew, Coconut, Coconut milk, Hazelnut, Kola nut, Macadamia, Pecan nut, Pistachio, Sweet chestnut, Tigernut, Walnut
	Legumes 10	Chickpea, Green bean, Lentil, Mung bean, Pea, Peanut, Soy, Sugar pea, Tamarind, White bean
	Fruits 36	Apple, Apricot, Banana, Blackberry, Blueberry, Cherry, Cranberry, Date, Elderberry, Fig, Gooseberry, Grape, Grapefruit, Kiwi, Lemon, Lime, Lychee, Mango, Melon, Mulberry, Nectarine, Orange, Papaya, Passion fruit, Peach, Pear, Physalis, Pineapple, Plum, Pomegranate, Raisin, Raspberry, Red currant, Strawberry, Tangerine, Watermelon
	Vegetables 51	Artichoke, Arugula, Avocado, Bamboo sprouts, Broccoli, Brussels sprouts, Cabbage, Caper, Carrot, Cauliflower, Celery Bulb, Celery Stalk, Chard, Chicorée, Chinese cabbage, Chives, Cucumber, Eggplant, Endive, Fennel (bulb), Garlic, Green cabbage, Horseradish, Kiwano, Kohlrabi, Lamb's lettuce, Leek, Nettle leaves, Olive, Onion, Parsnip, Pok-Choi, Potato, Pumpkin Butternut, Pumpkin Hokkaido, Radicchio, Radish, Red beet, Red cabbage, Romanesco, Savoy, Shallot, Spinach, Sweet potato, Tomato, Turnip, Watercress, White Asparagus, White cabbage, Wild garlic, Zucchini

	Spices 31	Anise, Basil, Bay leaf, Caraway, Cardamom, Cayenne pepper, Chili (red), Cinnamon, Clove, Coriander, Cumin, Curry, Dill, Fenugreek, Ginger, Juniper berry, Lemongrass, Majoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosemary, Sage, Tarragon, Thyme, Turmeric, Vanilla
	Edible Mushrooms 6	Boletus, Chanterelle, Enoki, French horn mushroom, Oyster mushroom, White Mushroom
	Novel Foods 21	Almond milk, Aloe, Aronia, Baobab, Chia seed, Chlorella, Dandelion root, Ginkgo, Ginseng, Greater burdock root, Guarana, House cricket, Maca root, Mealworm, Migratory locust, Nori, Safflower oil, Spirulina, Tapioca, Wakame, Yacón root
	Herbal Teas & Coffee 9	Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea, black, Tea, green
	Others 10	Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, Human Lactoferrin, M-Transglutaminase, meat glue