



PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

Test Report : Food Groups

Patient Name:
 Patient Number:
 Date of Birth: 26.03.1976

Sample Date: 15.09.2024
 Analysis Date: 18.09.2024
 Clinic:

ELEVATED (≥30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤23 U/ml)

DAIRY / EGG

<15	Alpha-Lactalbumin	45	Egg White	73	Milk (Cow)
19	Beta-Lactoglobulin	16	Egg Yolk	29	Milk (Goat)
37	Casein	<15	Milk (Buffalo)	42	Milk (Sheep)

GRAINS (Gluten-Containing)*

21	Barley	23	Malt	42	Wheat
<15	Couscous	30	Oat	<15	Wheat Bran
<15	Durum Wheat	<15	Rye		
81	Gliadin*	<15	Spelt		

GRAINS (Gluten-Free)

32	Amaranth	<15	Millet	48	Rice
<15	Buckwheat	<15	Polenta	<15	Tapioca
35	Corn (Maize)	<15	Quinoa		

FRUIT

<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	<15	Plum
<15	Banana	21	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
<15	Cherry	<15	Mulberry	<15	Rhubarb
16	Cranberry	<15	Nectarine	<15	Strawberry
<15	Date	<15	Olive	<15	Tangerine
<15	Fig	75	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
<15	Grapefruit	<15	Peach		

VEGETABLES

<15	Artichoke	<15	Cauliflower	78	Potato
<15	Asparagus	<15	Celery	15	Radish
<15	Aubergine	<15	Chard	<15	Rocket
29	Bean (Broad)	<15	Chickpea	<15	Shallot
<15	Bean (Green)	<15	Chicory	26	Soya Bean
<15	Bean (Red Kidney)	<15	Cucumber	<15	Spinach
26	Bean (White Haricot)	<15	Fennel (Leaf)	16	Squash (Butternut/Carnival)
<15	Beetroot	<15	Leek	<15	Sweet Potato
<15	Broccoli	22	Lentil	<15	Tomato
<15	Brussel Sprout	<15	Lettuce	<15	Turnip
<15	Cabbage (Red)	<15	Marrow	<15	Watercress
<15	Cabbage (Savoy/White)	<15	Onion	<15	Yuca
<15	Caper	82	Pea		
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

Continued on next page...

Patient Name:
Patient Number:
Date of Birth: 26.03.1976

Sample Date: 15.09.2024
Analysis Date: 18.09.2024
Clinic:

FISH / SEAFOOD

<15	Alga Espaguettes	<15	Haddock	<15	Sardine
<15	Alga Spirulina	<15	Hake	<15	Scallop
<15	Alga Wakame	<15	Herring	<15	Sea Bream (Gilthead)
<15	Anchovy	<15	Lobster	<15	Sea Bream (Red)
<15	Barnacle	<15	Mackerel	<15	Shrimp/Prawn
<15	Bass	<15	Monkfish	<15	Sole
<15	Carp	<15	Mussel	<15	Squid
<15	Caviar	<15	Octopus	<15	Swordfish
24	Clam	<15	Oyster	16	Trout
<15	Cockle	<15	Perch	<15	Tuna
<15	Cod	<15	Pike	<15	Turbot
<15	Crab	<15	Plaice	<15	Winkle
<15	Cuttlefish	<15	Razor Clam		
<15	Eel	<15	Salmon		

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	17	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	19	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nutmeg
<15	Basil	<15	Garlic	<15	Parsley
<15	Bayleaf	<15	Ginger	<15	Peppercorn (Black/White)
<15	Camomile	27	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	<15	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla
<15	Curry (Mixed Spices)	<15	Nettle		

NUTS / SEEDS

32	Almond	45	Hazelnut	<15	Rapeseed
34	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
28	Cashew Nut	43	Peanut	23	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	60	Pistachio	<15	Walnut

MISCELLANEOUS

151	Agar Agar	26	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)
<15	Cane Sugar	34	Cola Nut	<15	Transglutaminase
<15	Carob	<15	Honey	54	Yeast (Baker's)
<15	Chestnut	<15	Mushroom	68	Yeast (Brewer's)

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

Test Report : Order of Reactivity

Patient Name:
Patient Number:
Date of Birth: 26.03.1976

Sample Date: 15.09.2024
Analysis Date: 18.09.2024
Clinic:

ELEVATED FOODS (≥30 U/ml)

151	Agar Agar	54	Yeast (Baker's)	35	Corn (Maize)
82	Pea	48	Rice	34	Brazil Nut
81	Gliadin*	45	Egg White	34	Cola Nut
78	Potato	45	Hazelnut	32	Almond
75	Orange	43	Peanut	32	Amaranth
73	Milk (Cow)	42	Milk (Sheep)	30	Oat
68	Yeast (Brewer's)	42	Wheat		
60	Pistachio	37	Casein		

BORDERLINE FOODS (24-29 U/ml)

29	Bean (Broad)	27	Ginkgo	26	Soya Bean
29	Milk (Goat)	26	Bean (White Haricot)	24	Clam
28	Cashew Nut	26	Cocoa Bean		

NORMAL FOODS (≤23 U/ml)

23	Malt	<15	Celery	<15	Sea Bream (Gilthead)
23	Sunflower Seed	<15	Horse	<15	Haddock
22	Lentil	<15	Lamb	<15	Marrow
21	Barley	<15	Mussel	<15	Nutmeg
21	Lime	<15	Perch	<15	Raisin
19	Beta-Lactoglobulin	<15	Rye	<15	Sole
19	Rabbit	<15	Winkle	<15	Apple
18	Alga Espaguetto	<15	Cane Sugar	<15	Duck
17	Wild Boar	<15	Ox	<15	Ginger
16	Cranberry	<15	Spelt	<15	Grapefruit
16	Egg Yolk	<15	Venison	<15	Guava
16	Squash (Butternut/Carnival)	<15	Watermelon	<15	Hops
16	Trout	<15	Basil	<15	Liquorice
15	Radish	<15	Durum Wheat	<15	Mushroom
<15	Plum	<15	Peppercorn (Black/White)	<15	Partridge
<15	Aloe Vera	<15	Transglutaminase	<15	Pork
<15	Cabbage (Savoy/White)	<15	Coriander (Leaf)	<15	Strawberry
<15	Coffee	<15	Mackerel	<15	Swordfish
<15	Ostrich	<15	Turkey	<15	Wheat Bran
<15	Plaice	<15	Barnacle	<15	Alga Spirulina
<15	Tiger Nut	<15	Bean (Red Kidney)	<15	Cayenne
<15	Bass	<15	Blackcurrant	<15	Cherry
<15	Eel	<15	Fig	<15	Coconut
<15	Pike	<15	Lychee	<15	Curry (Mixed Spices)
<15	Alga Wakame	<15	Quail	<15	Grape (Black/Red/White)

Patient Name:
Patient Number:
Date of Birth: 26.03.1976

Sample Date: 15.09.2024
Analysis Date: 18.09.2024
Clinic:

NORMAL FOODS ...continued

<15	Onion	<15	Buckwheat	<15	Millet
<15	Oyster	<15	Cabbage (Red)	<15	Mint
<15	Pomegranate	<15	Camomile	<15	Monkfish
<15	Raspberry	<15	Caper	<15	Mulberry
<15	Shallot	<15	Carob	<15	Mustard Seed
<15	Shrimp/Prawn	<15	Carrot	<15	Nettle
<15	Spinach	<15	Cauliflower	<15	Octopus
<15	Squid	<15	Caviar	<15	Olive
<15	Tomato	<15	Chard	<15	Papaya
<15	Turnip	<15	Chestnut	<15	Parsley
<15	Carp	<15	Chicken	<15	Peach
<15	Cucumber	<15	Chickpea	<15	Peppermint
<15	Cuttlefish	<15	Chicory	<15	Pine Nut
<15	Flax Seed	<15	Chilli (Red)	<15	Pineapple
<15	Leek	<15	Cinnamon	<15	Polenta
<15	Nectarine	<15	Clove	<15	Quinoa
<15	Pear	<15	Cockle	<15	Rapeseed
<15	Pepper (Green/Red/Yellow)	<15	Cod	<15	Rhubarb
<15	Razor Clam	<15	Couscous	<15	Rocket
<15	Redcurrant	<15	Crab	<15	Rosemary
<15	Saffron	<15	Cumin	<15	Sage
<15	Walnut	<15	Date	<15	Salmon
<15	Alpha-Lactalbumin	<15	Dill	<15	Sardine
<15	Anchovy	<15	Fennel (Leaf)	<15	Scallop
<15	Aniseed	<15	Garlic	<15	Sea Bream (Red)
<15	Apricot	<15	Ginseng	<15	Sesame Seed
<15	Artichoke	<15	Goat	<15	Sweet Potato
<15	Asparagus	<15	Hake	<15	Tangerine
<15	Aubergine	<15	Herring	<15	Tapioca
<15	Avocado	<15	Honey	<15	Tarragon
<15	Banana	<15	Kiwi	<15	Tea (Black)
<15	Bayleaf	<15	Lemon	<15	Tea (Green)
<15	Bean (Green)	<15	Lettuce	<15	Thyme
<15	Beef	<15	Lobster	<15	Tuna
<15	Beetroot	<15	Macadamia Nut	<15	Turbot
<15	Blackberry	<15	Mango	<15	Vanilla
<15	Blueberry	<15	Marjoram	<15	Veal
<15	Broccoli	<15	Melon (Galia/Honeydew)	<15	Watercress
<15	Brussel Sprout	<15	Milk (Buffalo)	<15	Yuca

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.