FOODPRINT® Vegan 150+

Test Report : Food Groups

Patient Name:	Sample Report	**Analysis Date:**	11/11/2021
Patient Number:	111	**Test Reference:**	Example
Date of Birth:	01/01/2000		

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)

GRAINS (Gluten-Containing)*

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
53 Barley	15 Malt	21 Wheat
<15 Couscous	45 Oat	<15 Wheat Bran
<15 Durum Wheat	<15 Rye	
<15 Gliadin*	<15 Spelt	

GRAINS (Gluten-Free)

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
20 Amaranth	<15 Millet	<15 Tapioca
<15 Buckwheat	<15 Polenta	
32 Corn (Maize)	<15 Rice	

FRUIT

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Apple	25 Guava	<15 Pear
<15 Apricot	<15 Kiwi	<15 Pineapple
<15 Avocado	<15 Lemon	<15 Plum
<15 Banana	17 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
<15 Cranberry	<15 Nectarine	<15 Strawberry
<15 Date	<15 Olive	<15 Tangerine
<15 Fig	19 Orange	<15 Watermelon
<15 Grape (Black/Red/White)	<15 Papaya	
<15 Grapefruit	<15 Peach	

VEGETABLES

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Artichoke	<15 Cauliflower	29 Potato
<15 Asparagus	21 Celery	<15 Quinoa
<15 Aubergine	<15 Chard	<15 Radish
<15 Bean (Broad)	<15 Chickpea	<15 Rocket
<15 Bean (Green)	<15 Chicory	<15 Shallot
30 Bean (Red Kidney)	<15 Cucumber	28 Soya Bean
48 Bean (White Haricot)	<15 Fennel (Leaf)	<15 Spinach
<15 Beetroot	<15 Leek	<15 Squash (Butternut/Carnival)
<15 Broccoli	<15 Lentil	<15 Sweet Potato
<15 Brussel Sprout	<15 Lettuce	<15 Tomato
<15 Cabbage (Red)	<15 Marrow	<15 Turnip
<15 Cabbage (Savoy/White)	<15 Onion	<15 Watercress
<15 Caper	53 Pea	<15 Yuca
<15 Carrot	<15 Pepper (Green/Red/Yellow)	

Continued on next page…

Patient Name:	Sample Report	**Analysis Date:**	11/11/2021
Patient Number:	111	**Test Reference:**	Example
Date of Birth:	01/01/2000		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Parsley
<15	Basil	<15	Garlic	<15	Peppercorn (Black/White)
<15	Bayleaf	<15	Ginger	<15	Peppermint
<15	Camomile	<15	Ginseng	<15	Rosemary
<15	Cayenne	<15	Hops	<15	Saffron
<15	Chilli (Red)	<15	Liquorice	<15	Sage
<15	Cinnamon	<15	Marjoram	<15	Tarragon
<15	Clove	<15	Mint	<15	Thyme
<15	Coriander (Leaf)	<15	Mustard Seed	<15	Vanilla
<15	Cumin	<15	Nettle		
<15	Curry (Mixed Spices)	18	Nutmeg		

NUTS / SEEDS

<15	Almond	15	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
22	Cashew Nut	16	Peanut	<15	Sunflower Seed
<15	Coconut	<15	Pine Nut	15	Tiger Nut
<15	Flax Seed	23	Pistachio	<15	Walnut

MISCELLANEOUS

43	Agar Agar	28	Cocoa Bean	<15	Tea (Green)
<15	Aloe Vera	16	Coffee	<15	Yeast (Baker's)
<15	Carob	<15	Mushroom	30	Yeast (Brewer's)
<15	Chestnut	<15	Tea (Black)		

* 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.

FOODPRINT® Vegan 150+

Test Report : Order of Reactivity

Patient Name:	Sample Report	**Analysis Date:**	11/11/2021
Patient Number:	111	**Test Reference:**	Example
Date of Birth:	01/01/2000		

ELEVATED FOODS (≥30 U/ml)

53	Barley	45	Oat	30	Bean (Red Kidney)
53	Pea	43	Agar Agar	30	Yeast (Brewer's)
48	Bean (White Haricot)	32	Corn (Maize)		

BORDERLINE FOODS (24-29 U/ml)

29	Potato	28	Soya Bean
28	Cocoa Bean	25	Guava

NORMAL FOODS (≤23 U/ml)

23	Pistachio	<15	Chard	<15	Cauliflower
22	Cashew Nut	<15	Lentil	<15	Cinnamon
21	Celery	<15	Rice	<15	Dill
21	Wheat	<15	Nectarine	<15	Garlic
20	Amaranth	<15	Walnut	<15	Lettuce
19	Orange	<15	Aloe Vera	<15	Papaya
18	Nutmeg	<15	Apple	<15	Pear
17	Lime	<15	Beetroot	<15	Pine Nut
16	Coffee	<15	Curry (Mixed Spices)	<15	Polenta
16	Peanut	<15	Flax Seed	<15	Raisin
15	Hazelnut	<15	Leek	<15	Spelt
15	Malt	<15	Redcurrant	<15	Tea (Green)
15	Tiger Nut	<15	Shallot	<15	Bean (Green)
<15	Blackcurrant	<15	Cabbage (Savoy/White)	<15	Blackberry
<15	Carob	<15	Carrot	<15	Broccoli
<15	Rye	<15	Grape (Black/Red/White)	<15	Cherry
<15	Radish	<15	Lychee	<15	Clove
<15	Squash (Butternut/Carnival)	<15	Rhubarb	<15	Cumin
<15	Ginger	<15	Rosemary	<15	Marjoram
<15	Plum	<15	Saffron	<15	Mulberry
<15	Almond	<15	Fig	<15	Parsley
<15	Bean (Broad)	<15	Grapefruit	<15	Pepper (Green/Red/Yellow)
<15	Gliadin*	<15	Lemon	<15	Quinoa
<15	Spinach	<15	Marrow	<15	Sage
<15	Sunflower Seed	<15	Mint	<15	Yuca
<15	Buckwheat	<15	Peppermint	<15	Apricot
<15	Cranberry	<15	Pomegranate	<15	Artichoke
<15	Pineapple	<15	Raspberry	<15	Aubergine
<15	Yeast (Baker's)	<15	Thyme	<15	Bayleaf
<15	Brazil Nut	<15	Wheat Bran	<15	Brussel Sprout
<15	Durum Wheat	<15	Basil	<15	Coconut

Continued on next page…

Patient Name:	Sample Report	**Analysis Date:**	11/11/2021
Patient Number:	111	**Test Reference:**	Example
Date of Birth:	01/01/2000		

NORMAL FOODS …continued

<15	Cucumber	<15	Camomile	<15	Mango
<15	Mushroom	<15	Caper	<15	Melon (Galia/Honeydew)
<15	Mustard Seed	<15	Cayenne	<15	Millet
<15	Peach	<15	Chestnut	<15	Nettle
<15	Strawberry	<15	Chickpea	<15	Olive
<15	Sweet Potato	<15	Chicory	<15	Onion
<15	Tea (Black)	<15	Chilli (Red)	<15	Peppercorn (Black/White)
<15	Tomato	<15	Coriander (Leaf)	<15	Rapeseed
<15	Turnip	<15	Couscous	<15	Rocket
<15	Vanilla	<15	Date	<15	Sesame Seed
<15	Aniseed	<15	Fennel (Leaf)	<15	Tangerine
<15	Asparagus	<15	Ginseng	<15	Tapioca
<15	Avocado	<15	Hops	<15	Tarragon
<15	Banana	<15	Kiwi	<15	Watercress
<15	Blueberry	<15	Liquorice	<15	Watermelon
<15	Cabbage (Red)	<15	Macadamia Nut		

* 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.