H·O·D
HOUSE of DIAGNOSTICS

Sample ID:
Demo
Patient Name:
Demo
QR-Code:
Demo
Tested Antigens:
287

Lab report: Overview of the IgG profile

MILK & EGG	●●●	VEGETABLES	●●
MEAT	●	SPICES	●
FISH & SEAFOOD	●●	EDIBLE MUSHROOMS	●
CEREALS & SEEDS	●●●	NOVEL FOODS	●
NUTS	●●●	COFFEE & TEA	●
LEGUMES	●●	OTHERS	●●●
FRUITS	●●		

Highest measured IgG concentration

0 - 9.99 µg/ml	10 - 19.99 µg/ml	≥ 20 µg/ml
●	●●	●●●
Low IgG level	Intermediate IgG level	Highly elevated IgG level

Milk & Egg

Buttermilk	26.40 µg/ml	Cow's milk Bos d 8 * (Casein)	36.21 µg/ml
Camembert	35.79 µg/ml	Buffalo milk	14.40 µg/ml
Emmental	24.64 µg/ml	Camel milk	< 5.00 µg/ml
Gouda	27.74 µg/ml	Goat cheese	28.63 µg/ml
Cottage cheese	32.61 µg/ml	Goat milk	12.78 µg/ml
Cow's milk	32.64 µg/ml	Quail egg	< 5.00 µg/ml
Mozzarella	36.86 µg/ml	Egg white	29.90 µg/ml
Parmesan	30.87 µg/ml	Egg yolk	27.41 µg/ml
Cow's milk Bos d 4 * (Alpha-Lactalbumin)	43.24 µg/ml	Sheep cheese	19.15 µg/ml
Cow's milk Bos d 5 * (Beta-Lactoglobulin)	32.05 µg/ml	Sheep milk	20.74 µg/ml

Meat

Duck	< 5.00 µg/ml	Chicken	< 5.00 µg/ml
Beef	8.33 µg/ml	Turkey	< 5.00 µg/ml
Veal	5.07 µg/ml	Rabbit	< 5.00 µg/ml
Venison	< 5.00 µg/ml	Lamb	< 5.00 µg/ml
Goat	< 5.00 µg/ml	Ostrich	< 5.00 µg/ml
Stag	< 5.00 µg/ml	Pork	< 5.00 µg/ml
Horse	< 5.00 µg/ml	Boar	< 5.00 µg/ml

Fish & Seafood

Caviar	< 5.00 µg/ml	Trout	< 5.00 µg/ml
Eel	< 5.00 µg/ml	Oyster	< 5.00 µg/ml
Noble crayfish	< 5.00 µg/ml	Northern prawn	< 5.00 µg/ml
Cockle	< 5.00 µg/ml	Scallop	< 5.00 µg/ml
Crab	< 5.00 µg/ml	Razor shell	< 5.00 µg/ml
Atlantic herring	< 5.00 µg/ml	European plaice	< 5.00 µg/ml
Carp	< 5.00 µg/ml	Thornback Ray	< 5.00 µg/ml
European anchovy	< 5.00 µg/ml	Venus clam	< 5.00 µg/ml
Northern pike	< 5.00 µg/ml	Salmon	< 5.00 µg/ml
Atlantic cod	< 5.00 µg/ml	European pilchard	< 5.00 µg/ml
Abalone	< 5.00 µg/ml	Turbot	< 5.00 µg/ml
Lobster	< 5.00 µg/ml	Mackerel	< 5.00 µg/ml
Shrimp mix	< 5.00 µg/ml	Atlantic redfish	< 5.00 µg/ml

* Molecular Antigen

Squid	< 5.00 µg/ml	Sepia	< 5.00 µg/ml
Monkfish	< 5.00 µg/ml	Sole	< 5.00 µg/ml
Haddock	< 5.00 µg/ml	Gilt-head bream	< 5.00 µg/ml
Hake	< 5.00 µg/ml	Tuna	< 5.00 µg/ml
Common mussel	11.31 µg/ml	Swordfish	< 5.00 µg/ml
Octopus	< 5.00 µg/ml		

Cereals & Seeds

Amaranth	< 5.00 µg/ml	Pine nut	< 5.00 µg/ml
Oat	7.57 µg/ml	Rye	< 5.00 µg/ml
Rapeseed	8.70 µg/ml	Sesame	< 5.00 µg/ml
Hempseed	< 5.00 µg/ml	Wheat	27.06 µg/ml
Quinoa	< 5.00 µg/ml	Wheat bran	23.63 µg/ml
Pumpkin seed	< 5.00 µg/ml	Wheat gliadin Tri a Gliadin *	33.25 µg/ml
Buckwheat	< 5.00 µg/ml	Wheatgrass	< 5.00 µg/ml
Sunflower	< 5.00 µg/ml	Gluten	35.59 µg/ml
Barley	< 5.00 µg/ml	Emmer	29.94 µg/ml
Malt (barley)	8.98 µg/ml	Durum	21.68 µg/ml
Linseed	< 5.00 µg/ml	Einkorn	23.50 µg/ml
Lupine seed	< 5.00 µg/ml	Polish wheat	10.91 µg/ml
Rice	< 5.00 µg/ml	Spelt	9.39 µg/ml
Millet	< 5.00 µg/ml	Corn	< 5.00 µg/ml
Poppyseed	< 5.00 µg/ml		

Nuts

Cashew	< 5.00 µg/ml	Hazelnut	< 5.00 µg/ml
Brazil nut	< 5.00 µg/ml	Tigernut	< 5.00 µg/ml
Pecan nut	< 5.00 µg/ml	Walnut	< 5.00 µg/ml
Sweet chestnut	< 5.00 µg/ml	Macadamia	< 5.00 µg/ml
Coconut milk	13.29 µg/ml	Pistachio	< 5.00 µg/ml
Coconut	< 5.00 µg/ml	Almond	29.04 µg/ml
Kola nut	< 5.00 µg/ml		

Legumes

Peanut	10.07 µg/ml	Green bean	< 5.00 µg/ml
Chickpea	< 5.00 µg/ml	Pea	< 5.00 µg/ml
Soy	< 5.00 µg/ml	Sugar pea	< 5.00 µg/ml

* Molecular Antigen

Lentil	< 5.00 µg/ml	Tamarind	< 5.00 µg/ml
White bean	7.67 µg/ml	Mung bean	< 5.00 µg/ml

Fruits

Kiwi	< 5.00 µg/ml	Date	< 5.00 µg/ml
Pineapple	< 5.00 µg/ml	Physalis	< 5.00 µg/ml
Papaya	< 5.00 µg/ml	Apricot	< 5.00 µg/ml
Lime	< 5.00 µg/ml	Cherry	< 5.00 µg/ml
Lemon	< 5.00 µg/ml	Plum	< 5.00 µg/ml
Watermelon	< 5.00 µg/ml	Peach	< 5.00 µg/ml
Grapefruit	< 5.00 µg/ml	Nectarine	< 5.00 µg/ml
Tangerine	< 5.00 µg/ml	Pomegranate	< 5.00 µg/ml
Orange	< 5.00 µg/ml	Pear	< 5.00 µg/ml
Melon	< 5.00 µg/ml	Gooseberry	< 5.00 µg/ml
Fig	11.44 µg/ml	Red currant	< 5.00 µg/ml
Strawberry	6.44 µg/ml	Blackberry	< 5.00 µg/ml
Lychee	< 5.00 µg/ml	Raspberry	< 5.00 µg/ml
Apple	< 5.00 µg/ml	Elderberry	< 5.00 µg/ml
Mango	< 5.00 µg/ml	Blueberry	< 5.00 µg/ml
Mulberry	< 5.00 µg/ml	Cranberry	< 5.00 µg/ml
Banana	< 5.00 µg/ml	Grape	< 5.00 µg/ml
Passion fruit	< 5.00 µg/ml	Raisin	< 5.00 µg/ml

Vegetables

Shallot	< 5.00 µg/ml	Caper	< 5.00 µg/ml
Onion	< 5.00 µg/ml	Endive	< 5.00 µg/ml
Leek	< 5.00 µg/ml	Radicchio	< 5.00 µg/ml
Garlic	16.88 µg/ml	Chicorée	< 5.00 µg/ml
Chives	< 5.00 µg/ml	Pumpkin Butternut	< 5.00 µg/ml
Wild garlic	< 5.00 µg/ml	Pumpkin Hokkaido	< 5.00 µg/ml
Celery Bulb	< 5.00 µg/ml	Kiwano	< 5.00 µg/ml
Celery Stalk	< 5.00 µg/ml	Zucchini	< 5.00 µg/ml
Horseradish	< 5.00 µg/ml	Cucumber	< 5.00 µg/ml
White asparagus	< 5.00 µg/ml	Artichoke	< 5.00 µg/ml
Bamboo sprouts	< 5.00 µg/ml	Carrot	< 5.00 µg/ml
Chard	< 5.00 µg/ml	Arugula	< 5.00 µg/ml
Red beet	< 5.00 µg/ml	Fennel (bulb)	< 5.00 µg/ml

* Molecular Antigen

Cabbage	< 5.00 µg/ml	Sweet potato	< 5.00 µg/ml
Cauliflower	< 5.00 µg/ml	Watercress	< 5.00 µg/ml
White cabbage	< 5.00 µg/ml	Olive	< 5.00 µg/ml
Brussels sprouts	< 5.00 µg/ml	Parsnip	< 5.00 µg/ml
Kohlrabi	< 5.00 µg/ml	Avocado	< 5.00 µg/ml
Broccoli	< 5.00 µg/ml	Radish	< 5.00 µg/ml
Romanesco	< 5.00 µg/ml	Eggplant	< 5.00 µg/ml
Red cabbage	< 5.00 µg/ml	Potato	< 5.00 µg/ml
Green cabbage	< 5.00 µg/ml	Tomato	< 5.00 µg/ml
Savoy	< 5.00 µg/ml	Spinach	< 5.00 µg/ml
Turnip	< 5.00 µg/ml	Nettle leaves	< 5.00 µg/ml
Pok-Choi	< 5.00 µg/ml	Lamb's lettuce	< 5.00 µg/ml
Chinese cabbage	< 5.00 µg/ml		

Spices

Dill	< 5.00 µg/ml	Mint	< 5.00 µg/ml
Tarragon	< 5.00 µg/ml	Basil	< 5.00 µg/ml
Paprika	< 5.00 µg/ml	Majoram	< 5.00 µg/ml
Cayenne pepper	< 5.00 µg/ml	Oregano	< 5.00 µg/ml
Chili (red)	< 5.00 µg/ml	Parsley	< 5.00 µg/ml
Caraway	< 5.00 µg/ml	Anise	< 5.00 µg/ml
Cinnamon	< 5.00 µg/ml	Pepper (black/white/green/red/yellow)	< 5.00 µg/ml
Curry	< 5.00 µg/ml	Rosmary	< 5.00 µg/ml
Coriander	< 5.00 µg/ml	Sage	< 5.00 µg/ml
Cumin	6.93 µg/ml	Mustard	< 5.00 µg/ml
Turmeric	< 5.00 µg/ml	Clove	< 5.00 µg/ml
Lemongrass	< 5.00 µg/ml	Thyme	< 5.00 µg/ml
Cardamom	< 5.00 µg/ml	Fenugreek	< 5.00 µg/ml
Juniper berry	< 5.00 µg/ml	Vanilla	< 5.00 µg/ml
Bay leaf	< 5.00 µg/ml	Ginger	< 5.00 µg/ml
Nutmeg	< 5.00 µg/ml		

Edible Mushrooms

White mushroom	< 5.00 µg/ml	Enoki	< 5.00 µg/ml
Boletus	< 5.00 µg/ml	French horn mushroom	< 5.00 µg/ml
Chanterelle	7.87 µg/ml	Oyster mushroom	< 5.00 µg/ml

* Molecular Antigen

Novel Foods

House cricket	7.43 µg/ml	Ginseng	< 5.00 µg/ml
Baobab	< 5.00 µg/ml	Guarana	< 5.00 µg/ml
Aloe	< 5.00 µg/ml	Almond milk	8.72 µg/ml
Greater burdock root	5.48 µg/ml	Nori	< 5.00 µg/ml
Aronia	< 5.00 µg/ml	Chia seed	< 5.00 µg/ml
Safflower oil	< 5.00 µg/ml	Yacón root	< 5.00 µg/ml
Chlorella	5.50 µg/ml	Spirulina	< 5.00 µg/ml
Ginkgo	< 5.00 µg/ml	Dandelion root	< 5.00 µg/ml
Maca root	< 5.00 µg/ml	Mealworm	< 5.00 µg/ml
Migratory locust	< 5.00 µg/ml	Wakame	< 5.00 µg/ml
Tapioca	< 5.00 µg/ml		

Coffee & Tea

Tea, black	< 5.00 µg/ml	Chamomile	< 5.00 µg/ml
Tea, green	< 5.00 µg/ml	Peppermint	5.98 µg/ml
Coffee	< 5.00 µg/ml	Moringa	< 5.00 µg/ml
Hibiscus	< 5.00 µg/ml	Cocoa	< 5.00 µg/ml
Jasmine	< 5.00 µg/ml		

Others

Agar Agar	< 5.00 µg/ml	Cane sugar	< 5.00 µg/ml
Honey	< 5.00 µg/ml	Brewer's yeast	< 5.00 µg/ml
Aspergillus niger	11.03 µg/ml	Elderflower	< 5.00 µg/ml
Hops	< 5.00 µg/ml	M-Transglutaminase, meat glue	21.11 µg/ml
Baker's yeast	5.05 µg/ml		

CCD

Human Lactoferrin	< 5.00 µg/ml

PRINTED ON
29/03/2026

* Molecular Antigen

FOX - Number of tested food sources 283

MILK & EGG 17
Buffalo milk, Buttermilk, Camel milk, Camembert, Cottage cheese, Cow's milk, 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, Lobste, 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
Amaranth, Barley, Buckwheat, Corn, Durum, Einkorn, Emmer, Hempseed, Linseed, Lupine seed, Malt (barley), Millet, Oat, Pine nut, Polish wheat, Poppyseed, Pumpkin seed, Quinoa, Rapeseed, Rice, Rye, Sesame, Spelt, Sunflower, Wheat, Gluten, Wheat bran, 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, Peanut, Pea, 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, Marjoram, Mint, Mustard, Nutmeg, Oregano, Paprika, Parsely, Pepper (black/white/green/red/yellow), Rosmary, 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

COFFEE & TEA 9
Chamomile, Cocoa, Coffee, Hibiscus, Jasmine, Moringa, Peppermint, Tea black, Tea green

OTHERS 9
Agar Agar, Aspergillus niger, Baker's yeast, Brewer's yeast, Cane sugar, Elderflower, Honey, Hops, M-Transglutaminase meat glue

* Molecular Antigen

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

Buffalo's milk

Your IgG level for buffalo's milk is 14.40 µg/ml.

Food products and dishes typically containing buffalo's milk include dairy products like butter, yogurt, cheese (e.g., mozzarella), and ice cream.

Possible alternatives for buffalo's milk include camel's milk, goat's milk, and cow's milk for animal-derived sources. Plant-based alternatives include soy milk, coconut milk, almond milk, and rice 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.

Buttermilk

Your IgG level for buttermilk is 26.40 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 35.79 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 32.61 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 32.64 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.

Egg white

Your IgG level for egg white is 29.90 µg/ml.

Food products and dishes containing egg whites include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, surimi, and in some cases, wine. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovamucin, ovovitellin, or vitellin.

* Molecular Antigen

Possible alternatives for egg whites include aquafaba (liquid found in canned chickpeas or beans) for meringues and marshmallows. If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Egg yolk

Your IgG level for egg yolk is 27.41 µg/ml.

Food products and dishes containing egg yolks include all kinds of egg dishes (omelettes, fried eggs, scrambled eggs, etc.), as well as breaded and battered foods, salad dressing, cream pies, cream puffs, crepes, waffles, custards, puddings, marshmallows, marzipan, mayonnaise, meatloaf, meatballs, meringue, frosting, pasta, sauces, soufflés, and surimi. On food labels, egg proteins may be referred to as albumin, globulin, lecithin, livetin, lysozyme, ovalbumin, ovaglobulin, ovamucin, ovovitellin, or vitellin.

Possible alternatives for egg yolks include soy lecithin (a byproduct of soybean oil). If a whole egg is used to add moisture to baked goods, mashed banana is a possible alternative. To make baked goods heavier and denser, ground flaxseeds and chia seeds are good alternatives for eggs. If the egg is used as a leavining agent, 1/4 cup of carbonated water per egg works as a substitute. Silken tofu is used as a scrambled egg substitute.

Emmental

Your IgG level for emmental is 24.64 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 28.63 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 12.78 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 cow's milk.

Gouda

Your IgG level for gouda is 27.74 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 36.86 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 30.87 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 19.15 µg/ml.

* Molecular Antigen

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 20.74 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 cow's milk.

Fish & Seafood

Common mussel

Your IgG level for common mussel is 11.31 µg/ml.

Food products and dishes typically containing common mussels include seafood pies, paellas, soups, stews, pasta dishes, and salads.

Possible alternatives for common mussels include cockles and oysters, as well as king oyster mushrooms as a plant-based substitute.

Cereals & Seeds

Durum

Your IgG level for durum is 21.68 µg/ml.

Food products and dishes typically containing durum wheat include semolina flour, pasta, couscous, breakfast cereals, puddings, bulgur, unleavened bread, and pizza dough.

Possible alternatives to durum flour (semolina) include all-purpose flour, amaranth flour, corn semolina, garbanzo flour, quinoa flour, and rice flour.

Einkorn

Your IgG level for einkorn is 23.50 µg/ml.

Food products and dishes typically containing einkorn or einkorn flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to einkorn flour include spelt flour, amaranth flour, emmer flour, barley flour, and rice flour.

Emmer

Your IgG level for emmer is 29.94 µg/ml.

Food products and dishes typically containing emmer or emmer flour include breads, crackers, flatbreads, cereal bars, cookies, protein bars, muffins, and other baked goods.

Possible alternatives to emmer flour include spelt flour, einkorn flour, amaranth flour, barley flour, and rice flour.

Gluten

Your IgG level for gluten is 35.59 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, pittas, 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.

Polish wheat

Your IgG level for Polish weat is 10.91 µg/ml.

* Molecular Antigen

Food products and dishes typically containing Polish wheat and Polish wheat flour include pilafs, risottos, salads, breads, and baked goods.

Possible alternatives for Polish wheat flour include almond flour, buckwheat flour, sorghum flour, amaranth flour, teff flour, arrowroot flour, brown rice flour, and oat flour.

Wheat

Your IgG level for wheat is 27.06 µg/ml.

Food products and dishes typically containing wheat and wheat flour include breads, bread crumbs, breakfast cereal, bulgur, buiscuits, 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 vegatable protein, hydrolyzed wheat protein, matzoh, monosodium glutamate (MSG), and triticale. Wheat is sometimes found in artifical 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 bran

Your IgG level for wheat bran is 23.63 µg/ml.

Food products and dishes typically containing wheat bran include cereal, pancakes, muffins, and cookies.

Possible alternatives for wheat bran include oat bran.

Wheat gliadin

Your IgG level for wheat gliadin is 33.25 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.

Nuts

Almond

Your IgG level for almond is 29.04 µg/ml.

Food products and dishes typically containing almonds, ground almonds, or almond flour include cakes, breads, biscuits, confectionary, ice cream, marzipan, and liqueurs such as Amaretto.

Possible alternatives for almonds include hazelnuts, Brazil nuts, cashews, and unsalted pistachios. Unsalted pumpkin and sunflower seeds, granola, or oatmeal can function als nut-free substitutes. Tahini (sesame seed butter) can be used as a substitute for almond butter.

Coconut milk

Your IgG level for coconut milk is 13.29 µg/ml.

Food products and dishes typically containing coconut milk include curries, soups, puddings, porridge, ice cream, and sauces.

Possible alternatives (plant-based) for coconut milk include soy milk, almond milk, cashew milk, oat milk, hemp milk, and rice milk.

Legumes

Peanut

Your IgG level for peanut is 10.07 µg/ml.

Food products and dishes typically containing peanuts include peanut butter, peanut oil, baked goods (e.g., cookies, candy, pastries, pie crusts), ice cream, cereals, granola, trail mix, chili, soups, energy bars, vegetarian burgers, salads, and salad dressing. Peanuts are often used in African and Asian cuisine.

Possible alternatives for peanuts include beans (e.g., chickpea, black, pinto, lima, fava) and lentils as sources for protein and fiber. As a snack, peanuts can be replaced by different seeds (e.g., pumpkin, sunflower), roasted soybeans and roasted chickpeas. Peanut oil for cooking can be replaced by canola oil, sunflower oil, vegetable oil, walnut oil, almond oil, and safflower oil.

Fruits

Fig

Your IgG level for fig is 11.44 µg/ml.

* Molecular Antigen

Food products and dishes typically containing figs include jams, salads, and pastries (e.g., tarts, pies, etc.).

Possible alternatives for figs include pears, nectarines, apricots, dried dates, dried prunes, and raisins.

Vegetables

Garlic

Your IgG level for garlic is 16.88 µg/ml.

Food products and dishes typically containing garlic include pasta dishes, soups, stews, sauces, butters and oils, dips, dressings, and chutneys.

Possible alternatives for garlic include chives, shallot, onion, and lemon zest.

Other

Aspergillus niger (black mold)

Your IgG level for aspergillus niger (black mold) is 11.03 µg/ml.

Associated symptoms after consumping or exposure to aspergillus niger include fever, coughing, worsening of asthma symptoms, wheezing, shortness of breath, and fatigue.

Aspergillus niger grows on foods like breads, vegetables, dried fruits, and nuts, as well as in composts, organic waste bins, potting soil, and behind wallpaper and old upholstery.

It is nearly impossible to completely avoid exposure to aspergillus niger. Intolerant patients should check the foods they are consuming for any signs of mold and stay away from places where they are likely to encounter mold, for example construction sites and compost piles.

M-Transglutaminase (meat glue)

Your IgG level for M-Transglutaminase is 21.11 µg/ml.

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

Possible alternatives for M-Translgutaminase 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.

* Molecular Antigen