

# FoodSensitivityMap

## Test Report

Name:

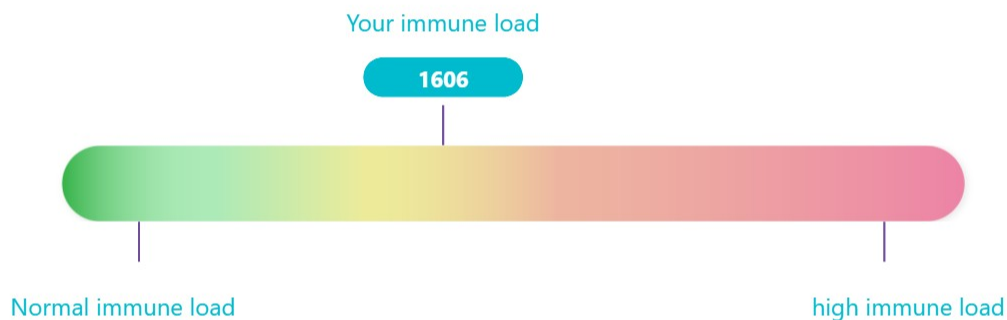
Kit ID: T4-fsexample-YGM

testmehealth.co.uk



### Total IgG Immune Load

Your total IgG reactivity shows the current immune load your body is experiencing with your current diet. Research shows by following your IgG guided dietary changes, total immune load can be reduced.



Your food specific IgG antibody diet guide shows IgG reactions and cross reactions to foods and drinks.

This information can be used by a qualified healthcare practitioner to adjust your diet. Any changes in diet including the removal of foods should be overseen by a qualified professional, to prevent nutrient deficiencies.

Please note: a food specific IgG antibody test does not analyse classical allergies, where IgE antibodies are involved. Food specific IgG antibody testing cannot diagnose conditions such as Coeliac Disease, or Lactose Intolerance. Any pre existing allergies or negative reactions to foods should be discussed with your health practitioner. Lab defines Food Sensitivity as a food specific IgG antibody reaction. This is not a diagnostic test

Elevated &gt; 40 IgGau/ml

Borderline 25 - 40 IgGau/ml

Normal &lt; 25 IgGau/ml

## Dairy & Eggs

6

Buffalo Milk

5

Camel Milk

40

Cheddar

39

Cottage Cheese

55

Cow Milk

44

Cow Milk Casein

6

Cow Milk Whey  
(Alpha Lactalbumin)

8

Cow Milk Whey  
(Beta-Lactoglobulin)

13

Duck Egg

41

Egg White  
(chicken)

18

Egg Yolk  
(chicken)

25

Goat Milk

34

Mozzarella

41

Parmesan

8

Quail Egg

27

Quark

27

Sheep Milk

## Alternative Milks

13

Almond Milk

9

Coconut Milk

12

Oat Milk

17

Rice Milk

17

Soy Milk

Grains & Staples (Gluten Containing)

|    |                  |    |          |    |             |
|----|------------------|----|----------|----|-------------|
| 28 | Barley           | 6  | Couscous | 10 | Durum Wheat |
| 32 | Gliadin (Gluten) | 7  | Malt     | 17 | Oat         |
| 9  | Rye              | 14 | Spelt    | 17 | Wheat       |
| 6  | Wheat Bran       |    |          |    |             |

Grains & Staples (Non Gluten)

|    |                        |    |            |   |           |
|----|------------------------|----|------------|---|-----------|
| 12 | Amaranth               | 25 | Brown Rice | 6 | Buckwheat |
| 37 | Corn (Maize)           | 6  | Millet     | 4 | Sorghum   |
| 6  | Tapioca (Cassava Root) | 20 | White Rice | 6 | Quinoa    |

## Vegetables

|    |                |    |                  |    |              |
|----|----------------|----|------------------|----|--------------|
| 6  | Artichoke      | 6  | Asparagus        | 6  | Aubergine    |
| 6  | Beetroot       | 12 | Broad Bean       | 6  | Broccoli     |
| 6  | Brussel Sprout | 15 | Butternut Squash | 6  | Caper        |
| 6  | Carrot         | 12 | Cassava          | 6  | Cauliflower  |
| 10 | Celery         | 6  | Chard            | 10 | Chickpea     |
| 6  | Chicory        | 8  | Courgette        | 6  | Cucumber     |
| 6  | Fennel (Leaf)  | 4  | Garden Pea       | 6  | Green Bean   |
| 6  | Green Pepper   | 11 | Haricot Bean     | 5  | Kale         |
| 6  | Kidney Bean    | 6  | Leek             | 21 | Lentil       |
| 6  | Lettuce        | 6  | Marrow           | 6  | Okra         |
| 6  | Onion          | 4  | Parsnip          | 14 | Potato       |
| 12 | Radish         | 6  | Red Cabbage      | 4  | Red Pepper   |
| 6  | Rocket         | 9  | Savoy Cabbage    | 6  | Shallot      |
| 19 | Soya Bean      | 14 | Spinach          | 6  | Sweet Potato |
| 6  | Tomato         | 6  | Turnip           | 6  | Watercress   |
| 11 | White Cabbage  | 5  | Yellow Pepper    | 14 | Yucca        |

## Fruits and Berries

|    |              |    |                  |    |              |
|----|--------------|----|------------------|----|--------------|
| 6  | Apple        | 6  | Apricot          | 6  | Avocado      |
| 18 | Banana       | 6  | Blackberry       | 21 | Blackcurrant |
| 6  | Blueberry    | 7  | Cantaloupe Melon | 6  | Cherry       |
| 19 | Cranberry    | 6  | Date             | 12 | Elderberry   |
| 9  | Fig          | 6  | Grape            | 6  | Grapefruit   |
| 6  | Guava        | 6  | Honeydew Melon   | 6  | Kiwi         |
| 6  | Lemon        | 6  | Lime             | 6  | Lychee       |
| 6  | Mango        | 6  | Mulberry         | 6  | Nectarine    |
| 6  | Olive        | 22 | Orange           | 9  | Papaya       |
| 5  | Passionfruit | 6  | Peach            | 6  | Pear         |
| 6  | Pineapple    | 14 | Plum             | 6  | Pomegranate  |
| 6  | Quince       | 6  | Raisin           | 7  | Raspberry    |
| 7  | Redcurrant   | 6  | Rhubarb          | 6  | Strawberry   |
| 6  | Tangerine    | 9  | Watermelon       |    |              |

## Meat

|    |           |   |          |   |                                 |
|----|-----------|---|----------|---|---------------------------------|
| 7  | Beef      | 2 | Chicken  | 4 | Duck                            |
| 2  | Goat      | 2 | Goose    | 2 | Horse                           |
| 22 | Lamb      | 7 | Ostrich  | 4 | Ox                              |
| 5  | Partridge | 6 | Pheasant | 2 | Pork                            |
| 3  | Quail     | 2 | Rabbit   | 6 | Meat glue<br>(Transglutaminase) |
| 12 | Turkey    | 2 | Veal     | 5 | Venison                         |

## Nuts &amp; Seeds

|    |             |    |                |    |               |
|----|-------------|----|----------------|----|---------------|
| 14 | Almond      | 31 | Brazil Nut     | 28 | Cashew Nut    |
| 6  | Chia Seed   | 10 | Coconut        | 12 | Flax Seed     |
| 25 | Hazelnut    | 4  | Hemp Seed      | 6  | Macadamia Nut |
| 21 | Peanut      | 5  | Pecan Nut      | 6  | Pine Nut      |
| 33 | Pistachio   | 5  | Poppy Seed     | 6  | Rapeseed      |
| 6  | Sesame Seed | 27 | Sunflower Seed | 15 | Tiger Nut     |
| 8  | Walnut      |    |                |    |               |

## Seafood &amp; Fish

|    |                          |    |                         |    |                    |
|----|--------------------------|----|-------------------------|----|--------------------|
| 5  | Anchovy                  | 8  | Barnacle                | 7  | Bass               |
| 5  | Carp                     | 2  | Caviar                  | 5  | Clam               |
| 2  | Cockle                   | 5  | Cod                     | 5  | Crab               |
| 3  | Crayfish                 | 7  | Cuttlefish              | 10 | Eel                |
| 5  | Haddock                  | 5  | Hake                    | 5  | Herring            |
| 6  | Lobster                  | 12 | Mackerel                | 9  | Monkfish           |
| 12 | Mussel                   | 8  | Muttonfish<br>(Abalone) | 5  | Octopus            |
| 6  | Oyster                   | 15 | Perch                   | 19 | Pike               |
| 6  | Plaice                   | 6  | Prawn                   | 5  | Razor Clam         |
| 6  | Salmon                   | 8  | Sardine                 | 6  | Scallop            |
| 6  | Sea Bass                 | 12 | Sea Bream<br>(Gilthead) | 12 | Sea Bream<br>(Red) |
| 6  | Skate<br>(Thornback Ray) | 10 | Sole                    | 5  | Squid              |
| 10 | Swordfish                | 5  | Talapia                 | 11 | Trout              |
| 15 | Tuna                     | 17 | Turbot                  | 9  | Winkle             |

## Herbs &amp; Spices

|    |                    |    |                 |   |                                 |
|----|--------------------|----|-----------------|---|---------------------------------|
| 6  | Aniseed            | 9  | Basil           | 6 | Bay Leaf                        |
| 5  | Bell Pepper        | 6  | Camomile        | 5 | Cardamom                        |
| 5  | Caraway            | 4  | Capsicum Pepper | 6 | Cayenne                         |
| 5  | Chilli (Green)     | 6  | Chilli (Red)    | 6 | Cinnamon                        |
| 6  | Clove              | 6  | Coriander       | 6 | Cumin                           |
| 10 | Curry Leaves       | 6  | Dill            | 9 | Fenugreek                       |
| 2  | Galangal           | 7  | Garlic          | 6 | Ginger                          |
| 7  | Hops               | 7  | Horseradish     | 6 | Juniper Berry                   |
| 4  | Lemon Grass        | 6  | Liquorice       | 5 | Mace                            |
| 6  | Mint               | 9  | Mustard Seed    | 6 | Nutmeg                          |
| 6  | Oregano            | 12 | Parsley         | 8 | Peppercorn (Black)              |
| 6  | Peppercorn (White) | 6  | Peppermint      | 6 | Rosemary                        |
| 6  | Saffron            | 6  | Sage            | 6 | Stinging Nettle (Urtica dioica) |
| 9  | Tarragon           | 6  | Thyme           | 8 | Turmeric                        |
| 6  | Vanilla            |    |                 |   |                                 |

## Other Foods / Drinks

|    |                    |    |                          |    |                          |
|----|--------------------|----|--------------------------|----|--------------------------|
| 6  | Aloe Vera          | 6  | Carob                    | 6  | Chestnut                 |
| 6  | Cocoa Bean         | 6  | Coffee                   | 11 | Cola Nut                 |
| 6  | Honey              | 15 | Seaweed<br>(Espagumette) | 6  | Seaweed<br>(Himanthalia) |
| 28 | Seaweed<br>(Kombu) | 6  | Sugarcane                | 6  | Tea, black               |
| 6  | Tea, green         |    |                          |    |                          |

## Supplements

|   |                                             |   |         |    |           |
|---|---------------------------------------------|---|---------|----|-----------|
| 4 | Cordyceps Mushroom<br>(Cordyceps militaris) | 6 | Ginseng | 11 | Spirulina |
| 6 | Ginkgo Biloba                               |   |         |    |           |

## Edible Mushrooms

|   |                                          |    |                                          |    |                                         |
|---|------------------------------------------|----|------------------------------------------|----|-----------------------------------------|
| 8 | Enoki Mushroom<br>(Flammulina velutipes) | 11 | Oyster Mushroom<br>(Pleurotus ostreatus) | 14 | Shiitake Mushroom<br>(Lentinula edodes) |
|---|------------------------------------------|----|------------------------------------------|----|-----------------------------------------|

## Your Reactive Foods &amp; Drinks

## Elevated &gt; 40 IgGau/ml

55 Cow Milk

44 Cow Milk Casein

41 Egg White  
(chicken)

41 Parmesan

## Borderline 25 - 40 IgGau/ml

40 Cheddar

39 Cottage Cheese

37 Corn  
(Maize)

34 Mozzarella

33 Pistachio

32 Gliadin  
(Gluten)

31 Brazil Nut

28 Seaweed  
(Kombu)

28 Cashew Nut

28 Barley

27 Sheep Milk

27 Quark

27 Sunflower Seed

25 Brown Rice

25 Hazelnut