

What does the Junior Food Intolerance Test include?

The Junior Food Intolerance Test includes 130 foods, drinks and ingredients. Your child's personal report will show their individual results for every item included in the laboratory panel.

A simple guide to everything included in the laboratory panel

Eggs

Egg white (chicken)	Egg yolk (chicken)	Duck egg
Quail egg		

Cow's milk & cheeses

Cow's milk	Cow milk whey (alpha-lactalbumin)	Cow milk whey (beta-lactoglobulin)
Cow milk casein	Cheddar	Cottage cheese
Mozzarella	Parmesan	Quark

Alternative milks

Buffalo milk	Goat milk	Sheep milk
Almond milk	Coconut milk	Oat milk

Grains & staples - gluten containing

Wheat	Gliadin (gluten)	Wheat bran
Durum wheat	Oat	Barley
Spelt	Rye	Couscous

Grains & staples - non-gluten

Buckwheat	White rice	Quinoa
Amaranth	Corn (maize)	Millet

Plant foods

Vegetables, legumes, fruits and mushrooms included in the Junior test.

Vegetables

Shallot	Garlic	Onion
Leek	Cauliflower	Broccoli
Carrot	Sweet potato	Parsnip
Garden pea	Tomato	Cucumber
Spinach	Turnip	Asparagus
Celery	Brussels sprout	White cabbage

Legumes

Lentil	Green bean	Chickpea
Garden pea	Soya bean	Kidney bean

Fruits

Avocado	Apple	Apricot
Banana	Blueberry	Cherry
Cranberry	Elderberry	Grape
Grapefruit	Kiwi	Lemon
Lime	Mango	Honeydew melon
Nectarine	Orange	Peach
Pear	Pineapple	Plum
Pomegranate	Raisin	Raspberry
Strawberry	Tangerine	Watermelon

Edible mushrooms

Enoki mushroom (<i>Flammulina velutipes</i>)	Oyster mushroom (<i>Pleurotus ostreatus</i>)	
--	--	--

Meat, fish, nuts & other ingredients

Meat, seafood, nuts, seeds, herbs, spices and other ingredients included.

Meat

Pork	Beef	Chicken
Lamb	Turkey	Duck
Venison		

Fish & seafood

Cod	Plaice	Haddock
Crab	Prawn	Salmon
Tuna	Lobster	Herring
Mackerel		

Nuts & seeds

Cashew nut	Walnut	Almond
Brazil nut	Hazelnut	Pecan nut
Coconut	Pistachio	Peanut
Rapeseed	Sesame seed	Hemp seed
Pine nut	Sunflower seed	

Herbs & spices

Cayenne	Cinnamon	Cumin
Cardamom	Nutmeg	Sage
Thyme	Ginger	Chilli (red)
Curry leaves	Turmeric	Mint
Oregano	Bell pepper	Mustard seed
Chilli (green)	Coriander	Lemongrass
Bay leaf	Basil	Parsley
Rosemary	Clove	Vanilla

Other foods & ingredients

Sugar cane	Chia seed	Aloe vera
Spirulina	Honey	Brewer's yeast
Baker's yeast	Meat glue (transglutaminase)	

Please note: this list shows what is included in the test. It does not predict which foods will appear as elevated or borderline on an individual result.