



Basic Test for Over 100 Foods and Beverages

<p><u>BEVERAGES</u></p> <p>Caffeine Carbonated Drinks/Sodas Coffee Tea –Black Wine Beer</p> <p><u>COOKING INGREDIENTS</u></p> <p>Baking Powder Cocoa Corn Starch Gelatine Mayonnaise Salt Yeast & ingredients with MSG</p> <p><u>DAIRY</u></p> <p>Butter Cheese Egg Ice cream Margarine Milk - Almond Milk – Cow Milk –Goat Whey Yogurt/ live</p> <p><u>GRAINS</u></p> <p>Barley Corn Gluten & ingredients with Millet Oats Rice Rye Spelt Wheat</p>	<p><u>FISH & CRUSTACEANS</u></p> <p>Bass Haddock Mackerel Salmon Sardine Shellfish Sole Trout Tuna Cod Prawn</p> <p><u>FRUIT</u></p> <p>Apple Apricot Banana Cantaloupe Orange Lemon Cherry Date Fig Grapes – green Grapes –red Kiwi Plum Prune Raisin Raspberry Strawberry Watermelon</p> <p><u>NUTS & SEEDS</u></p> <p>Almond Brazil nut Cashew Peanut Pistachio Poppy seed Sesame seed Sunflower seed Walnut</p>	<p><u>VEGETABLES</u></p> <p>Asparagus Aubergine Broccoli Cabbage Carrot Cauliflower Celery Corn Courgette Cucumber Lettuce Mushroom & Quorn Olive Onion Pea Peppers Potato Radish Spinach Sweet potato Tomato Turnip Yam</p> <p><u>MEAT & POULTRY</u></p> <p>Beef Chicken Duck Goat Lamb Pheasant Pork Turkey</p> <p><u>SPICES</u></p> <p>Cinnamon Garlic Ginger Pepper/Black Paprika/Chilli</p>
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SUGARS & SWEETENERS

Aspartame

White Sugar

Brown Sugar

Corn syrup

Fructose

High fructose corn syrup

Rice syrup

Saccharin

Sorbitol

Splenda

Stevia

Xylitol

Honey

Mollasses