



Australian Biologics
TESTING

PATIENT REPORT



FOODPRINT[®]

Food IgG Antibody Test

Patient Name: Firstname Lastname
Patient Number: CV***
Date of Birth: DD/MM/YYYY

Sample Date: DD/MM/YYYY
Analysis Date: DD/MM/YYYY
Clinic: Clinic

ELEVATED (≥30 U/ml)

BORDERLINE (24-29 U/ml)

NORMAL (≤23 U/ml)

DAIRY / EGG

60 Egg White	45 Milk (Cow)	34 Milk (Sheep)
<15 Egg Yolk	15 Milk (Goat)	

GRAINS (Gluten-Containing)*

59 Barley	17 Oat	<15 Wheat Bran
<15 Durum Wheat	<15 Rye	
<15 Gliadin*	27 Wheat	

GRAINS (Gluten-Free)

15 Buckwheat	<15 Millet	
36 Corn (Maize)	<15 Rice	

FRUIT

<15 Apple	<15 Grape (Black/Red/White)	15 Orange
<15 Apricot	<15 Grapefruit	<15 Peach
<15 Avocado	<15 Kiwi	<15 Pear
<15 Banana	<15 Lemon	<15 Pineapple
<15 Blackberry	<15 Lime	20 Plum
<15 Blackcurrant	<15 Melon (Galia/Honeydew)	<15 Raspberry
<15 Cherry	<15 Nectarine	<15 Strawberry
<15 Cranberry	<15 Olive	

VEGETABLES

<15 Asparagus	<15 Cabbage (Savoy/White)	<15 Lettuce
<15 Aubergine	<15 Carrot	<15 Onion
<15 Bean (Green)	<15 Cauliflower	77 Pea
26 Bean (Red Kidney)	<15 Celery	<15 Pepper (Green/Red/Yellow)
40 Bean (White Haricot)	<15 Chicory	38 Potato
<15 Beetroot	<15 Cucumber	50 Soya Bean
<15 Broccoli	<15 Leek	<15 Spinach
<15 Brussel Sprout	<15 Lentil	<15 Tomato

FISH / SEAFOOD

<15 Cod	<15 Mussel	<15 Sole
<15 Crab	<15 Oyster	<15 Swordfish
<15 Haddock	<15 Plaice	<15 Trout
<15 Herring	<15 Salmon	<15 Tuna
<15 Lobster	<15 Scallop	<15 Turbot
<15 Mackerel	<15 Shrimp/Prawn	

MEAT

<15 Beef	<15 Lamb	<15 Veal
<15 Chicken	<15 Pork	<15 Venison
<15 Duck	<15 Turkey	

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HERBS / SPICES

<15	Basil	<15	Dill	<15	Nutmeg
<15	Chilli (Red)	<15	Garlic	<15	Parsley
<15	Cinnamon	<15	Ginger	<15	Peppercorn (Black/White)
<15	Clove	<15	Hops	<15	Sage
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla

NUTS / SEEDS

52	Almond	17	Hazelnut	<15	Sesame Seed
<15	Brazil Nut	<15	Peanut	<15	Sunflower Seed
<15	Cashew Nut	<15	Pistachio	<15	Walnut
<15	Coconut	<15	Rapeseed		

MISCELLANEOUS

<15	Carob	<15	Mushroom	<15	Yeast (Baker's)
<15	Cocoa Bean	<15	Tea (Black)	29	Yeast (Brewer's)
<15	Coffee	<15	Tea (Green)		

* 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 these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

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ELEVATED FOODS (≥30 U/ml)

77	Pea	50	Soya Bean	36	Corn (Maize)
60	Egg White	45	Milk (Cow)	34	Milk (Sheep)
59	Barley	40	Bean (White Haricot)		
52	Almond	38	Potato		

BORDERLINE FOODS (24-29 U/ml)

29	Yeast (Brewer's)	27	Wheat	26	Bean (Red Kidney)
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NORMAL FOODS (≤23 U/ml)

20	Plum	<15	Mussel	<15	Mackerel
17	Hazelnut	<15	Rye	<15	Pear
17	Oat	<15	Hops	<15	Pineapple
15	Buckwheat	<15	Nutmeg	<15	Egg Yolk
15	Milk (Goat)	<15	Swordfish	<15	Kiwi
15	Orange	<15	Turkey	<15	Lemon
<15	Yeast (Baker's)	<15	Apple	<15	Mushroom
<15	Cashew Nut	<15	Leek	<15	Pepper (Green/Red/Yellow)
<15	Pistachio	<15	Lobster	<15	Spinach
<15	Brazil Nut	<15	Plaice	<15	Strawberry
<15	Lentil	<15	Venison	<15	Apricot
<15	Peanut	<15	Walnut	<15	Asparagus
<15	Celery	<15	Beetroot	<15	Aubergine
<15	Cranberry	<15	Cabbage (Savoy/White)	<15	Avocado
<15	Ginger	<15	Coconut	<15	Bean (Green)
<15	Gliadin*	<15	Grapefruit	<15	Blackberry
<15	Oyster	<15	Pork	<15	Brussel Sprout
<15	Tuna	<15	Raspberry	<15	Carob
<15	Wheat Bran	<15	Rice	<15	Carrot
<15	Sunflower Seed	<15	Sage	<15	Cauliflower
<15	Salmon	<15	Sole	<15	Cherry
<15	Shrimp/Prawn	<15	Trout	<15	Chicory
<15	Blackcurrant	<15	Turbot	<15	Chilli (Red)
<15	Durum Wheat	<15	Banana	<15	Cinnamon
<15	Lettuce	<15	Beef	<15	Clove
<15	Mint	<15	Broccoli	<15	Coffee
<15	Scallop	<15	Cod	<15	Coriander (Leaf)
<15	Basil	<15	Crab	<15	Cucumber
<15	Chicken	<15	Grape (Black/Red/White)	<15	Cumin
<15	Cocoa Bean	<15	Haddock	<15	Dill
<15	Lime	<15	Herring	<15	Duck

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NORMAL FOODS ...continued

<15	Garlic	<15	Onion	<15	Tea (Green)
<15	Lamb	<15	Parsley	<15	Thyme
<15	Melon (Galia/Honeydew)	<15	Peach	<15	Tomato
<15	Millet	<15	Peppercorn (Black/White)	<15	Vanilla
<15	Mustard Seed	<15	Rapeseed	<15	Veal
<15	Nectarine	<15	Sesame Seed		
<15	Olive	<15	Tea (Black)		

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