FOODPRINT® 120+

Test Report : Food Groups

Patient Name:	Sample Report	**Analysis Date:**	11/11/2021
Patient Number:	111	**Test Reference:**	Example
Date of Birth:	01/01/2000		

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)

DAIRY / EGG

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
94 Egg White	86 Milk (Cow)	47 Milk (Sheep)
<15 Egg Yolk	38 Milk (Goat)	

GRAINS (Gluten-Containing)*

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
53 Barley	45 Oat	<15 Wheat Bran
<15 Durum Wheat	<15 Rye	
<15 Gliadin*	21 Wheat	

GRAINS (Gluten-Free)

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Buckwheat	<15 Millet	
32 Corn (Maize)	<15 Rice	

FRUIT

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Apple	<15 Grape (Black/Red/White)	19 Orange
<15 Apricot	<15 Grapefruit	<15 Peach
<15 Avocado	<15 Kiwi	<15 Pear
<15 Banana	<15 Lemon	<15 Pineapple
<15 Blackberry	17 Lime	<15 Plum
<15 Blackcurrant	<15 Melon (Galia/Honeydew)	<15 Raspberry
<15 Cherry	<15 Nectarine	<15 Strawberry
<15 Cranberry	<15 Olive	

VEGETABLES

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Asparagus	<15 Cabbage (Savoy/White)	<15 Lettuce
<15 Aubergine	<15 Carrot	<15 Onion
<15 Bean (Green)	<15 Cauliflower	53 Pea
30 Bean (Red Kidney)	21 Celery	<15 Pepper (Green/Red/Yellow)
48 Bean (White Haricot)	<15 Chicory	29 Potato
<15 Beetroot	<15 Cucumber	28 Soya Bean
<15 Broccoli	<15 Leek	<15 Spinach
<15 Brussel Sprout	<15 Lentil	<15 Tomato

FISH / SEAFOOD

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Cod	<15 Mussel	<15 Sole
<15 Crab	16 Oyster	<15 Swordfish
<15 Haddock	<15 Plaice	<15 Trout
<15 Herring	<15 Salmon	<15 Tuna
18 Lobster	<15 Scallop	<15 Turbot
<15 Mackerel	<15 Shrimp/Prawn	

MEAT

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<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	18	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

<15	Almond	15	Hazelnut	<15	Sesame Seed
<15	Brazil Nut	16	Peanut	<15	Sunflower Seed
22	Cashew Nut	23	Pistachio	<15	Walnut
<15	Coconut	<15	Rapeseed		

MISCELLANEOUS

<15	Carob	<15	Mushroom	<15	Yeast (Baker's)
28	Cocoa Bean	<15	Tea (Black)	30	Yeast (Brewer's)
16	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 consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

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Test Report : Order of Reactivity

Patient Name:	Sample Report	**Analysis Date:**	11/11/2021
Patient Number:	111	**Test Reference:**	Example
Date of Birth:	01/01/2000		

ELEVATED FOODS (≥30 U/ml)

94	Egg White	48	Bean (White Haricot)	32	Corn (Maize)
86	Milk (Cow)	47	Milk (Sheep)	30	Bean (Red Kidney)
53	Barley	45	Oat	30	Yeast (Brewer's)
53	Pea	38	Milk (Goat)		

BORDERLINE FOODS (24-29 U/ml)

29	Potato	28	Cocoa Bean	28	Soya Bean

NORMAL FOODS (≤23 U/ml)

23	Pistachio	<15	Nectarine	<15	Cherry
22	Cashew Nut	<15	Walnut	<15	Clove
21	Celery	<15	Apple	<15	Cumin
21	Wheat	<15	Beetroot	<15	Parsley
19	Orange	<15	Leek	<15	Pepper (Green/Red/Yellow)
18	Lobster	<15	Scallop	<15	Sage
18	Nutmeg	<15	Cabbage (Savoy/White)	<15	Shrimp/Prawn
17	Lime	<15	Carrot	<15	Trout
16	Coffee	<15	Grape (Black/Red/White)	<15	Venison
16	Oyster	<15	Mussel	<15	Apricot
16	Peanut	<15	Grapefruit	<15	Aubergine
15	Hazelnut	<15	Lemon	<15	Brussel Sprout
<15	Blackcurrant	<15	Mackerel	<15	Coconut
<15	Carob	<15	Mint	<15	Cod
<15	Rye	<15	Raspberry	<15	Crab
<15	Ginger	<15	Thyme	<15	Cucumber
<15	Plum	<15	Wheat Bran	<15	Mushroom
<15	Almond	<15	Basil	<15	Mustard Seed
<15	Gliadin*	<15	Cauliflower	<15	Peach
<15	Haddock	<15	Chicken	<15	Sole
<15	Spinach	<15	Cinnamon	<15	Strawberry
<15	Sunflower Seed	<15	Dill	<15	Swordfish
<15	Buckwheat	<15	Garlic	<15	Tea (Black)
<15	Cranberry	<15	Lettuce	<15	Tomato
<15	Pineapple	<15	Pear	<15	Turkey
<15	Yeast (Baker's)	<15	Plaice	<15	Vanilla
<15	Brazil Nut	<15	Salmon	<15	Asparagus
<15	Durum Wheat	<15	Tea (Green)	<15	Avocado
<15	Egg Yolk	<15	Bean (Green)	<15	Banana
<15	Lentil	<15	Blackberry	<15	Beef
<15	Rice	<15	Broccoli	<15	Chicory

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NORMAL FOODS …continued

<15	Chilli (Red)	<15	Lamb	<15	Pork
<15	Coriander (Leaf)	<15	Melon (Galia/Honeydew)	<15	Rapeseed
<15	Duck	<15	Millet	<15	Sesame Seed
<15	Herring	<15	Olive	<15	Tuna
<15	Hops	<15	Onion	<15	Turbot
<15	Kiwi	<15	Peppercorn (Black/White)	<15	Veal

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