

96 GENERAL FOOD PANEL

The 96 food panel is the most popular food panel including a wide variety of foods and spices.

DAIRY

Casein	Goat's Milk
Cheddar Cheese	Whey
Cow's Milk	

FISH/CRUSTACEA/MOLLUSK

Clam	Scallop
Cod	Shrimp
Crab	Sole
Halibut	Trout
Lobster	Tuna
Salmon	

EGG/MEAT/POULTRY

Whole Egg Chicken	Lamb
Whole Egg Duck	Pork
Beef	Turkey
Chicken	

FRUITS

Apple	Orange
Apricot	Papaya
Banana	Peach
Blueberry	Pear
Cranberry	Pineapple
Grapefruit	Plum
Grape	Raspberry
Lemon	Strawberry
Olive	

MISCELLANEOUS

Baker's / Brewer's Yeast	Coffee Bean
Button Mushroom	Flaxseed
Candida Albicans	Honey
Cane Sugar	Sesame Seed
Cocoa Bean (Chocolate)	Sunflower Seed

GRAINS/LEGUMES/NUTS

Almond	Lentil
Barley	Lima Bean
Buckwheat	Oat
Chestnut	Peanut
Chickpea	Pecan
Coconut	Pinto Bean
Corn	Rye
Glutadin, Wheat	Soybean
Gluten, Wheat	Spelt
Green Bean	Walnut
Green Pea	Wheat, Whole
Hazelnut	White Rice
Kidney Bean	

VEGETABLES

Asparagus	Garlic
Avocado	Green Bell Pepper
Beet	Lettuce
Broccoli / Brussel Sprouts	Onion
Cabbage	Pumpkin
Carrot	Spinach
Cauliflower	Sweet Potato
Celery	Tomato
Cucumber	White Potato

HERBS/SPICES

Ginger
Oregano

144 EXPANDED FOOD PANEL

The 144 Food Panel is an expanded version of the 96 Food Panel; it tests the foods listed below in addition to those listed in the 96 Food Panel.

DAIRY

X

FISH/CRUSTACEA/MOLLUSK

Anchovy	Red Snapper
Catfish	Sardine
Mackerel	Squid
Mussel	Tilapia
Octopus	
Oyster	

EGG/MEAT/POULTRY

Duck	Rabbit
Goose	

FRUITS

Cantaloupe	Kiwi
Cherry	Lime
Date	Mango
Fig	Persimmon
Guava	Watermelon
Jackfruit	

MISCELLANEOUS

Black Tea
Hops

GRAINS/LEGUMES/NUTS

Brazil Nut	Pine Nut
Cheshew Nut	Pistachio Nut
Macadamia Nut	Quinoa

VEGETABLES

Artichoke
Eggplant

HERBS/SPICES

Basil	Curry Powder
Black Pepper	Fennel Seed
Chili Pepper	Mustard
Cinnamon	Parsley
Clove	Peppermint
Coriander	Vanilla

240 COMPREHENSIVE FOOD PANEL

Our 240 Food Panel can identify both common and less obvious foods that may be contributing to inflammation. Below are the foods tested in addition to the foods from the 144 Food Panel.

DAIRY

Beta-Lactoglobulin	Mozzarella Cheese
Blue Cheese	Sheep's Milk
Buttermilk	Swiss Cheese
Cottage Cheese	Yogurt
Cream Cheese	

FISH/CRUSTACEA/MOLLUSK

Bass	Haddock
Crayfish	Herring
Eel	Perch
Flounder	Pike
	Sea Urchin

EGG/MEAT/POULTRY

Buffalo
Venision

FRUITS

Black/Red currant	Lychee/Litchi
Blackberry	Mangosteen
Elderberry	Monk Fruit
Kumquat/Cumquat	Mulberry
Gogiberry	Passion fruit
Gooseberry	Prune
Honeydew	Pomegranate
	Tangerine

MISCELLANEOUS

Aloe vera	Maple Sugar
Ginseng	Shiitake Mushroom
Green Tea	Stevia
Hemp	

GRAINS/LEGUMES/NUTS

Adzuki Bean / Red Bean	Mung Bean
Amaranth	Navy Bean / White Bean
Black-Eyed Pea	Poppy Seed
Brown Rice	Pumpkin seeds
Canola Seed	Safflower Seed
Chia Seed	Sorghum
Cola Nut / Kola Nut	Teff
Fava bean	Wheat germ agglutinin (lectin)
Fenugreek seeds	
Malt	
Millet	

VEGETABLES

Arrowroot	Leek
Bamboo Shoot	Lotus Root
Burdock Root	Okra
Chard	Radish/Daikon
Chive	Rhubarb
Endive	Squash
Horseradish	Turnip
Kale	Wasabi
Kelp	Zucchini Squash
Kohlrabi	

HERBS/SPICES

Allspice	Sweet Marjoram
Anise	Yerba mate
Caraway seed	