

96 FOODS TESTED:

Dairy

Beta-Casein
Casomorphin
Cow's Milk
Goat's Milk
Whey Protein

Vegetables

Broccoli
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Garlic
Green Bean
Green Peas
Lettuce
Lima Bean
Mushroom
Onion
Seaweed(Kelp)
Spinach
Squash
Ginger
Sweet Potato

Spices

Black Pepper
Cinnamon
Nutmeg

Fish

Catfish
Codfish
Halibut
Lake Trout
Mackerel
Perch
Salmon
Tuna

Mollusks

Clam
Oyster
Scallops

Shellfish

Crab
Lobster
Shrimp

Legumes

Kidney Bean
Navy Bean
Peanut
Soybean

Seeds

Mustard
Sesame

Gluten free grains

Amaranth
Brown Rice
Buckwheat
Corn

Gluten containing grains

Barley
Malt
Oats
Rye

Nightshades

Green Pepper
White Potato

Nuts (Tree)

Almond
Black Walnut
Cashews
English Walnut
Pecan

Miscellaneous

Cocoa
Coffee
Hops
Rosemary
Vanilla Bean
Yeast

Fruits

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Cantaloupe
Cherry
Coconut
Cranberry
Grape
Grapefruit
Olive
Orange
Peach
Pear
Pineapple
Raspberry
Strawberry
Tomato
Watermelon

Meat

Beef
Chicken
Egg White
Egg Yolk
Lamb
Pork
Turkey

