

## 84 FOODS TESTED:

### Dairy

Buffalo milk  
Buttermilk  
Cheddar cheese  
Kefir  
Sheep's milk  
Yoghurt

### Fish

Alaska pollock  
Anchovy  
Carp  
Eel  
Flounder  
Sardine  
Sea bass  
Sole

### Fruits

Fig  
Guava  
Honeydew melon  
Kiwi fruit  
Litchi  
Mandarin  
Mango  
Plum  
Capers  
Papaya

### Gluten containing grains

Spelt  
Cous Cous

### Gluten-free grains

Millet

### Legumes

Broad bean  
Chickpea  
Mung beans

### Meat

Duck meat  
Goose meat  
Grapevine snail  
Rabbit  
Veal

### Miscellaneous

Black tea  
Cane sugar  
Lemon grass  
Molasses  
Oolong tea

### Mollusks

Blue mussel  
Octopus  
Pacific squid  
Squid

### Nightshades

Eggplant

### Nuts (Tree)

Hazelnut  
Pine nut  
Pistachio nut  
Sweet chestnut

### Seeds

Coriander seed  
Flaxseed  
Poppy seed  
Rape seed  
Sunflower seed

### Shellfish

Crayfish

### Spices

Anise  
Bay leaf  
Caraway  
Cayenne pepper  
Common thyme  
Curry powder  
Dill  
Hot paprika powder  
Oregano  
Parsley  
Woo-hsiang powder

### Vegan

Tempeh  
Tofu  
Vegan Cheese

### Vegetables

Asparagus  
Bamboo shoots  
Beet root  
Endive  
Leek  
Roquette  
Savoy cabbage  
Turnip  
Vine leaf  
White radish  
Artichoke  
Chard  
Kale  
Shiitake mushroom  
Zucchini

