



TEST YOUR INTOLERANCE

IMPROVING LIVES SINCE 2008

Sensitivity Test

The 150 food items tested

We outline the 150 food sensitivity items tested



FOOD SENSITIVITY ITEMS

A

Acai Berry
Acetic acid
Aji Pepper
A-Lactalbumin
Ale
Almond
Almond milk
Aloe
Amaranth
Anchovy
Aniseed
Apple juice
Apples
(Cooked)
Apricots
Aquafaba
Arrowroot
Artichoke
Asparagus
Aubergine
Avocado

B

Bacon
Banana
Barley
Barley grass
Basil
Bay Leaf
Beans (broad)
Beans (green)
Beans, lima
Beansprouts
Beef
Beef Jerky

Beer
Beets (beetroot)
Bell Pepper (green)
Bell Pepper (red)
Bilberries
Bilberries (Raw)
Black Beans
Black eyed peas
Blackberries
(Cooked)
B-Lactoglobulin
Blueberries
Blueberry
Boiled Milk
Braeburn apple
Brazil nut
Bread - baguette
Bread - Rye
Bread, white bread
Broccoli
Brown bread
Brussel Sprouts
Buckwheat
Bulgar wheat
Butter
Butter (salted)
Butter lettuce
Buttermilk
Butternut
Button Mushroom

C

Cabbage - Green
Cabbage - Red
Cabbage - White
Camomile Tea
Canola oil
Cantaloupe

Capsicum (green)
Capsicum (red)
Capsicum (yellow)
Carambola
Star fruit
Caraway
Cardamom
Carrot
Cashew nut
Cassava
Cauliflower
Cayenne Pepper
Celery
Champagne
Cheddar
Cherries
Chestnut
Chestnut Mushroom
Chia seed
Chicken
Chicken, capon
Chickpea
Chicory Lettuce
Chimichurri Sauce
Chlorella
Cilantro
Cinnamon
Clams
Clove
Cocoa
Coconut
Coconut milk
Coconut oil
Coconut Water
Cod
Cod liver oil
Coffee (black)

Coffee substitute made from barley
Cola
Common Mussel
Condensed milk
Condensed milk (sweet)
Coriander
Corn
Cornflakes
Cornflour
Cornstarch
Cow's Milk
Crab
Cranberry juice
Crayfish
Cream
Cream Cheese
Cress
Cucumber
Cumin
Currants (red & black)

D

Dates
Douban Jiang
Dry Roasted Peanuts
Duck

E

E 100 Curcumin
E 101 Riboflavin
E 102 Tartrazine
E 104 Quinoline yellow
E 120 Cochineal, carminic acid, carmine
E 122 Carmoisine
E 123 Amaranth
E 128 Rot 2 G
E 132 Indigo Carmine
E 133 Brilliant blue FCF
E 140 Chlorophylls and chlorophyllins
E 142 Green

E 100 Curcumin
E 101 Riboflavin
E 102 Tartrazine
E 104 Quinoline yellow
E 120 Cochineal, carminic acid, carmine
E 122 Carmoisine
E 123 Amaranth
E 128 Rot 2 G
E 132 Indigo Carmine
E 133 Brilliant blue FCF
E 140 Chlorophylls and chlorophyllins
E 142 Green
E 150 b Sulphite lye
Caramel
E 150 Caramel
E 153 Vegetable carbon
E 155 Brown
E 160 a Carotene (mixed carotene, Beta-Carotene)
E 160 Lycopene
E 161 b Lutein
E 162 Beetroot red (betanin)
E 163 Anthocyanins
E 170 Calcium carbonate
E 171 Titanium dioxide
E 173 Aluminium
E 180 Lithol rubine
E 200 Sorbic acid
E 210 Benzoic acid
E 211 Sodium benzoate, benzoic acid
E 213 Calcium benzoate, benzoic acid
E 261 Potassium acetate, salt of acetic acid
E 270 Lactic acid
E 296 Malic acid
E 297 Fumaric acid

E 301 Sodium L-ascorbate (Ascorbic acid)
E 302 Calcium L-ascorbate (Ascorbic acid)
E 310 Propyl gallate (Gallate)
E 325 Sodium lactate (salts from lactic acid)
E 326 Potassium lactate (salts from lactic acid)
E 327 Calcium lactate (salts from lactic acid)
E 330 Citric acid
E 331 Monosodium citrate, Disodium, Trisodium.
E 334 tartaric acid (L+), tartaric acid
E 338 Orthophosphoric acid, Phosphoric acid
E 352 Calcium malate
E 355 Adipic acid
E 380 Triammonium citrate (salts from citric acid)
E 403 Ammonium alginate, Alginate
E 404 Calcium alginate, Alginate
E 405 Propylene glycol alginate, Alginate
E 406 Agar
E 412 Guar gum
E 414 Gum arabic
E 415 Xanthan gum
E 422 Glycerine
E 440 Pectin, amidated pectin
E 452 Polyphosphate
E 460 Cellulose, microcrystalline cellulose, cellulose powder
E 479 Thermo-oxidised soya oil
E 620 Glutamic acid
E 622 Monopotassium glutamate, Potassium glutamate

E 901 Bees wax, white and yellow
E 902 Candelilla wax
E 903 Carnauba wax
E 904 Shellac
E 927 Carbanide
E 941 Nitrogen
E 950 Acesulfame K, Acesulfame
E 951 Aspartame
E 952 Cyclamate, Cyclohexane sulphamide acid
E 953 Isomalt
E 954 Saccharin
E 965 Maltite, Maltite syrup
E 966 Lactite
E 967 Xylitol
Earl Grey Tea
Edamame beans
Eel
Egg
Egg white
Egg yolk
Endive
Escarole lettuce
Evaporated milk

F

Farro
Fennel Fresh
Fermented Black Beans
Fig
Fish (general, fresh water)
Fish (general, salt water)
Fish Sauce
Five Spice
Flaxseed
Freekeh
Fuji Apple

G

Gala Apple
Galia Melon
Garlic
Gin
Ginger
Gluten
Goat
Goat's Milk
Golden Delicious apple
Goose
Gooseberries
Gooseberries (Chinese)
Granary Bread
Granny Smith apple
Grapefruit (Yellow)
Grapes (red)
Grapes (white)
Guava

H

Halibut
Hare
Hazelnuts
Hemp Milk
Hemp seed
Herring
Herring (red)
Honeydew melon
Hops
Horse
Horse radish

I

Iceberg lettuce

J

Jasmine Tea
Jazz apple

K

Kale
Kamut
Kiwis
Kohl Rabi

L

Lactose
Lager
Lamb
Lamb's liver
Leek
Lemonade
Lemons
Lentils
Lime
Lobster
Lychee

M

Macadamia Nuts
Mackerel
Maize
Maize flour
Mango
Marshmallow Tea
Milk
Milk (sour)
Milk Chocolate
Millet
Mint (Fresh)
Miso
Monosodium Glutamate
Mozerella
Mushrooms
Mustard
Mustard (green)
Mutton

N

Nectarines
Noodles
Nutmeg
Nutritional yeast (Nooch)

O

Oat milk
Oats (porridge)
Okra
Olive Oil
Olives (black)
Olives (green)
Onion
Oolong tea
Orange juice
Oranges
Ovaltine
Ox liver
Oyster
Oyster Mushroom
Oyster sauce

P

Pak Choi
Papaya
Paprika
Parmesan
Parsley
Passionfruit
Peaches
Peanut Oil
Peanuts
Pears
Peas
Peas (field)
Pecan nuts
Pepper (black)
Peppermint oil
Pig's liver
Pine Nut
Pineapple
Pineapple juice

Pink Lady apple
Pisco
Plaice
Plantain
Plums, damsons
Pomegranate juice
Pomegranates
Poppy Seed
Pork
Pork sausages
Portobello Mushroom

Q

Quince
Quinoa

R

Rabbit
Radish
Raisins
Raspberries
Red Kidney Bean
Red Leicester
Red Wine
Rice - Brown
Rice - white
Rice milk
Rice vinegar
Rocket (Arugula)
Roe-deer
Romaine lettuce
Rooibos tea
Rosemary
Rum
Runner beans
Rye

S

Sage
Sake
Salmon
Salt
Sambuca
Sardine
Sesame Oil
Sesame Seed
Shaoxing Wine
Sheep's Milk
Shellfish
Shitake Mushroom
Shrimp
Smoked herring
Sole
Sour Cream
Soy sauce
Soya
Soya Bean
Spelt
Spinach
Spirulina
Star Anise
Stevia
Stilton
Strawberries
Sunflower oil
Swede
Sweet Potato
Sweetbreads

T

Tahini
Tamrind
Tea (Black)
Tea (green)
Tequila
Thyme
Tomato
Trout (Brown)
Tuna
Turkey

Turkey, hen
Turmeric
Turnip

V

Veal
Venison
Vermouth
Vinegar (clear)
Vinegar (malt)
Vodka

W

Walnuts
Wasabi
Water Chestnuts
Watercress
A salad leaf
Watermelon
Wheat
Wheat flour
Wheat, ground
Wheat, whole grain
Wheatgrass
Whisky
White bean
White pepper
White tea
White wine
Whitefish
Winkles

Y

Yams
Yeast
Yerba mate tea