

## Test Report : Food Groups

### Australian Clinical Labs

**Patient Name:** John Doe  
**Patient Number:** 18-9999999  
**Date of Birth:** 01/01/1999

**Sample Date:**  
**Analysis Date:** 03/02/2018  
**Clinic:**

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

#### DAIRY / EGG

|     |                    |     |                |     |              |
|-----|--------------------|-----|----------------|-----|--------------|
| 0   | Alpha-Lactalbumin  | 158 | Egg White      | 154 | Milk (Cow)   |
| 0   | Beta-Lactoglobulin | 59  | Egg Yolk       | 90  | Milk (Goat)  |
| 156 | Casein             | 2   | Milk (Buffalo) | 105 | Milk (Sheep) |

#### GRAINS (Gluten-Containing)\*

|    |             |    |       |    |            |
|----|-------------|----|-------|----|------------|
| 93 | Barley      | 67 | Malt  | 64 | Wheat      |
| 38 | Couscous    | 33 | Oat   | 50 | Wheat Bran |
| 51 | Durum Wheat | 46 | Rye   |    |            |
| 76 | Gliadin*    | 52 | Spelt |    |            |

#### GRAINS (Gluten-Free)

|    |              |     |         |   |         |
|----|--------------|-----|---------|---|---------|
| 58 | Amaranth     | 4   | Millet  | 0 | Tapioca |
| 46 | Buckwheat    | 17  | Polenta |   |         |
| 83 | Corn (Maize) | 111 | Rice    |   |         |

#### FRUIT

|    |                         |    |                        |    |             |
|----|-------------------------|----|------------------------|----|-------------|
| 8  | Apple                   | 15 | Guava                  | 22 | Pear        |
| 12 | Apricot                 | 5  | Kiwi                   | 17 | Pineapple   |
| 14 | Avocado                 | 18 | Lemon                  | 43 | Plum        |
| 9  | Banana                  | 24 | Lime                   | 55 | Pomegranate |
| 11 | Blackberry              | 10 | Lychee                 | 20 | Raisin      |
| 16 | Blackcurrant            | 15 | Mango                  | 34 | Raspberry   |
| 0  | Blueberry               | 6  | Melon (Galia/Honeydew) | 7  | Redcurrant  |
| 21 | Cherry                  | 6  | Mulberry               | 7  | Rhubarb     |
| 6  | Cranberry               | 22 | Nectarine              | 7  | Strawberry  |
| 22 | Date                    | 2  | Olive                  | 11 | Tangerine   |
| 51 | Fig                     | 41 | Orange                 | 16 | Watermelon  |
| 21 | Grape (Black/Red/White) | 15 | Papaya                 |    |             |
| 14 | Grapefruit              | 40 | Peach                  |    |             |

#### VEGETABLES

|    |                       |     |                           |    |                             |
|----|-----------------------|-----|---------------------------|----|-----------------------------|
| 9  | Artichoke             | 17  | Cauliflower               | 51 | Potato                      |
| 0  | Asparagus             | 40  | Celery                    | 6  | Quinoa                      |
| 6  | Aubergine             | 15  | Chard                     | 51 | Radish                      |
| 62 | Bean (Broad)          | 15  | Chickpea                  | 3  | Rocket                      |
| 23 | Bean (Green)          | 10  | Chicory                   | 19 | Shallot                     |
| 86 | Bean (Red Kidney)     | 14  | Cucumber                  | 33 | Soya Bean                   |
| 88 | Bean (White Haricot)  | 10  | Fennel (Leaf)             | 0  | Spinach                     |
| 20 | Beetroot              | 28  | Leek                      | 16 | Squash (Butternut/Carnival) |
| 15 | Broccoli              | 35  | Lentil                    | 12 | Sweet Potato                |
| 13 | Brussel Sprout        | 9   | Lettuce                   | 12 | Tomato                      |
| 5  | Cabbage (Red)         | 3   | Marrow                    | 19 | Turnip                      |
| 56 | Cabbage (Savoy/White) | 19  | Onion                     | 11 | Watercress                  |
| 7  | Caper                 | 103 | Pea                       | 10 | Yuca                        |
| 22 | Carrot                | 11  | Pepper (Green/Red/Yellow) |    |                             |

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### FISH / SEAFOOD

|    |                 |    |            |    |                      |
|----|-----------------|----|------------|----|----------------------|
| 35 | Alga Espaguette | 6  | Haddock    | 3  | Sardine              |
| 10 | Alga Spirulina  | 44 | Hake       | 10 | Scallop              |
| 21 | Alga Wakame     | 9  | Herring    | 0  | Sea Bream (Gilthead) |
| 3  | Anchovy         | 4  | Lobster    | 8  | Sea Bream (Red)      |
| 5  | Barnacle        | 17 | Mackerel   | 2  | Shrimp/Prawn         |
| 6  | Bass            | 6  | Monkfish   | 4  | Sole                 |
| 9  | Carp            | 52 | Mussel     | 10 | Squid                |
| 9  | Caviar          | 7  | Octopus    | 3  | Swordfish            |
| 14 | Clam            | 15 | Oyster     | 4  | Trout                |
| 4  | Cockle          | 6  | Perch      | 11 | Tuna                 |
| 13 | Cod             | 23 | Pike       | 11 | Turbot               |
| 4  | Crab            | 7  | Plaice     | 29 | Winkle               |
| 3  | Cuttlefish      | 5  | Razor Clam |    |                      |
| 0  | Eel             | 13 | Salmon     |    |                      |

### MEAT

|   |         |    |           |    |           |
|---|---------|----|-----------|----|-----------|
| 4 | Beef    | 0  | Ostrich   | 6  | Turkey    |
| 5 | Chicken | 17 | Ox        | 29 | Veal      |
| 0 | Duck    | 1  | Partridge | 6  | Venison   |
| 0 | Goat    | 2  | Pork      | 0  | Wild Boar |
| 3 | Horse   | 2  | Quail     |    |           |
| 2 | Lamb    | 4  | Rabbit    |    |           |

### HERBS / SPICES

|     |                      |    |              |    |                          |
|-----|----------------------|----|--------------|----|--------------------------|
| 10  | Aniseed              | 7  | Dill         | 42 | Nutmeg                   |
| 41  | Basil                | 1  | Garlic       | 0  | Parsley                  |
| 13  | Bayleaf              | 48 | Ginger       | 13 | Peppercorn (Black/White) |
| 10  | Camomile             | 48 | Ginkgo       | 14 | Peppermint               |
| 9   | Cayenne              | 14 | Ginseng      | 7  | Rosemary                 |
| 7   | Chilli (Red)         | 5  | Hops         | 9  | Saffron                  |
| 20  | Cinnamon             | 0  | Liquorice    | 1  | Sage                     |
| 0   | Clove                | 0  | Marjoram     | 5  | Tarragon                 |
| 0   | Coriander (Leaf)     | 7  | Mint         | 1  | Thyme                    |
| 17  | Cumin                | 61 | Mustard Seed | 9  | Vanilla                  |
| 102 | Curry (Mixed Spices) | 0  | Nettle       |    |                          |

### NUTS / SEEDS

|     |            |    |               |    |                |
|-----|------------|----|---------------|----|----------------|
| 100 | Almond     | 70 | Hazelnut      | 5  | Rapeseed       |
| 148 | Brazil Nut | 0  | Macadamia Nut | 0  | Sesame Seed    |
| 71  | Cashew Nut | 83 | Peanut        | 59 | Sunflower Seed |
| 5   | Coconut    | 12 | Pine Nut      | 23 | Tiger Nut      |
| 27  | Flax Seed  | 87 | Pistachio     | 30 | Walnut         |

### MISCELLANEOUS

|    |            |     |            |    |                  |
|----|------------|-----|------------|----|------------------|
| 70 | Agar Agar  | 57  | Cocoa Bean | 34 | Tea (Black)      |
| 78 | Aloe Vera  | 4   | Coffee     | 0  | Tea (Green)      |
| 32 | Cane Sugar | 134 | Cola Nut   | 5  | Transglutaminase |
| 8  | Carob      | 2   | Honey      | 10 | Yeast (Baker's)  |
| 3  | Chestnut   | 51  | Mushroom   | 66 | Yeast (Brewer's) |

\* 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.

**Test Report : Order of Reactivity****Australian Clinical Labs**

**Patient Name:** John Doe  
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**ELEVATED FOODS (≥30 U/ml)**

|     |                      |    |                       |    |                 |
|-----|----------------------|----|-----------------------|----|-----------------|
| 158 | Egg White            | 70 | Hazelnut              | 48 | Ginkgo          |
| 156 | Casein               | 67 | Malt                  | 46 | Buckwheat       |
| 154 | Milk (Cow)           | 66 | Yeast (Brewer's)      | 46 | Rye             |
| 148 | Brazil Nut           | 64 | Wheat                 | 44 | Hake            |
| 134 | Cola Nut             | 62 | Bean (Broad)          | 43 | Plum            |
| 111 | Rice                 | 61 | Mustard Seed          | 42 | Nutmeg          |
| 105 | Milk (Sheep)         | 59 | Egg Yolk              | 41 | Basil           |
| 103 | Pea                  | 59 | Sunflower Seed        | 41 | Orange          |
| 102 | Curry (Mixed Spices) | 58 | Amaranth              | 40 | Celery          |
| 100 | Almond               | 57 | Cocoa Bean            | 40 | Peach           |
| 93  | Barley               | 56 | Cabbage (Savoy/White) | 38 | Couscous        |
| 90  | Milk (Goat)          | 55 | Pomegranate           | 35 | Alga Espaguette |
| 88  | Bean (White Haricot) | 52 | Mussel                | 35 | Lentil          |
| 87  | Pistachio            | 52 | Spelt                 | 34 | Raspberry       |
| 86  | Bean (Red Kidney)    | 51 | Durum Wheat           | 34 | Tea (Black)     |
| 83  | Corn (Maize)         | 51 | Fig                   | 33 | Oat             |
| 83  | Peanut               | 51 | Mushroom              | 33 | Soya Bean       |
| 78  | Aloe Vera            | 51 | Potato                | 32 | Cane Sugar      |
| 76  | Gliadin*             | 51 | Radish                | 30 | Walnut          |
| 71  | Cashew Nut           | 50 | Wheat Bran            |    |                 |
| 70  | Agar Agar            | 48 | Ginger                |    |                 |

**BORDERLINE FOODS (24-29 U/ml)**

|    |        |    |           |    |      |
|----|--------|----|-----------|----|------|
| 29 | Veal   | 28 | Leek      | 24 | Lime |
| 29 | Winkle | 27 | Flax Seed |    |      |

**NORMAL FOODS (≤23 U/ml)**

|    |                         |    |                             |    |            |
|----|-------------------------|----|-----------------------------|----|------------|
| 23 | Bean (Green)            | 19 | Onion                       | 15 | Broccoli   |
| 23 | Pike                    | 19 | Shallot                     | 15 | Chard      |
| 23 | Tiger Nut               | 19 | Turnip                      | 15 | Chickpea   |
| 22 | Carrot                  | 18 | Lemon                       | 15 | Guava      |
| 22 | Date                    | 17 | Cauliflower                 | 15 | Mango      |
| 22 | Nectarine               | 17 | Cumin                       | 15 | Oyster     |
| 22 | Pear                    | 17 | Mackerel                    | 15 | Papaya     |
| 21 | Alga Wakame             | 17 | Ox                          | 14 | Avocado    |
| 21 | Cherry                  | 17 | Pineapple                   | 14 | Clam       |
| 21 | Grape (Black/Red/White) | 17 | Polenta                     | 14 | Cucumber   |
| 20 | Beetroot                | 16 | Blackcurrant                | 14 | Ginseng    |
| 20 | Cinnamon                | 16 | Squash (Butternut/Carnival) | 14 | Grapefruit |
| 20 | Raisin                  | 16 | Watermelon                  | 14 | Peppermint |

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NORMAL FOODS ...continued

|    |                           |   |                        |   |                      |
|----|---------------------------|---|------------------------|---|----------------------|
| 13 | Bayleaf                   | 7 | Dill                   | 3 | Chestnut             |
| 13 | Brussel Sprout            | 7 | Mint                   | 3 | Cuttlefish           |
| 13 | Cod                       | 7 | Octopus                | 3 | Horse                |
| 13 | Peppercorn (Black/White)  | 7 | Plaice                 | 3 | Marrow               |
| 13 | Salmon                    | 7 | Redcurrant             | 3 | Rocket               |
| 12 | Apricot                   | 7 | Rhubarb                | 3 | Sardine              |
| 12 | Pine Nut                  | 7 | Rosemary               | 3 | Swordfish            |
| 12 | Sweet Potato              | 7 | Strawberry             | 2 | Honey                |
| 12 | Tomato                    | 6 | Aubergine              | 2 | Lamb                 |
| 11 | Blackberry                | 6 | Bass                   | 2 | Milk (Buffalo)       |
| 11 | Pepper (Green/Red/Yellow) | 6 | Cranberry              | 2 | Olive                |
| 11 | Tangerine                 | 6 | Haddock                | 2 | Pork                 |
| 11 | Tuna                      | 6 | Melon (Galia/Honeydew) | 2 | Quail                |
| 11 | Turbot                    | 6 | Monkfish               | 2 | Shrimp/Prawn         |
| 11 | Watercress                | 6 | Mulberry               | 1 | Garlic               |
| 10 | Alga Spirulina            | 6 | Perch                  | 1 | Partridge            |
| 10 | Aniseed                   | 6 | Quinoa                 | 1 | Sage                 |
| 10 | Camomile                  | 6 | Turkey                 | 1 | Thyme                |
| 10 | Chicory                   | 6 | Venison                | 0 | Alpha-Lactalbumin    |
| 10 | Fennel (Leaf)             | 5 | Barnacle               | 0 | Asparagus            |
| 10 | Lychee                    | 5 | Cabbage (Red)          | 0 | Beta-Lactoglobulin   |
| 10 | Scallop                   | 5 | Chicken                | 0 | Blueberry            |
| 10 | Squid                     | 5 | Coconut                | 0 | Clove                |
| 10 | Yeast (Baker's)           | 5 | Hops                   | 0 | Coriander (Leaf)     |
| 10 | Yuca                      | 5 | Kiwi                   | 0 | Duck                 |
| 9  | Artichoke                 | 5 | Rapeseed               | 0 | Eel                  |
| 9  | Banana                    | 5 | Razor Clam             | 0 | Goat                 |
| 9  | Carp                      | 5 | Tarragon               | 0 | Liquorice            |
| 9  | Caviar                    | 5 | Transglutaminase       | 0 | Macadamia Nut        |
| 9  | Cayenne                   | 4 | Beef                   | 0 | Marjoram             |
| 9  | Herring                   | 4 | Cockle                 | 0 | Nettle               |
| 9  | Lettuce                   | 4 | Coffee                 | 0 | Ostrich              |
| 9  | Saffron                   | 4 | Crab                   | 0 | Parsley              |
| 9  | Vanilla                   | 4 | Lobster                | 0 | Sea Bream (Gilthead) |
| 8  | Apple                     | 4 | Millet                 | 0 | Sesame Seed          |
| 8  | Carob                     | 4 | Rabbit                 | 0 | Spinach              |
| 8  | Sea Bream (Red)           | 4 | Sole                   | 0 | Tapioca              |
| 7  | Caper                     | 4 | Trout                  | 0 | Tea (Green)          |
| 7  | Chilli (Red)              | 3 | Anchovy                | 0 | Wild Boar            |

\* 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.