

# Analyte List

## IGG FOOD MAP

### DAIRY

Beta-Lactoglobulin  
Casein  
Cheddar Cheese  
Cow's Milk  
Goat's Milk  
Mozzarella Cheese  
Sheep's Yogurt  
Whey  
Yogurt

### BEANS AND PEAS

Adzuki Bean  
Black Bean  
Garbanzo Bean  
Green Bean  
Green Pea  
Kidney Bean  
Lentil  
Lima Bean  
Mung Bean  
Navy Bean  
Pinto Bean  
Soybean  
Tofu

### FRUITS

Acai Berry  
Apple  
Apricot  
Banana  
Blueberry  
Cantaloupe  
Cherry  
Coconut  
Cranberry  
Date  
Grape  
Grapefruit  
Guava

Jackfruit  
Kiwi  
Lemon  
Lychee  
Mango  
Orange  
Papaya  
Passion Fruit  
Peach  
Pear  
Pineapple  
Plum  
Pomegranate  
Raspberry  
Strawberry  
Watermelon

### GRAINS

Amaranth  
Barley  
Buckwheat  
Corn  
Gliadin  
Malt  
Millet  
Oat  
Quinoa  
Rice  
Rye  
Sorghum  
Teff  
Wheat Gluten  
Whole Wheat

### FISH/SEAFOOD

Abalone  
Anchovy  
Bass  
Bonito  
Codfish

Crab  
Halibut  
Lobster  
Mackerel Saba  
Octopus  
Oyster  
Pacific Mackerel (Saba)  
Pacific Saury  
Perch  
Red Snapper  
Salmon  
Sardine  
Scallop  
Shrimp  
Small Clam  
Squid  
Tilapia  
Trout  
Tuna

### MEAT/FOWL

Beef  
Chicken  
Duck  
Egg White  
Egg Yolk  
Goose  
Lamb  
Pork  
Turkey

### NUTS/SEEDS

Almond  
Brazil Nut  
Cashew  
Chestnut  
Chia Seed  
Flax Seed  
Hazelnut  
Hemp Seed



## Analyte List

### IGG FOOD MAP

Macadamia Nut  
Peanut  
Pecan  
Pine Nut  
Pistachio  
Pumpkin Seed  
Sesame Seed  
Sunflower Seed  
Walnut

#### VEGETABLES

Artichoke  
Asparagus  
Avocado  
Bamboo Shoot  
Bean Sprout  
Beet  
Bell Pepper  
Bitter Gourd  
Broccoli  
Brussel Sprout  
Burdock Root  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chili Pepper  
Cucumber  
Eggplant  
Enoki Mushroom  
Garlic  
Kale  
Leek  
Lettuce  
Lotus Root  
Napa Cabbage  
Olive (Green)  
Onion  
Portabella  
Mushroom

Potato  
Pumpkin  
Radish  
Seaweed Kombu Kelp  
Seaweed Nori  
Seaweed Wakame  
Shitake Mushroom  
Spinach  
Sweet Potato  
Tomato  
Yam  
Yellow Squash  
Yuca  
Zucchini

#### HERBS/SPICES

Basil  
Bay Leaf  
Black Pepper  
Cayenne Pepper  
Cilantro  
Cinnamon  
Cloves  
Cumin  
Curry  
Dill  
Ginger  
Hops  
Mint  
Miso  
Mustard Seed  
Oregano  
Paprika  
Rosemary  
Sage  
Tarragon  
Thyme  
Turmeric  
Vanilla Bean

#### MISCELLANEOUS

Bromelain  
Cane Sugar  
Cocoa Bean  
Coffee  
Green Tea  
Honey  
Meat glue  
Oolong Tea

