



Your Food Report



Informing decisions
Improving health



5/2/2024

Dear

Please find enclosed the Patient Report for your FoodPrint® IgG antibody test, which includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® IgG antibody test:

1. **Food Groups** – foods are listed according to their respective food group
2. **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as **ELEVATED**, **BORDERLINE** or **NORMAL**, depending on the antibody level detected.

PATIENT GUIDEBOOK

- Information about food sensitivity and commonly used terminology
- How to interpret the test results
- How to plan your diet
- Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- How to avoid dairy, eggs, wheat, gluten, and yeast
- Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

Please note: the FoodPrint® IgG antibody test does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained.** This advice also applies if you have been diagnosed with Coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact support@omegadx.com.

Kind regards
Support

Test Report : Food Groups

Patient Name:
Patient Number:
Date of Birth:

Sample Date:
Analysis Date:
Clinic:

ELEVATED (≥30 U/ml)		BORDERLINE (24-29 U/ml)		NORMAL (≤23 U/ml)	
DAIRY / EGG					
<15	Alpha-Lactalbumin	60	Egg White	103	Milk (Cow)
<15	Beta-Lactoglobulin	<15	Egg Yolk	26	Milk (Goat)
77	Casein	<15	Milk (Buffalo)	30	Milk (Sheep)
GRAINS (Gluten-Containing)*					
<15	Barley	<15	Malt	24	Wheat
<15	Couscous	<15	Oat	<15	Wheat Bran
<15	Durum Wheat	<15	Rye		
19	Gliadin*	<15	Spelt		
GRAINS (Gluten-Free)					
<15	Amaranth	<15	Millet	<15	Rice
<15	Buckwheat	<15	Polenta	<15	Tapioca
<15	Corn (Maize)	<15	Quinoa		
FRUIT					
<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	<15	Plum
<15	Banana	<15	Lime	<15	Pomegranate
<15	Blackberry	<15	Lychee	<15	Raisin
<15	Blackcurrant	<15	Mango	<15	Raspberry
<15	Blueberry	<15	Melon (Galia/Honeydew)	<15	Redcurrant
<15	Cherry	<15	Mulberry	<15	Rhubarb
<15	Cranberry	<15	Nectarine	<15	Strawberry
<15	Date	<15	Olive	<15	Tangerine
<15	Fig	<15	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
<15	Grapefruit	<15	Peach		
VEGETABLES					
<15	Artichoke	<15	Cauliflower	<15	Potato
<15	Asparagus	17	Celery	<15	Radish
<15	Aubergine	<15	Chard	<15	Rocket
<15	Bean (Broad)	<15	Chickpea	<15	Shallot
<15	Bean (Green)	<15	Chicory	<15	Soya Bean
<15	Bean (Red Kidney)	<15	Cucumber	<15	Spinach
15	Bean (White Haricot)	<15	Fennel (Leaf)	25	Squash (Butternut/Carnival)
<15	Beetroot	<15	Leek	<15	Sweet Potato
<15	Broccoli	<15	Lentil	<15	Tomato
<15	Brussel Sprout	<15	Lettuce	<15	Turnip
<15	Cabbage (Red)	<15	Marrow	<15	Watercress
<15	Cabbage (Savoy/White)	<15	Onion	<15	Yuca
<15	Caper	27	Pea		
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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Patient Name:
Patient Number:
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Sample Date:
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FISH / SEAFOOD

<15	Alga Espaguette	<15	Haddock	<15	Sardine
<15	Alga Spirulina	<15	Hake	<15	Scallop
<15	Alga Wakame	<15	Herring	<15	Sea Bream (Gilthead)
<15	Anchovy	<15	Lobster	<15	Sea Bream (Red)
<15	Barnacle	<15	Mackerel	<15	Shrimp/Prawn
<15	Bass	<15	Monkfish	<15	Sole
<15	Carp	<15	Mussel	<15	Squid
<15	Caviar	<15	Octopus	<15	Swordfish
<15	Clam	<15	Oyster	<15	Trout
<15	Cockle	<15	Perch	<15	Tuna
<15	Cod	<15	Pike	<15	Turbot
<15	Crab	<15	Plaice	<15	Winkle
<15	Cuttlefish	<15	Razor Clam		
<15	Eel	<15	Salmon		

MEAT

<15	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	<15	Rabbit		

HERBS / SPICES

<15	Aniseed	<15	Dill	<15	Nutmeg
<15	Basil	<15	Garlic	<15	Parsley
<15	Bayleaf	<15	Ginger	<15	Peppercorn (Black/White)
<15	Camomile	19	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	17	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla
<15	Curry (Mixed Spices)	<15	Nettle		

NUTS / SEEDS

<15	Almond	30	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
17	Cashew Nut	21	Peanut	<15	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
39	Flax Seed	56	Pistachio	<15	Walnut

MISCELLANEOUS

<15	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)
<15	Cane Sugar	19	Cola Nut	<15	Transglutaminase
<15	Carob	<15	Honey	<15	Yeast (Baker's)
<15	Chestnut	<15	Mushroom	<15	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

Patient Name:
Patient Number:
Date of Birth:

Sample Date:
Analysis Date:
Clinic:

ELEVATED FOODS (≥30 U/ml)

103	Milk (Cow)	56	Pistachio	30	Milk (Sheep)
77	Casein	39	Flax Seed		
60	Egg White	30	Hazelnut		

BORDERLINE FOODS (24-29 U/ml)

27	Pea	25	Squash (Butternut/Carnival)
26	Milk (Goat)	24	Wheat

NORMAL FOODS (≤23 U/ml)

21	Peanut	<15	Bean (Green)	<15	Clam
19	Cola Nut	<15	Bean (Red Kidney)	<15	Clove
19	Ginkgo	<15	Beef	<15	Cockle
19	Gliadin*	<15	Beetroot	<15	Cocoa Bean
17	Cashew Nut	<15	Beta-Lactoglobulin	<15	Coconut
17	Celery	<15	Blackberry	<15	Cod
17	Saffron	<15	Blackcurrant	<15	Coffee
15	Bean (White Haricot)	<15	Blueberry	<15	Coriander (Leaf)
<15	Agar Agar	<15	Brazil Nut	<15	Corn (Maize)
<15	Alga Espaguette	<15	Broccoli	<15	Couscous
<15	Alga Spirulina	<15	Brussel Sprout	<15	Crab
<15	Alga Wakame	<15	Buckwheat	<15	Cranberry
<15	Almond	<15	Cabbage (Red)	<15	Cucumber
<15	Aloe Vera	<15	Cabbage (Savoy/White)	<15	Cumin
<15	Alpha-Lactalbumin	<15	Camomile	<15	Curry (Mixed Spices)
<15	Amaranth	<15	Cane Sugar	<15	Cuttlefish
<15	Anchovy	<15	Caper	<15	Date
<15	Aniseed	<15	Carob	<15	Dill
<15	Apple	<15	Carp	<15	Duck
<15	Apricot	<15	Carrot	<15	Durum Wheat
<15	Artichoke	<15	Cauliflower	<15	Eel
<15	Asparagus	<15	Caviar	<15	Egg Yolk
<15	Aubergine	<15	Cayenne	<15	Fennel (Leaf)
<15	Avocado	<15	Chard	<15	Fig
<15	Banana	<15	Cherry	<15	Garlic
<15	Barley	<15	Chestnut	<15	Ginger
<15	Barnacle	<15	Chicken	<15	Ginseng
<15	Basil	<15	Chickpea	<15	Goat
<15	Bass	<15	Chicory	<15	Grape (Black/Red/White)
<15	Bayleaf	<15	Chilli (Red)	<15	Grapefruit
<15	Bean (Broad)	<15	Cinnamon	<15	Guava

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NORMAL FOODS ...continued

<15	Haddock	<15	Ox	<15	Sesame Seed
<15	Hake	<15	Oyster	<15	Shallot
<15	Herring	<15	Papaya	<15	Shrimp/Prawn
<15	Honey	<15	Parsley	<15	Sole
<15	Hops	<15	Partridge	<15	Soya Bean
<15	Horse	<15	Peach	<15	Spelt
<15	Kiwi	<15	Pear	<15	Spinach
<15	Lamb	<15	Pepper (Green/Red/Yellow)	<15	Squid
<15	Leek	<15	Peppercorn (Black/White)	<15	Strawberry
<15	Lemon	<15	Peppermint	<15	Sunflower Seed
<15	Lentil	<15	Perch	<15	Sweet Potato
<15	Lettuce	<15	Pike	<15	Swordfish
<15	Lime	<15	Pine Nut	<15	Tangerine
<15	Liquorice	<15	Pineapple	<15	Tapioca
<15	Lobster	<15	Plaice	<15	Tarragon
<15	Lychee	<15	Plum	<15	Tea (Black)
<15	Macadamia Nut	<15	Polenta	<15	Tea (Green)
<15	Mackerel	<15	Pomegranate	<15	Thyme
<15	Malt	<15	Pork	<15	Tiger Nut
<15	Mango	<15	Potato	<15	Tomato
<15	Marjoram	<15	Quail	<15	Transglutaminase
<15	Marrow	<15	Quinoa	<15	Trout
<15	Melon (Galia/Honeydew)	<15	Rabbit	<15	Tuna
<15	Milk (Buffalo)	<15	Radish	<15	Turbot
<15	Millet	<15	Raisin	<15	Turkey
<15	Mint	<15	Rapeseed	<15	Turnip
<15	Monkfish	<15	Raspberry	<15	Vanilla
<15	Mulberry	<15	Razor Clam	<15	Veal
<15	Mushroom	<15	Redcurrant	<15	Venison
<15	Mussel	<15	Rhubarb	<15	Walnut
<15	Mustard Seed	<15	Rice	<15	Watercress
<15	Nectarine	<15	Rocket	<15	Watermelon
<15	Nettle	<15	Rosemary	<15	Wheat Bran
<15	Nutmeg	<15	Rye	<15	Wild Boar
<15	Oat	<15	Sage	<15	Winkle
<15	Octopus	<15	Salmon	<15	Yeast (Baker's)
<15	Olive	<15	Sardine	<15	Yeast (Brewer's)
<15	Onion	<15	Scallop	<15	Yuca
<15	Orange	<15	Sea Bream (Gilthead)		
<15	Ostrich	<15	Sea Bream (Red)		

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