
Your Food Report



07/12/2024

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: 2412100244
 Date of Birth: 05/09/1988

Sample Date: 05/12/2024
 Analysis Date: 06/12/2024
 Clinic: PHD

ELEVATED (≥30 U/ml)**BORDERLINE (24-29 U/ml)****NORMAL (≤23 U/ml)****DAIRY / EGG**

<15	Alpha-Lactalbumin	62	Egg White	85	Milk (Cow)
<15	Beta-Lactoglobulin	<15	Egg Yolk	<15	Milk (Goat)
34	Casein	<15	Milk (Buffalo)	15	Milk (Sheep)

GRAINS (Gluten-Containing)*

32	Barley	<15	Malt	24	Wheat
<15	Couscous	<15	Oat	<15	Wheat Bran
<15	Durum Wheat	<15	Rye		
<15	Gliadin*	<15	Spelt		

GRAINS (Gluten-Free)

52	Amaranth	<15	Millet	23	Rice
28	Buckwheat	<15	Polenta	<15	Tapioca
35	Corn (Maize)	<15	Quinoa		

FRUIT

<15	Apple	<15	Guava	<15	Pear
<15	Apricot	<15	Kiwi	<15	Pineapple
<15	Avocado	<15	Lemon	24	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	24	Orange	<15	Watermelon
<15	Grape (Black/Red/White)	<15	Papaya		
<15	Grapefruit	<15	Peach		

VEGETABLES

<15	Artichoke	<15	Cauliflower	19	Potato
<15	Asparagus	18	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
20	Bean (White Haricot)	<15	Fennel (Leaf)	<15	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	<15	Pea		
<15	Carrot	<15	Pepper (Green/Red/Yellow)		

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Patient Name:				Sample Date:		05/12/2024	
Patient Number:		2412100244		Analysis Date:		06/12/2024	
Date of Birth:		05/09/1988		Clinic:		PHD	
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		
31	Clam	<15	Oyster	<15	Trout		
<15	Cockle	17	Perch	<15	Tuna		
<15	Cod	<15	Pike	<15	Turbot		
<15	Crab	<15	Plaice	22	Winkle		
<15	Cuttlefish	<15	Razor Clam				
<15	Eel	<15	Salmon				
MEAT							
<15	Beef	<15	Ostrich	<15	Turkey		
<15	Chicken	17	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)		
19	Camomile	<15	Ginkgo	<15	Peppermint		
<15	Cayenne	<15	Ginseng	<15	Rosemary		
<15	Chilli (Red)	<15	Hops	<15	Saffron		
<15	Cinnamon	<15	Liquorice	<15	Sage		
<15	Clove	15	Marjoram	<15	Tarragon		
<15	Coriander (Leaf)	22	Mint	<15	Thyme		
<15	Cumin	<15	Mustard Seed	<15	Vanilla		
16	Curry (Mixed Spices)	<15	Nettle				
NUTS / SEEDS							
33	Almond	75	Hazelnut	<15	Rapeseed		
19	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed		
60	Cashew Nut	60	Peanut	29	Sunflower Seed		
<15	Coconut	<15	Pine Nut	15	Tiger Nut		
25	Flax Seed	33	Pistachio	<15	Walnut		
MISCELLANEOUS							
22	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)		
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)		
<15	Cane Sugar	33	Cola Nut	<15	Transglutaminase		
<15	Carob	<15	Honey	26	Yeast (Baker's)		
<15	Chestnut	<15	Mushroom	44	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:		Sample Date:	05/12/2024
Patient Number:	2412100244	Analysis Date:	06/12/2024
Date of Birth:	05/09/1988	Clinic:	PHD

ELEVATED FOODS (≥30 U/ml)

85	Milk (Cow)	52	Amaranth	33	Cola Nut
75	Hazelnut	44	Yeast (Brewer's)	33	Pistachio
62	Egg White	35	Corn (Maize)	32	Barley
60	Cashew Nut	34	Casein	31	Clam
60	Peanut	33	Almond		

BORDERLINE FOODS (24-29 U/ml)

29	Sunflower Seed	25	Flax Seed	24	Wheat
28	Buckwheat	24	Orange		
26	Yeast (Baker's)	24	Plum		

NORMAL FOODS (≤23 U/ml)

23	Rice	<15	Avocado	<15	Cherry
22	Agar Agar	<15	Banana	<15	Chestnut
22	Mint	<15	Barnacle	<15	Chicken
22	Winkle	<15	Basil	<15	Chickpea
20	Bean (White Haricot)	<15	Bass	<15	Chicory
19	Brazil Nut	<15	Bayleaf	<15	Chilli (Red)
19	Camomile	<15	Bean (Broad)	<15	Cinnamon
19	Potato	<15	Bean (Green)	<15	Clove
18	Celery	<15	Bean (Red Kidney)	<15	Cockle
17	Ox	<15	Beef	<15	Cocoa Bean
17	Perch	<15	Beetroot	<15	Coconut
16	Curry (Mixed Spices)	<15	Beta-Lactoglobulin	<15	Cod
15	Cranberry	<15	Blackberry	<15	Coffee
15	Marjoram	<15	Blackcurrant	<15	Coriander (Leaf)
15	Milk (Sheep)	<15	Blueberry	<15	Couscous
15	Tiger Nut	<15	Broccoli	<15	Crab
<15	Alga Espaguettes	<15	Brussel Sprout	<15	Cucumber
<15	Alga Spirulina	<15	Cabbage (Red)	<15	Cumin
<15	Alga Wakame	<15	Cabbage (Savoy/White)	<15	Cuttlefish
<15	Aloe Vera	<15	Cane Sugar	<15	Date
<15	Alpha-Lactalbumin	<15	Caper	<15	Dill
<15	Anchovy	<15	Carob	<15	Duck
<15	Aniseed	<15	Carp	<15	Durum Wheat
<15	Apple	<15	Carrot	<15	Eel
<15	Apricot	<15	Cauliflower	<15	Egg Yolk
<15	Artichoke	<15	Caviar	<15	Fennel (Leaf)
<15	Asparagus	<15	Cayenne	<15	Fig
<15	Aubergine	<15	Chard	<15	Garlic

Patient Name:

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2412100244

05/09/1988

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05/12/2024

06/12/2024

PHD

NORMAL FOODS ...continued

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

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