

# Foods included in the **FOODPRINT**<sup>®</sup> 220+ panel

## Dairy & Eggs

Alpha-Lactalbumin,  
Buffalo Milk, Cow's Milk,  
Egg Yolk, Sheep's Milk,  
Beta-Lactoglobulin,  
Casein, Egg White,  
Goat's Milk



## Fish & Seafood

Anchovy, Crab, Monkfish,  
Salmon, Swordfish, Barnacle,  
Cuttlefish, Mussel, Sardine,  
Trout, Bass, Eel, Octopus,  
Scallop, Tuna, Carp, Haddock,  
Oyster, Sea Bream, Turbot,  
Caviar, Hake, Perch, Shrimp,  
Prawn, Winkle, Clam, Herring,  
Pike, Sole, Cockle, Lobster,  
Plaice, Squid, Cod,  
Mackerel, Razor Clam



## Fruits

Apple, Cranberry, Lime,  
Papaya, Redcurrant, Apricot,  
Date, Lychee, Peach, Rhubarb,  
Avocado, Fig, Mango, Pear,  
Strawberry, Banana, Grape,  
Melon, Pineapple, Tangerine,  
Blackberry, Grapefruit,  
Mulberry, Plum, Watermelon,  
Blackcurrant, Guava, Nectarine,  
Pomegranate, Blueberry,  
Kiwi, Olive, Raisin, Cherry, Lemon,  
Orange, Raspberry



## Herbs & Spices

Aniseed, Coriander, Ginseng,  
Nutmeg, Sage, Basil, Cumin,  
Hops, Parsley, Tarragon, Bayleaf,  
Curry, Liquorice, Peppercorns  
(B/W), Thyme, Camomile, Dill,  
Marjoram, Peppermint, Vanilla,  
Cayenne, Garlic, Mint, Red Chili,  
Cinnamon, Ginkgo, Mustard  
Seed, Rosemary, Clove,  
Ginger, Nettle, Saffron



## Grains

Amaranth, Couscous,  
Millet, Rye Flour, Wheat,  
Barley, Durum Wheat,  
Oat, Spelt, Wheat Bran,  
Buckwheat, Gliadin,  
Polenta, Tapioca,  
Corn (Maize), Malt,  
Rice



## Vegetables

Artichoke, Brussel Sprout, Chicory,  
Peppers (Mixed), Sweet Potato, Asparagus,  
Cabbage, Cucumber, Potato, Tomato,  
Aubergine, Cabbage (Red), Fennel, Quinoa,  
Turnip, Bean (Broad), Caper, Leek,  
Radish, Watercress, Bean (Green),  
Carrot, Lentil, Rocket, Yuca, Bean  
(Red Kidney), Cauliflower,  
Lettuce, Shallot, Bean (White  
Haricot), Celery, Marrow,  
Soya Bean, Beetroot, Chard,  
Onion, Spinach, Broccoli,  
Chickpea, Pea, Squash



## Meat

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



## Nuts & Seeds

Almond, Coconut,  
Macadamia Nut, Pistachio,  
Sunflower Seed, Brazil Nut,  
Flax Seed, Peanut,  
Rapeseed, Tiger Nut,  
Cashew Nut, Hazelnut,  
Pine Nut, Sesame  
Seed, Walnut



## Miscellaneous

Agar Agar, Carob,  
Coffee Mushroom,  
Transglutaminase Aloe Vera,  
Chestnut, Cola Nut, Tea  
(Black), Yeast (Bakers), Cane  
Sugar, Cocoa Bean, Honey,  
Tea (Green), Yeast  
(Brewer's)

