

TEST NAME: Nordic Food Panel 96 IgG - BLOODSPOT - ENGLISH

96 IgG Food Panel

TEST	SCORE	CLASS
MEAT, POULTRY & EGG		
Beef	0.160	0
Chicken	0.186	0
Egg, White	0.179	0
Egg, Yolk	0.189	0
Lamb	0.175	0
Pork	0.173	0
Turkey	0.189	0
FISH & SHELLFISH		
Clam	0.197	0
Codfish	0.210	1
Crab	0.181	0
Haddock	0.286	1
Lobster	0.181	0
Salmon	0.223	1
Scallop	0.181	0
Shrimp	0.175	0
Sole	0.167	0
Swordfish	0.223	1
Tuna	0.192	0
BEVERAGES & MISC		
Black Tea	0.182	0
Cocoa	0.179	0
Coffee	0.170	0
Honey	0.167	0
Yeast, Baker's	0.258	1
Yeast, Brewer's	0.237	1
NUTS, SEEDS & OILS		
Almond	0.331	2
Cashew	0.333	2
Chia Seed	0.251	1
Safflower	0.257	1
Sesame	0.383	2
Sunflower Seed	0.297	1
Walnut	0.210	1

TEST	SCORE	CLASS
VEGETABLES		
Arugula	0.198	0
Asparagus	0.180	0
Bell Pepper	0.176	0
Bok Choy	0.184	0
Broccoli	0.168	0
Cabbage	0.165	0
Carrot	0.176	0
Cauliflower	0.178	0
Celery	0.162	0
Cucumber	0.178	0
Eggplant	0.164	0
Garlic	0.186	0
Green Bean	0.169	0
Kale	0.169	0
Kelp	0.214	1
Lettuce	0.175	0
Mushroom	0.210	1
Olive, Green	0.157	0
Onion	0.193	0
Potato	0.195	0
Potato, Sweet	0.165	0
Spinach	0.189	0
Squash	0.171	0
Tomato	0.171	0
LEGUMES & PULSES		
Black Bean	0.188	0
Green Pea	0.229	1
Lima Bean	0.172	0
Peanut	0.189	0
Pinto Bean	0.210	1
Soybean	0.195	0
DAIRY		
Cheddar Cheese	0.166	0
Milk, A1 Cow's	0.168	0
Yogurt	0.199	0

TEST	SCORE	CLASS
FRUITS		
Apple	0.179	0
Avocado	0.171	0
Banana	0.163	0
Blueberry	0.161	0
Cantaloupe	0.182	0
Coconut	0.249	1
Grape	0.197	0
Grapefruit	0.168	0
Lemon	0.167	0
Orange	0.184	0
Peach	0.166	0
Pear	0.159	0
Pineapple	0.236	1
Strawberry	0.176	0
Watermelon	0.174	0
GRAINS & STARCHES		
Barley	0.167	0
Bran	0.184	0
Corn	0.165	0
Gluten	0.184	0
Malt	0.175	0
Oats	0.235	1
Rice	0.183	0
Rye	0.181	0
Wheat	0.175	0
HERBS, SPICES & FLAVORINGS		
Basil	0.175	0
Black Pepper	0.179	0
Cinnamon	0.215	1
Dill	0.173	0
Ginger	0.194	0
Mustard	0.247	1
Oregano	0.187	0
Tarragon	0.178	0

Reference Range			
<= 0.199 = CLASS 0 No Sensitivity Detected	0.200 - 0.299 = CLASS 1 Low Sensitivity Detected	0.300 - 0.399 = CLASS 2 Moderate Sensitivity Detected	>= 0.400 = CLASS 3 High Sensitivity Detected

Note: 0.185 - 0.215 should be considered equivocal