

Severe Intolerance	Moderate Intolerance	Mild Intolerance	No Intolerance
SWEET POTATO	BROCCOLI	BAKER'S YEAST BEEF CORN WHEAT	<div>Vegetables</div> <div> Butternut Squash Green Pea STRING BEAN </div> <div> CABBAGE ICEBERG LETTUCE TOMATO </div> <div> CARROT ONION WHITE POTATO </div> <div> CAULIFLOWER SOYBEAN Yellow Squash </div>
			<div>Fruit</div> <div> APPLE LEMON </div> <div> BANANA ORANGE </div> <div> CANTALOUPE PEAR </div> <div> GRAPE STRAWBERRY </div>
			<div>Meat</div> <div> CHICKEN </div> <div> LAMB </div> <div> PORK </div> <div> TURKEY </div>
			<div>Dairy products</div> <div> EGG WHITE </div> <div> EGG YOLK </div>
			<div>Seafood</div> <div> SHRIMP </div> <div> TUNA </div>
			<div>Grains</div> <div> BARLEY </div> <div> Brown/White Rice </div> <div> OAT </div>
			<div>Herbs and Spices</div> <div> BLACK PEPPER </div> <div> CINNAMON </div> <div> GARLIC </div> <div> MUSTARD </div>
			<div>Nuts / Oils and Misc. Foods</div> <div> CANE SUGAR VANILLA </div> <div> COCOA </div> <div> FRUCTOSE </div> <div> PEANUT </div>

Not Included in Panel

You have no reaction to Gluten or Gliadin.

You have a severe reaction to Casein, eliminate these foods:

COW'S MILK

