

A word cloud of food categories including Herbs & Spices, Others, Dairy, Meats, Fruits, Seafood, Grains, Nuts, Eggs, and Vegetables. The word 'Food' is in white and 'Directory' is in green.

Food Directory

The following table includes all the foods that you have reacted to in your Food Intolerance Test.

Identify your ELEVATED foods and refer to the relevant Food Group section for information on Eating and Cooking without, Reading Ingredients labels, Alternative foods, Shopping lists, Recipes and Menus.

Some people react to other members of the same food family. Unless your test has shown no reaction it is suggested that you avoid these foods also.

	Food	Food Family	Others in the Food Family
Dairy	Alpha-lactalbumin		Major protein in milk ie cow, goat, sheep and buffalo milk
	Beta-lactoglobulin		Major protein in milk ie cow, goat, sheep and buffalo milk
	Buffalo's milk	Bovid	Cow, goat, sheep
	Casein		Major protein in milk ie cow, goat, sheep and buffalo milk
	Cow's milk	Bovid	Goat, sheep, buffalo
	Goat's milk	Bovid	Cow, sheep, buffalo
	Sheep's milk	Bovid	Cow, goat, buffalo
Eggs	Egg white	Pheasant	Peafowl, quail, partridge
	Egg yolk	Pheasant	Peafowl, quail, partridge
Fish / Seafood	Anchovy	Anchovy	None known
	Bass	Bass	Perch (white), yellow bass
	Carp	Minnow	Chub
	Caviar	Sturgeon	Sturgeon
	Clam	Mollusc	Abalone, cockle, mussel, oyster, scallop, snail, squid, octopus
	Cockle	Mollusc	Abalone, clam, mussel, oyster, scallop, snail, squid, octopus
	Cod	Codfish	Haddock, hake, pollock
	Crab	Crustacean	Lobster, crayfish, prawn, shrimp
	Cuttlefish	Mollusc	Abalone, clam, cockle, mussel, oyster, scallop, snail, squid, octopus
	Eel	Eel	None known
	Haddock	Codfish	Hake, cod, pollock
	Hake	Codfish	Haddock, cod, pollock
	Herring	Herring	Shad
	Lobster	Crustacean	Crab, crayfish, prawn, shrimp
	Mackerel	Mackerel	Anglerfish
	Monkfish	Goosefish	Tuna, bonito
	Mussel	Mollusc	Abalone, clam, cockle, oyster, scallop, snail, squid, octopus
	Octopus	Mollusc	Abalone, clam, cockle, oyster, scallop, snail, squid
	Oyster	Mollusc	Abalone, clam, cockle, mussel, scallop, snail, squid, octopus
	Perch	Perch	Red snapper
	Pike	Pike	Pickrel
	Plaice	Flounder	Flounder, halibut, sole, turbot
	Salmon	Salmon	Trout
	Sardine	Sea herring	Herring, pilchard
	Scallop	Mollusc	Abalone, clam, cockle, mussel, oyster, snail, squid, octopus
	Sea Bream	Sea Bream	Red sea bream, bream, porgy, sheepshead, scup
	Shrimp/Prawn	Crustacean	Lobster, crab, crayfish
	Sole	Flounder	Flounder, halibut, plaice, turbot
Squid	Mollusc	Abalone, clam, cockle, mussel, oyster, scallop, snail, octopus	
Swordfish	Swordfish	Swordfish	
Trout	Salmon	Salmon	
Tuna	Mackerel	Mackerel, bonito	
Turbot	Flounder	Flounder, halibut, plaice, sole	
Fruit	Apple	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Apricot	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Avocado	Laurel	Bay leaf, cinnamon, sassafras
	Banana	Banana	Plaintain
	Blackberry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Blackcurrant	Saxifrage	Currant, gooseberry
	Blueberry	Heather	Cranberry, wintergreen
	Cherry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond

	Food	Food Family	Others in the Food Family
Fruit	Cranberry	Heather	Cranberry, wintergreen
	Date	Palm	Coconut, sago, palm, palm cabbage
	Fig	Mulberry	Mulberry, breadfruit, hop
	Grape	Grape	Raisin, sultana, tartar (cream of)
	Grapefruit	Citrus	Citron, lemon, lime, mandarin, orange, tangerine
	Guava	Myrtle	Allspice, cloves, eucalyptus
	Kiwi	Kiwi	None known
	Lemon	Citrus	Grapefruit, citron, lime, mandarin, orange, tangerine
	Lime	Citrus	Grapefruit, citron, lemon, mandarin, orange, tangerine
	Lychee	Soapberry	Soapberry
	Mango	Cashew	Cashew, pistachio
	Melon	Gourd	Courgette, cucumber, gherkin, pumpkin, squash, watermelon
	Mulberry	Mulberry	Fig, breadfruit, hop
	Nectarine	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Olive	Olive	None known
	Orange	Citrus	Grapefruit, citron, lemon, lime, mandarin, tangerine
	Papaya	Pawpaw	Pawpaw, custard apple
	Peach	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Pear	Rose	Apple, crabapple, rosehip
	Pineapple	Pineapple	None known
	Plum	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Pomegranate	Pomegranate	None known
	Raisin	Grape	Grape, sultana, tartar (cream of)
	Raspberry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Redcurrant	Saxifrage	Blackcurrant, currant, gooseberry
	Rhubarb	Buckwheat	Buckwheat, sorrell
Strawberry	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond	
Tangerine	Citrus	Grapefruit, citron, lemon, lime, mandarin, orange	
Tomato	Nightshade	Aubergine (eggplant), paprika, pepper, cayenne, pepper, chilli, pepper, potato, sesame, tahini, tobacco, pimento	
Watermelon	Gourd	Courgette, cucumber, gherkin, melon (honeydew), pumpkin, squash	
Grains	Barley	Grass	Wheat, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt
	Buckwheat	Buckwheat	Rhubarb, garden sorrel
	Corn/maize	Grass	Wheat, barley, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Couscous	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Durum wheat	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Flax Seed	Linen	Flax, linseed
	Gliadin (gluten)		Collective term for some forms of protein found in wheat, rye, barley and spelt
	Malt	Grass	Wheat, barley, corn, millet, rice, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Millet	Grass	Wheat, barley, corn, malt, rice, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Oat	Grass	Wheat, barley, corn, malt, rice, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses

	Food	Food Family	Others in the Food Family
Grains	Quinoa	Goosefoot	Spinach, wild spinach, swiss chard, beet/sugar beet, lambs quarters
	Rice	Grass	Wheat, barley, corn, millet, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Rye Flour	Grass	Wheat, barley, corn, millet, rice, oats, wild rice, molasses brown cane sugar, bamboo, sorghum, spelt
	Spelt	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, molasses
	Transglutaminase		Tissue transglutaminase – an enzyme associated with Coeliac Disease. If elevated, seek advice from a medical professional.
Wheat	Wheat	Grass	Barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
	Wheat bran	Grass	Wheat, barley, corn, millet, rice, oats, rye, wild rice, brown cane sugar, bamboo, sorghum, spelt, molasses
Herbs / Spices	Aloe vera	Aloe	None known
	Aniseed	Aniseed	None known
	Basil	Mint	Bergamot, lavender, lemon balm, marjoram, mint, oregano, rosemary, sage, thyme
	Bayleaf	Laurel	Avocado, cinnamon, sassafras
	Camomile	Composite	Artichoke, chicory, dandelion, endive, lettuce, safflower, salsify, tarragon
	Cayenne	Nightshade	Aubergine (eggplant), paprika, pepper, chilli pepper, potato, sesame, tahini, tobacco, tomato
	Cinnamon	Laurel	Avocado, bay leaf, sassafras
	Clove	Myrtle	Guava, allspice, eucalyptus
	Coriander (leaf)	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, cumin, dill, fennel, parsley, parsnips
	Cumin	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, dill, fennel, parsley, parsnips
	Curry (mixed spices)	Miscellaneous	Coriander, turmeric, cinnamon, paprika, garlic powder, onion powder, cumin, ginger, mustard seed, pepper, cardamom, chilli pepper, cloves, nutmeg
	Dill	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, cumin, fennel, parsley, parsnips
	Garlic	Lily	Asparagus, chive, leek, onion, shallot
	Ginger	Ginger	Arrowroot, cardamom, turmeric
	Ginkgo	Ginkgo	None known
	Ginseng	Ginseng	Panax Ginseng
	Hops	Mulberry	Breadfruit, fig
	Liquorice	Legume	Bean, alfalfa, lentil, pea, peanut, senna, soya, tapioca, carob
	Marjoram	Mint	Basil, bergamot, lavender, lemon balm, mint, oregano, peppermint, rosemary, sage, thyme
	Mint	Mint	Basil, bergamot, lavender, lemon balm, marjoram, oregano, peppermint, rosemary, sage, thyme
Mustard seed	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, radish, rapeseed, turnip, watercress	
Nettle	Nettle	None known	
Nutmeg	Nutmeg	Mace	
Parsley	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, cumin, dill, fennel, parsnips	
Peppercorns	Pepper	Black pepper, white pepper	

	Food	Food Family	Others in the Food Family
Herbs / Spices	Peppermint	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, rosemary, sage, thyme
	Red chilli	Nightshade	Aubergine (eggplant), paprika, pepper, cayenne pepper, chilli pepper, potato, sesame, tahini, tobacco, tomato
	Rosemary	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, sage, thyme
	Saffron	Iris	None Known
	Sage	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, peppermint, rosemary, thyme
	Tarragon	Composite	Artichoke, camomile, chicory, dandelion, endive, lettuce, safflower, salsify
	Thyme	Mint	Basil, bergamot, lavender, lemon balm, marjoram, mint, oregano, peppermint, rosemary, sage
	Vanilla	Orchid	Orchid
	Meat	Beef	Bovid
Chicken		Pheasant	Peafowl, pheasant, quail
Duck		Duck	Goose
Horse		Equine	Donkey, zebra
Lamb		Bovid	Buffalo, cow, goat, ox
Ostrich		Ostrich	None known
Ox		Bovid	Beef, buffalo, cow, goat, sheep
Partridge		Grouse	Grouse
Pork		Swine	Pig, wild boar
Quail		Pheasant	Chicken, peafowl, pheasant, partridge
Rabbit		Hare	Hare
Turkey		Turkey	None known
Veal		Bovid	Beef, buffalo, cow, goat, sheep, ox
Venison		Deer	Caribou, elk moose, reindeer
Wild Boar	Swine	Pig	
Nuts	Almond	Rose	Apple, apricot, blackberry, cherry, peach, pear, plum, prune, raspberry, strawberry, almond
	Brazil	Brazil	Paradise nut, sapoucia, anchovy pear
	Cashew	Cashew	Mango, pistachio
	Coconut	Palm	Palm cabbage, date, sago
	Hazelnut	Birch	Filbert
	Macademia Nut	Macadamia	None known
	Peanut	Legume	Bean, alfalfa, lentil, liquorice, pea, senna, soya, tapioca, carob
	Pine Nut	Cashew	Cashew, mango, pistachio
	Pistachio	Cashew	Cashew, mango, pine nut
	Tiger nut	Tiger nut	None known
	Walnut	Walnut	Butternut, pecan, hickory, black walnut, English walnut
Vegetables	Amaranth	Beet	Beet, chard, spinach, sugar beet, quinoa
	Artichoke	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
	Asparagus	Lily	Chive, garlic, leek, onion, shallot
	Aubergine	Nightshade	Paprika, pepper, cayenne pepper, chilli pepper, potato, (egg plant) sesame, tahini
	Bean (broad)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Bean (green)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Bean (red kidney)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Bean (haricot)	Legume	Alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
	Beetroot	Beet	Beet, chard, spinach, sugar beet, quinoa

Food	Food Family	Others in the Food Family
Broccoli	Mustard	Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Brussel sprout	Mustard	Broccoli, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Cabbage	Mustard	Broccoli, Brussel sprouts, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Cabbage (red)	Mustard	Broccoli, Brussel sprouts, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Caper	Caper	None known
Carrot	Carrot	Angelica, celery, celeriac, caraway, celery seed, coriander, cumin, dill, fennel, parsley, parsnips
Cauliflower	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Celery	Carrot	Angelica, carrots, celeriac, caraway, celery seed, coriander, cumin, dill, fennel, parsley, parsnips
Chard	Beet	Beet, spinach, sugar beet, quinoa
Chickpea	Legume	Bean, alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca, carob
Chicory	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
Cucumber	Gourd	Courgette, gherkin, melon (honeydew), pumpkin, squash, watermelon
Fennel	Carrot	Angelica, carrots, celery, celeriac, caraway, celery seed, coriander, cumin, dill, parsley, parsnips
Gourd	Gourd	Courgette, cucumber, gherkin, melon (honeydew), pumpkin, squash, watermelon
Leek	Lily	Asparagus, chive, garlic, onion, shallot
Lentil	Legume	Bean, alfalfa, liquorice, pea, peanut, senna, soya, tapioca, carob
Lettuce	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
Marrow	Gourd	Courgette, cucumber, gherkin, melon (honeydew), pumpkin, squash, watermelon
Onion	Lily	Asparagus, chive, garlic, leek, shallot
Pea	Legume	Bean, alfalfa, lentil, liquorice, peanut, senna, soya, tapioca, carob
Peppers (mixed)	Nightshade	Aubergine (eggplant), paprika, cayenne pepper, chilli pepper, potato, sesame, tahini, tobacco, tomato
Potato	Nightshade	Aubergine (eggplant), paprika, pepper, cayenne pepper, chilli pepper, sesame, tahini, tobacco, tomato
Radish	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, rapeseed, turnip, watercress
Rocket	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip, watercress
Shallot	Lily	Asparagus, chive, garlic, leek, onion
Soya Bean	Legume	Bean, alfalfa, lentil, liquorice, pea, peanut, senna, tapioca, carob
Spinach	Beet	Beet, chard, sugar beet, quinoa
Sweet potato	Yam	Yam

	Food	Food Family	Others in the Food Family
Vegetables	Turnip	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, watercress
	Watercress	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, rapeseed, turnip
Others	Yucca	Spurge	Cassava
	Agar agar	Algae	Seaweed
	Cane sugar	Grass	Barley, corn, millet, rice, oat, rye, wild rice, bamboo, sorghum, wheat, spelt, molasses
	Carob	Legume	Bean, alfalfa, lentil, liquorice, pea, peanut, senna, soya, tapioca
	Chestnut	Beech	None known
	Cocoa Bean	Stericular	Chocolate, cola bean/nut
	Coffee	Madder	None known
	Cola nut	Stericular	Chocolate, cocoa
	Honey	Miscellaneous	Bee pollen, royal jelly
	Mushroom	Fungi	yeast
	Rapeseed	Mustard	Broccoli, Brussel sprouts, cabbage, Chinese leaves, cauliflower, cress, horseradish, kale, kohlrabi, mustard, radish, turnip, watercress
	Sesame seed	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
	Sunflower seed	Aster	Artichoke, camomile, chicory, dandelion, lettuce, sesame seed/oil, sunflower seed/oil, tarragon
	Tapioca	Spurge	Castor bean
	Tea	Tea	Black tea, green tea
Yeast	Funghi	Baker's yeast, brewer's yeast, mushrooms	

