



# IgG Testing

## Food Sensitivity & T-cell Dysregulation

| TEST                         | SCORE | CLASS | TEST                        | SCORE | CLASS | TEST                        | SCORE | CLASS | TEST                             | SCORE | CLASS |
|------------------------------|-------|-------|-----------------------------|-------|-------|-----------------------------|-------|-------|----------------------------------|-------|-------|
| <b>MEAT &amp; POULTRY</b>    |       |       | <b>VEGETABLES</b>           |       |       | <b>FRUITS</b>               |       |       | <b>NUTS, SEEDS &amp; OILS</b>    |       |       |
| Beef                         | 0.151 | 0     | Artichoke                   | 0.329 | 2 **  | Apple                       | 0.148 | 0     | Almond                           | 0.245 | 1 *   |
| Buffalo                      | 0.136 | 0     | Asparagus                   | 0.336 | 2 **  | Apricot                     | 0.148 | 0     | Brazil Nut                       | 0.169 | 0     |
| Chicken                      | 0.138 | 0     | Beets                       | 0.146 | 0     | Avocado                     | 0.148 | 0     | Canola                           | 0.134 | 0     |
| Duck                         | 0.150 | 0     | Bell Pepper                 | 0.139 | 0     | Banana                      | 0.168 | 0     | Cashew                           | 0.161 | 0     |
| Lamb                         | 0.116 | 0     | Broccoli                    | 0.182 | 0     | Blackberry                  | 0.307 | 2 **  | Chestnut                         | 0.319 | 2 **  |
| Pork                         | 0.145 | 0     | Brussel Sprouts             | 0.244 | 1 *   | Blueberry                   | 0.146 | 0     | Chia Seed                        | 0.173 | 0     |
| Turkey                       | 0.150 | 0     | Cabbage                     | 0.244 | 1 *   | Cantaloupe                  | 0.221 | 1 *   | Cola                             | 0.179 | 0     |
| Venison                      | 0.131 | 0     | Carrot                      | 0.332 | 2 **  | Cherry                      | 0.304 | 2 **  | Flaxseed                         | 0.197 | 0     |
| <b>FISH &amp; SHELLFISH</b>  |       |       | Cauliflower                 | 0.223 | 1 *   | Coconut                     | 0.162 | 0     | Hazelnut                         | 0.164 | 0     |
| Anchovy                      | 0.133 | 0     | Celery                      | 0.192 | 0     | Cranberry                   | 0.142 | 0     | Hemp                             | 0.153 | 0     |
| Bass                         | 0.143 | 0     | Cucumber                    | 0.248 | 1 *   | Date                        | 0.169 | 0     | Macadamia Nut                    | 0.163 | 0     |
| Clam                         | 0.252 | 1 *   | Eggplant                    | 0.179 | 0     | Fig                         | 0.293 | 1 *   | Pecan                            | 0.149 | 0     |
| Codfish                      | 0.140 | 0     | Garlic                      | 0.171 | 0     | Grape                       | 0.177 | 0     | Pine Nut                         | 0.145 | 0     |
| Crab                         | 0.172 | 0     | Green Bean                  | 0.188 | 0     | Grapefruit                  | 0.159 | 0     | Pistachio                        | 0.173 | 0     |
| Flounder                     | 0.129 | 0     | Kale                        | 0.324 | 2 **  | Honeydew                    | 0.164 | 0     | Poppy Seed                       | 0.172 | 0     |
| Haddock                      | 0.152 | 0     | Kelp                        | 0.179 | 0     | Kiwi                        | 0.278 | 1 *   | Safflower                        | 0.189 | 0     |
| Halibut                      | 0.127 | 0     | Lettuce                     | 0.287 | 1 *   | Lemon                       | 0.172 | 0     | Sesame                           | 0.167 | 0     |
| Herring                      | 0.132 | 0     | Mushroom                    | 0.316 | 2 **  | Lime                        | 0.161 | 0     | Sunflower Seed                   | 0.135 | 0     |
| Lobster                      | 0.137 | 0     | Okra                        | 0.258 | 1 *   | Mango                       | 0.143 | 0     | Walnut                           | 0.182 | 0     |
| Mackerel                     | 0.129 | 0     | Olive, Green                | 0.156 | 0     | Orange                      | 0.149 | 0     | <b>HERBS, SPICES, FLAVORINGS</b> |       |       |
| Mussel                       | 0.262 | 1 *   | Onion                       | 0.157 | 0     | Papaya                      | 0.173 | 0     | Basil                            | 0.163 | 0     |
| Oyster                       | 0.317 | 2 **  | Parsnip                     | 0.182 | 0     | Peach                       | 0.141 | 0     | Bay Leaf                         | 0.178 | 0     |
| Perch                        | 0.134 | 0     | Potato                      | 0.202 | 1 *   | Pear                        | 0.149 | 0     | Black Pepper                     | 0.302 | 2 **  |
| Red Snapper                  | 0.135 | 0     | Potato, Sweet               | 0.189 | 0     | Pineapple                   | 0.291 | 1 *   | Cilantro                         | 0.160 | 0     |
| Salmon                       | 0.133 | 0     | Pumpkin                     | 0.188 | 0     | Plum                        | 0.155 | 0     | Cinnamon                         | 0.175 | 0     |
| Scallop                      | 0.148 | 0     | Radish                      | 0.180 | 0     | Raspberry                   | 0.172 | 0     | Cloves                           | 0.306 | 2 **  |
| Shrimp                       | 0.140 | 0     | Spinach                     | 0.180 | 0     | Rhubarb                     | 0.151 | 0     | Dill                             | 0.190 | 0     |
| Sole                         | 0.134 | 0     | Squash                      | 0.168 | 0     | Strawberry                  | 0.143 | 0     | Fennel Seed                      | 0.180 | 0     |
| Squid                        | 0.150 | 0     | Tomato                      | 0.253 | 1 *   | Tangerine                   | 0.184 | 0     | Ginger                           | 0.232 | 1 *   |
| Swordfish                    | 0.140 | 0     | Turnip                      | 0.182 | 0     | Watermelon                  | 0.238 | 1 *   | Ginseng                          | 0.143 | 0     |
| Trout                        | 0.118 | 0     | Zucchini                    | 0.244 | 1 *   | <b>BEVERAGES &amp; MISC</b> |       |       | Horseradish                      | 0.191 | 0     |
| Tuna                         | 0.166 | 0     | <b>LEGUMES &amp; PULSES</b> |       |       | Black Tea                   | 0.208 | 1 *   | Licorice                         | 0.283 | 1 *   |
| Walleye Pike                 | 0.127 | 0     | Black-eyed Peas             | 0.143 | 0     | Carob                       | 0.157 | 0     | Mustard                          | 0.142 | 0     |
| <b>GRAINS &amp; STARCHES</b> |       |       | Chickpea                    | 0.158 | 0     | Cocoa                       | 0.156 | 0     | Nutmeg                           | 0.250 | 1 *   |
| Amaranth                     | 0.178 | 0     | Green Pea                   | 0.163 | 0     | Coffee                      | 0.151 | 0     | Oregano                          | 0.189 | 0     |
| Arrowroot                    | 0.151 | 0     | Kidney Bean                 | 0.194 | 0     | Green Tea                   | 0.223 | 1 *   | Paprika                          | 0.217 | 1 *   |
| Barley                       | 0.181 | 0     | Lentil                      | 0.157 | 0     | Honey                       | 0.142 | 0     | Parsley                          | 0.244 | 1 *   |
| Bran                         | 0.311 | 2 **  | Lima Bean                   | 0.148 | 0     | Yeast, Baker's              | 0.359 | 2 **  | Peppermint                       | 0.172 | 0     |
| Buckwheat                    | 0.173 | 0     | Navy Bean                   | 0.175 | 0     | Yeast, Brewer's             | 0.452 | 3 *** | Rosemary                         | 0.144 | 0     |
| Corn                         | 0.314 | 2 **  | Peanut                      | 0.183 | 0     | <b>DAIRY &amp; EGG</b>      |       |       | Sage                             | 0.143 | 0     |
| Gluten                       | 0.238 | 1 *   | Soybean                     | 0.219 | 1 *   | Blue Cheese                 | 0.333 | 2 **  | Tarragon                         | 0.176 | 0     |
| Hops                         | 0.388 | 2 **  | <b>DAIRY &amp; EGG</b>      |       |       | Casein                      | 0.428 | 3 *** | Thyme                            | 0.173 | 0     |
| Malt                         | 0.380 | 2 **  | Blue Cheese                 | 0.333 | 2 **  | Cheddar Cheese              | 0.164 | 0     | Turmeric                         | 0.156 | 0     |
| Millet                       | 0.296 | 1 *   | Cottage Cheese              | 0.239 | 1 *   | Egg, White                  | 0.183 | 0     | Vanilla Bean                     | 0.190 | 0     |
| Oats                         | 0.337 | 2 **  | Egg, White                  | 0.183 | 0     | Egg, Yolk                   | 0.194 | 0     |                                  |       |       |
| Quinoa                       | 0.176 | 0     | Egg, Yolk                   | 0.194 | 0     | Milk, Cow's                 | 0.502 | 3 *** |                                  |       |       |
| Rice                         | 0.297 | 1 *   | Milk, Cow's                 | 0.502 | 3 *** | Milk, Goat's                | 0.324 | 2 **  |                                  |       |       |
| Rye                          | 0.178 | 0     | Milk, Goat's                | 0.324 | 2 **  | Milk, Sheep's               | 0.242 | 1 *   |                                  |       |       |
| Sorghum                      | 0.195 | 0     | Milk, Sheep's               | 0.242 | 1 *   | Mozzarella Cheese           | 0.334 | 2 **  |                                  |       |       |
| Tapioca                      | 0.116 | 0     | Mozzarella Cheese           | 0.334 | 2 **  | Swiss Cheese                | 0.193 | 0     |                                  |       |       |
| Teff                         | 0.198 | 0     | Swiss Cheese                | 0.193 | 0     | Whey                        | 0.249 | 1 *   |                                  |       |       |
| Wheat                        | 0.222 | 1 *   | Whey                        | 0.249 | 1 *   | Yogurt                      | 0.316 | 2 **  |                                  |       |       |
|                              |       |       | Yogurt                      | 0.316 | 2 **  |                             |       |       |                                  |       |       |