



Integrative Holistic Wellness

Ithaca, NY

CoachDebAllison.com

607-269-5411

Standard IgG Allergens List

Almond	Corn	Pear
Amaranth Flour	Crab	Pecan
Apple	Cranberry	Pepper (Green Bell)
Apricot	Cucumber	Pineapple
Asparagus	Egg White (Chicken)	Plum
Avocado	Egg Yolk (Chicken)	Pork
Banana	Duck	Potato
Barley	Filbert (Hazelnut)	Pumpkin
Bean (Kidney)	Garlic	Radish
Bean (Lima)	Gluten (wheat)	Raspberry
Bean (Pinto)	Grape	Rice
Beans (Soy)	Grapefruit	Rye
Bean (String)	Halibut	Salmon (Pacific)
Beef	Honey	Scallop
Beet	Lamb	Sesame Seed
Blueberry	Lemon	Shrimp
Broccoli	Lentil	Sole
Buckwheat	Lettuce	Spelt
Cabbage	Lobster	Spinach
Carrot	Millet	Squash (Zucchini)
Casein	Milk (cow)	Strawberry
Cauliflower	Milk (goat)	Sugar Cane
Celery	Mushroom	Sunflower Seed
Cheese (Cheddar)	Oat	Tomato
Cheese (Cottage)	Olive	Tuna (YellowFin)
Cheese (Mozzarella)	Onion	Turkey
Chicken	Orange	Walnut
Clam	Oyster	Wheat (whole)
Cocoa Bean	Papaya	Whey
Coconut	Pea (Green)	Yeast (Baker's)
Cod (Atlantic)	Peach	Yeast (Brewer's)
Coffee Bean	Peanut	Yogurt



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96 Food Panel

Casein	Asparagus	Apple	Almond
Cheddar Cheese	Avocado	Apricot	Amaranth Flour
Cottage Cheese	Beet	Banana	Bean (Kidney)
Cow's Milk	Broccoli	Blueberry	Bean (Lima)
Goat's Milk	Cabbage	Cranberry	Bean (Pinto)
Mozzarella Cheese	Carrot	Grape	Bean (Soy)
Whey	Cauliflower	Grapefruit	Bean (String)
Yogurt	Celery	Lemon	Buckwheat
Beef	Cucumber	Orange	Coconut
Chicken	Garlic	Papaya	Filbert (Hazelnut)
Egg White	Green Pepper	Peach	Green Pea
Egg Yolk	Lettuce	Pear	Lentil
Lamb	Mushroom	Pineapple	Millet
Pork	Olive	Plum	Peanut
Turkey	Onion	Raspberry	Pecan
Duck	Potato	Strawberry	Rice
Clam	Pumpkin		Sesame
Cod	Radish		Sunflower
Crab	Spinach		Walnut
Halibut	Tomato		
Lobster	Zucchini Squash		Barley
Oyster		Cocoa Bean	Corn
Salmon		Coffee Bean	Oat
Scallop		Honey	Rye
Shrimp		Sugar Cane	Spelt
Sole		Yeast (Baker)	Wheat (Gluten)
Yellowfin Tuna		Yeast (Brewer)	Whole Wheat

Section Legend

	Dairy	Meat/Fowl	Nut/Grain
Sea Food	Misc	Vegetable	Fruit