



# Foods We Test



## Dairy

Casein  
Cow's Milk  
Goat's Milk  
Egg Yolk  
Egg White  
Sheep's Milk

## Grains

Amaranth  
Barley  
Buckwheat  
Gliadin  
Millet  
Oat  
Rice  
Rye  
Sorghum  
Spelt  
Wheat, Gluten  
Wheat, Whole

## Fruits

Acai Berry  
Apple  
Apricot  
Avocado  
Banana  
Blueberry  
Cantaloupe  
Cherry  
Cranberry  
Eggplant  
Fig  
Grape, White  
Seedless  
Kiwi  
Goji Berry  
Grapefruit  
Honeydew Melon  
Lemon  
Lime  
Mango  
Monk Fruit  
Olive, Green  
Onion, White  
Orange  
Papaya  
Peach  
Pear  
Pineapple  
Plum  
Pomegranate

Raspberry  
Strawberry  
Watermelon

## Additives

Aspartame Benzoic  
Acid BHA  
MSG  
Polysorbate 80  
Red #3  
Red #40  
Saccharin  
Stevia  
Yellow #6

## Vegetables

Artichoke  
Arugula  
Asparagus  
Beets  
Broccoli  
Brussel Sprouts  
Cabbage  
Carob  
Carrot  
Cauliflower  
Celery  
Cilantro  
Collard Greens  
Corn  
Cucumber  
Kale  
Lettuce  
Parsley  
Pea, Chick  
Pea, Green  
Pepper, Green  
Potato, Sweet  
Potato, White  
Pumpkin  
Spinach  
Squash Mix  
Summer Squash  
Tomato  
Zucchini

## Microbes

Candida  
Yeast, Baker's  
Yeast, Brewer's

## Beans

Black Bean  
Cocoa  
Coffee  
Green Bean  
Kidney Bean  
Lentils  
Navy Bean  
Pinto Bean  
Soybean

## Spices

Basil  
Cinnamon  
Cloves  
Cumin  
Garlic  
Ginger  
Hops  
Mustard  
Oregano  
Paprika  
Pepper, Black  
Pepper, Chili  
Peppermint  
Rosemary  
Turmeric  
Vanilla

## Fish

Anchovy  
Catfish  
Codfish  
Flounder  
Halibut  
Mackerel  
Sardine  
Salmon  
Snapper  
Swordfish  
Trout  
Tuna

## Meats

Beef  
Bacon  
Chicken  
Duck  
Lamb  
Pork  
Turkey  
Venison

## Extracts & Miscellaneous

Agave  
Canola Oil  
Coconut Oil  
Hemp Protein (CBD)  
Honey  
Maple Syrup  
Mushroom  
Spirulina  
Sugarcane  
Tapioca  
Tea, Black  
Vinegar  
Wine, Red

## Seeds

Chia Seed  
Cottonseed  
Dill Seed  
Flax Seed  
Hemp Seed  
Safflower Seed  
Sesame Seed  
Sunflower Seed



## Shellfish

Clam  
Crab  
Lobster  
Oyster  
Scallops  
Shrimp  
Squid

## Nuts

Almond  
Brazil nut  
Cashew  
Coconut  
Cola Nut  
English  
Walnut  
Hazelnut  
Macadamia Nut  
Peanut  
Pecan  
Pine Nut  
Pistachio

## Test Key

FIT 22-   
FIT 132-   
FIT 176- 