



## LIST OF THE AVAILABLE FOOD ANTIGENS TESTED IN THE F.I.T. 276



1. Almond
2. Almond milk
3. Agar agar
4. Agave
5. Alfa alfa
6. Allspice
7. Aloe vera
8. Amaranth
9. Anchovy
10. Anglerfish
11. Anise
12. Apple
13. Apricot
14. Artichoke
15. Asparagus
16. Aspergillus niger
17. Avocado
18. Bamboo shoots
19. Banana
20. Barley
21. Barley malt
22. Basil
23. Bay leaves
24. Beef
25. Benzoic acid
26. Black beans
27. Black, green tea
28. Blackberry
29. Blueberry
30. Borlotti beans
31. Bouillon cube (Glutamate)
32. Brazil nut
33. Brewer's yeast
34. Broad beans
35. Broccoli
36. Brown rice
37. Brussels sprouts
38. Buckwheat
39. Buffalo-milk Mozzarella Cheese
40. Cabbage
41. Camel milk
42. Camembert cheese
43. Caper
44. Caraway
45. Carob
46. Carp
47. Carrageen
48. Carrot
49. Cashew nuts
50. Cassava
51. Cauliflower
52. Celery
53. Cep mushrooms
54. Chamomile
55. Chantarelle mushrooms
56. Cherry
57. Chervil
58. Chestnut
59. Chia seeds
60. Chicken
61. Chickpeas
62. Chicory
63. Chili pepper
64. Chinese cabbage
65. Chive
66. Cinnamon
67. Clams, Mussels, Oysters
68. Clove
69. Cocoa
70. Coconut
71. Cod, Hake
72. Coffee
73. Cola seeds
74. Corchorus
75. Coriander
76. Corn
77. Cos lettuce
78. Cow milk
79. Cow cooked milk
80. Cucumber
81. Cumin
82. Curcumin
83. Curly kale
84. Currant
85. Curry
86. Cuttle fish, Octopus, Calamari
87. Daikon
88. Dandelion seeds
89. Date
90. Dill pickle
91. Duck
92. Dulce
93. Durum wheat, Kamut
94. Edible mushrooms
95. Egg White
96. Egg yolk
97. Eggplant
98. Emmenthal cheese
99. Endive
100. Escarole
101. Fennel
102. Fig
103. Fresh cheeses
104. Garden cress
105. Garlic
106. Ginger
107. Gliadin
108. Goat cheese
109. Goat milk
110. Goose
111. Gorgonzola/Roquefort Cheese
112. Grapefruit
113. Green cabbage
114. Green cardamom
115. Green string beans
116. Guar flour
117. Guinea fowl
118. Habanero chili
119. Halibut
120. Hazelnuts
121. Hemp seeds
122. Herring
123. Honey
124. Honey mushrooms
125. Hops
126. Horse
127. Iceber lettuce
128. Indian fig
129. Jalapeno chili
130. Jerusalem artichoke
131. Juniper berries
132. Kefir (Fermented milk)
133. Kiwi
134. Kombu
135. Lamb
136. Lavender
137. Leek
138. Lemon
139. Lemon balm
140. Lentils
141. Lettuce
142. Licorice
143. Lima beans
144. Lime
145. Linden
146. Linseed
147. Lobster, Crab
148. Lollo rosso lettuce
149. Lupins
150. Macadamia nuts
151. Mackerel
152. Mallow
153. Mango
154. Maple
155. Marjoram
156. Millet
157. Mint
158. Miso
159. Mozzarella cheese
160. Mung beans
161. Mustard
162. Nectarine
163. Nettle
164. Nori
165. Nutmeg
166. Oat
167. Oat milk
168. Okra
169. Olive
170. Onion, Scallion
171. Orange
172. Oregano
173. Ostrich
174. Papaya
175. Paprika
176. Parmesan cheese
177. Parsley
178. Parsnip
179. Peach
180. Peanuts
181. Pear
182. Peas
183. Pectin
184. Pepper
185. Persimmons
186. Pine nuts
187. Pineapple
188. Pistachio
189. Plaice, Sole
190. Plum
191. Pomegranate
192. Poppy seeds
193. Potato
194. Pumpkin
195. Pumpkin seeds
196. Quail
197. Quail egg
198. Quince
199. Quinoa
200. Rabbit
201. Radicchio
202. Radish
203. Raspberry
204. Red cabbage
205. Red turnip
206. Rhubarb
207. Rice
208. Rice milk
209. Ricotta cheese
210. Rocket
211. Roe deer
212. Rooibos
213. Rose hip
214. Rosemary
215. Rye
216. Saffron
217. Sage
218. Salmon
219. Sardine
220. Savory
221. Scallop
222. Sheep Cheese
223. Sea bass, Sea bream
224. Seitan
225. Sesame
226. Sheep
227. Shoyu
228. Shrimp
229. Slice of processed cheese
230. Soft wheat
231. Sorbic acid
232. Soy
233. Soy milk
234. Spelt
235. Spinach
236. Spirulina
237. Strawberry
238. Sugar cane
239. Sunflower seeds
240. Sweet pepper
241. Sweet potato
242. Swine
243. Swiss chard
244. Swordfish
245. Tangerine
246. Tapioca
247. Teff
248. Thyme
249. Tofu
250. Tomato
251. Tragacanth
252. Trout
253. Tuna
254. Turbot
255. Turkey
256. Turnip cabbage
257. Valerian
258. Vanilla
259. Veal
260. Vine leaves
261. Wakame
262. Walnut
263. Watermelon
264. White beans
265. White horseradish
266. White melon
267. White mushrooms
268. White pepper
269. White, red, black grape
270. Wild garlic
271. Xanthan gum
272. Yeast base
273. Yellow melon
274. Yellow plum
275. Yoghurt
276. Zucchini