

# Ingredients list

## Junior Food Intolerance Test

### Drinks

Coffee  
Tea

### Meat/Poultry

Beef  
Chicken  
Duck  
Lamb  
Pork  
Turkey

### Fish/Shellfish

Cod  
Crab  
Haddock  
Herring  
Lobster  
Mackerel  
Mussel  
Oyster  
Plaice  
Prawn  
Salmon  
Scallop  
Shrimp  
Sole  
Trout  
Tuna

### Grains

Barley  
Corn (Maize)  
Gliadin (Gluten)  
Hops  
Millet  
Oat  
Rice  
Rye  
Wheat

### Nuts/Seeds

Almond  
Brazil Nut

Cashew Nut  
Hazelnut  
Peanut  
Sesame Seed  
Sunflower Seed  
Walnut

### Meat/Poultry

Basil  
Buckwheat  
Chilli Pepper  
Cinnamon  
Clove  
Coriander  
Cumin  
Dill  
Ginger  
Mint  
Mustard Seed  
Nutmeg  
Parsley  
Peppercorn  
Sage  
Thyme  
Vanilla  
Paprika

### Vegetables/Pulses

Asparagus  
Aubergine  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrot  
Cauliflower  
Celery  
Garlic  
Haricot Bean  
Kidney Bean  
Lentils  
Lettuce  
Mushroom  
Onion  
Pea

Peppers (Capsicum)  
Potato  
Rhubarb  
Soya Bean  
Spinach  
String Bean

### Fruit

Apple  
Apricot  
Avocado  
Banana  
Blackcurrant  
Cantaloupe  
Cherry  
Coconut  
Cranberry  
Cucumber  
Grape  
Grapefruit  
Honeydew  
Kiwi  
Lemon  
Lime  
Olive  
Orange  
Peach  
Pear  
Pineapple  
Plum  
Raspberry  
Strawberry  
Tomato  
Watermelon

### Other

Carob  
Cocoa Bean  
Cola Nut  
Cow's Milk  
Egg White  
Egg Yolk  
Yeast (Brewer's and Baker's)