



# Foods We Test



## Dairy

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

## Grains

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

## Fruits

Acai Berry  
 Apple  
 Apricot  
 Avocado  
 Banana  
 Blueberry  
 Cantaloupe  
 Cherry  
 Cranberry  
 Eggplant  
 Fig  
 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  
 Butternut Squash  
 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  
 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  
 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  
 Dill Seed  
 Flax Seed  
 Hemp Seed  
 Sesame Seed  
 Sunflower Seed

## Shellfish

Clam  
 Crab  
 Lobster  
 Oyster  
 Scallops  
 Sea Bass  
 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- All Foods Listed

Gut Barrier Panel included on every FIT 132 and 176