

TruMed

Mini Food Allergy Panel (50 foods)

RESULT		Reference Range			ALLERGEN	Low	NOT SAFE	
		Low	Moderate	Avoid			Moderate	Avoid
DAIRY								
221	Moderate	<105	105 - 324	>324	Casein			
55	Low	<162	162 - 502	>502	Cheddar Cheese			
250	Moderate	<133	133 - 409	>409	Cottage Cheese			
302	Moderate	<117	117 - 358	>358	Cow's Milk			
19	Low	<125	125 - 391	>391	Goat's Milk			
116	Low	<138	138 - 430	>430	Mozzarella Cheese			
55	Low	<115	115 - 358	>358	Swiss Cheese			
19	Low	<140	140 - 438	>438	Whey			
MEATS								
24	Low	<141	141 - 440	>440	Beef			
0	Low	<226	226 - 697	>697	Chicken			
0	Low	<111	111 - 345	>345	Egg White			
0	Low	<153	153 - 479	>479	Lamb			
20	Low	<253	253 - 782	>782	Pork			
0	Low	<129	129 - 402	>402	Turkey			
GRAINS								
122	Moderate	<122	122 - 374	>374	Buckwheat			
12	Low	<113	113 - 337	>337	Corn			
30	Low	<115	115 - 363	>363	Gluten			
24	Low	<101	101 - 500	>500	Malt			
	Pending	<143	143 - 447	>447	Oat			
12	Low	<136	136 - 421	>421	Quinoa			
0	Low	<75	75 - 201	>201	Rice			
41	Low	<171	171 - 528	>528	Wheat			
FISH								
259	Moderate	<156	156 - 485	>485	Cod			
0	Low	<105	105 - 332	>332	Halibut			
0	Low	<148	148 - 463	>463	Red Snapper			
0	Low	<130	130 - 402	>402	Salmon			
0	Low	<100	100 - 308	>308	Sardine			
0	Low	<125	125 - 393	>393	Sole			
0	Low	<147	147 - 459	>459	Trout			
0	Low	<85	85 - 266	>266	Tuna			
SHELLFISH								
0	Low	<176	176 - 547	>547	Clam			
107	Moderate	<107	107 - 328	>328	Crab			
12	Low	<146	146 - 452	>452	Lobster			
0	Low	<112	112 - 346	>346	Oyster			
11	Low	<145	145 - 454	>454	Shrimp			
NUTS								
1019	Avoid	<138	138 - 413	>413	Almond			
43	Low	<194	194 - 605	>605	Coconut			
39	Low	<206	206 - 638	>638	Peanut			
90	Low	<130	130 - 401	>401	Pecan			
145	Low	<153	153 - 478	>478	Sesame Seed			
33	Low	<295	295 - 911	>911	Sunflower Seed			
9	Low	<129	129 - 391	>391	Walnut			
FRUITS								
174	Moderate	<136	136 - 422	>422	Pineapple			
VEGETABLES								
1527	Avoid	<258	258 - 793	>793	Kidney Bean			
167	Low	<273	273 - 849	>849	Soybean			
MISCELLANEOUS								
52	Low	<157	157 - 477	>477	Brewer's Yeast			
98	Low	<154	154 - 479	>479	Mushroom			