

# Foods and Allergens we test for



## VEGA - Allergy Test

### Non-Food

Disinfectants  
Preservatives  
Household  
Cosmetics  
Wood/plant fibres  
Wood preservatives  
Pesticides  
Pollen  
Textile dyes  
Textile  
Animal epithelia  
Environmental chemicals  
Fungicide  
Solvents/Synthetics  
Dyes  
Preservatives  
Detergent

### Foods

#### Baking agents

Baking powder  
Bicarbonate of soda  
Cornflour  
Yeast

#### Grains

Barley  
Corn, Maize  
Oat  
Rice  
Rye  
Wheat  
Gluten  
Nuts  
Salt  
Seed Oils  
Sugar  
Tofu



### Foods

Alcoholic beverages  
Coffee  
Chocolate  
Egg  
Fats/Oils  
Mushrooms  
Teas

### Condiments

Tomato Ketchup

### Spices

### Dairy products

Camembert  
Cottage cheese  
Hard cheese  
Soft cheese  
Cows milk  
Buttermilk  
Kefir  
Yoghurt  
Cream

### Fish

Crustacean shellfish  
Molluscan shellfish

### Legumes

Chickpeas  
Kidney beans  
Black beans  
Lentils  
Soybeans  
Peanuts

### Meat

Beef  
Chicken  
Lamb  
Pork  
Rabbit  
Turkey



### Foods

### Additives (E Numbers)

Food colourings  
Preservatives  
Emulsifiers & Stabilisers  
Vegetable gum  
Sweeteners  
Bulking Agents  
Sulphites  
Lactose

### Flavour enhancers eg.

Monosodium Glutamate

### Foods

### Fruit

Pineapple  
Apple  
Apricot  
Banana  
Peach  
Orange  
Pear  
Melon  
Blueberries  
Strawberries  
Raspberries

### Vegetables

Cauliflower  
Broccoli  
Cabbage  
Potato  
Green beans  
Peas  
Brussel sprouts  
Peppers  
Spinach  
Lettuce  
Onion  
Tomato

