

NAET Food Substances for Laboratory Testing

IgG Specific Items

Apple	Lobster
Almond	Malt
Asparagus	Milk (cow's)
Avocado	Mushroom
Banana	Mustard
Barley	Nutra Sweet
Bay leaf	Oats
Bean (green)	Oliver (green)
Bean (lima)	Onion (white)
Bean (pinto)	Orange
Beef	Oregano
Blueberry	Pea (green)
Bran	Peach
Broccoli	Peanut
Cabbage	Pear
Cantaloupe	Pepper (chili)
Carrot	Pepper (green)
Celery	Pineapple
Cheese (cheddar)	Pork
Cheese (cottage)	Potato (sweet)
Cheese (swiss)	Potato (white)
Chicken	Rice (brown)
Cinnamon	Rye
Clam	Safflower
Cocoa	Salmon
Coconut	Scallop
Codfish	Sesame
Coffee	Shrimp
Cola	Sole
Corn	Soybean
Crab	Spinach
Cucumber	Strawberry
Dill	Sugar (cane)
Eggplant	Sunflower
Egg White	Swordfish
Egg Yolk	Tea (black)
Garlic	Tomato
Ginger	Tuna
Gluten	Turkey
Grape	Walnut (black)
Grapefruit	Watermelon
Haddock	Wheat
Honey	Yeast (baker's)
Lamb	Yeast (brewer's)
Lemon	Yogurt
Lettuce	Cashew
Basil	Cauliflower

IgE Specific Items

Apple	Tomato
Almond	Tuna
Avocado	Walnut
Banana	Whey
Barley	Wheat
Bean (kidney)	
Bean (navy/white)	
Brazil Nut	
Carrot	
Casein	
Celery	
Chicken	
Cheese (Cheddar)	
Chickpea	
Chocolate	
Codfish	
Corn	
Crab	
Egg White	
Egg Yolk	
Garlic	
Gluten	
Hazelnut	
Lemon	
Lentil	
Lobster	
Melon	
Milk	
Oat	
Onion	
Orange	
Peanut	
Pecan Nut	
Pepper (green)	
Pineapple	
Pistachio Nut	
Potato (white)	
Potato (sweet)	
Rice	
Salmon	
Sesame	
Shrimp	
Soybean	
Strawberry	
Sunflower Seed	