

## IgE Allergy Panels

### IgE General Foods (96 Foods)

**Dairy:** Casein, Cheese (Cheddar), Cheese (Cottage), Cheese (Mozzarella), Milk, Milk (Goat), Whey, Yoghurt

**Fruits:** Apple, Apricot, Banana, Blueberry, Coconut, Cranberry, Grape, Grapefruit, Lemon, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry.

**Grains/Legumes/Nuts:** Almond, Amaranth, Barley, Beans (Kidney, Lima, Pinto), Buckwheat, Corn, Filbert (hazelnut), Gliadin (Wheat), Gluten (Wheat), Lentil, Oats, Peas, Peanut, Pecan, Rice (White), Rye, Sesame, Soybean, Spelt, String beans, Sunflower, Walnut, Wheat (whole).

**Vegetables:** Asparagus, Avocado, Beet, Broccoli, Cabbage (white), Carrot, Cauliflower, Celery, Cucumber, Garlic, Lettuce, Mushroom (common), Olive (black), Onion (white), Pepper (Green ball), Potato (sweet), Potato (white), Pumpkin, Radish, Spinach (green), Tomato (red), Zucchini.

**Meat/Fowl:** Beef, Chicken, Egg white (chicken), Egg yolk (chicken), Lamb, Pork, Turkey.

**Fish/Seafood:** Clam (Manila), Cod (Atlantic), Crab (Dungeness), Halibut, Lobster, Oyster, Red Snapper, Salmon (Pacific), Shrimp (Western), Sole, Tuna (Yellowfin).

**Misc:** Cocoa bean, Coffee bean, Honey, Sugar cane, Yeast (Bakers), Yeast (Brewers).

### IgE Asian Foods (96 Foods)

**Dairy:** Casein, Milk, Whey, Yoghurt.

**Fruits:** Apple, Banana, Cantaloupe, Cherry, Coconut, Grape, Grapefruit, Guava, Honeydew, Kiwi, Lemon, Lian Woo (wax apple), Mango, Orange, Papaya, Peach, Pineapple, Strawberry, Watermelon.

**Grains/Legumes/Nuts:** Almond, Beans (Kidney, Mung, Red, Soy), Cashew, Corn, Gluten (Wheat), Job's Tears, Oat, Peanut, Rice (white), Sesame, Sunflower, Walnut (English).

**Vegetables:** Asparagus, Bamboo shoots, Bitter Gourd, Broccoli, Cabbage (white), Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Kelp, Leek, Lettuce, Mushroom (common), Olive (black), Onion (white), Pepper (green), Potato (sweet), Potato (white), Radish, Spinach (green), Spinach (water), Sponge (vegetable), Taro, Tomato (red).

**Meat/Fowl:** Beef, Chicken, Duck, Egg (whole), Goose, Lamb, Pork.

**Fish/Seafood:** Abalone, Clam (Manila), Cod (Atlantic), Crab (Dungeness), Cuttlefish, Lobster, Oyster, Salmon Pacific, Sea Bass, Sea Perch, Shrimp (Western), Tuna (Yellowfin).

**Spices:** Curry, Ginger, Mustard, Pepper (black), Pepper (Cayenne), Vanilla, Woo-hsiang.

**Misc:** Cocoa Bean, Coffee Bean, Honey, Tea (Woolong), Yeast (Bakers), Yeast (Brewers).

### IgE Vegetarian Foods (95 Foods)

**Dairy:** Casein, Cheese (Cheddar), Cheese (Cottage), Cheese (Mozzarella), Milk, Milk (Goat), Whey, Yoghurt.

**Fruits:** Apple, Apricot, Banana, Blueberry, Cantaloupe, Cherry, Coconut, Cranberry, Grape, Grapefruit, Lemon, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry, Watermelon.

**Vegetables:** Artichoke, Asparagus, Avocado, Beansprouts, Beet, Broccoli, Cabbage (white), Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Lettuce, Mushroom (common), Olive (black), Onion (white), Pepper (chilli), Pepper (green ball), Potato (sweet), Potato (white), Pumpkin, Radish, Spinach (green), Tomato (red), Zucchini.

**Grains/Legumes/Nuts:** Almond, Amaranth, Barley, Beans (Kidney, Lima, Navy, Pinto), Buckwheat, Cashew, Corn, Hazelnut, Flaxseed, Gliadin (wheat), Gluten (wheat), Kamut, Lentil, Millet, Oat, Pea (green), Peanut, Pecan, Pistachio, Quinoa, Rice (brown), Rice (white), Rye, Sesame, Soybean, Spelt, String bean, Sunflower, Walnut, Wheat (whole).

**Misc:** Cocoa bean, Coffee bean, Egg white (chicken), Egg yolk (chicken), Honey, Sugar cane, Yeast (Bakers), Yeast (Brewers).

### IgE Inhalants (64 allergens)

**Grasses:** Bahia, Bermuda, Smooth Brome, Fescue, Johnson, Perennial Rye, Sweet Vernal, Timothy.

**Weeds:** Dog Fennel, English Plantain, Firebush, Iodine Bush, Lambs Quarters, Marshelder (rough), Mugwort, Pigweed (rough), Poverty Weed, Rabbit Bush, Ragweed (short), Ragweed (western), Russian Thistle, Sagebrush, Saltbush, Sheep Sorrel, Stinging Nettle.

**Trees:** Acacia, Alder (white), Ash (white), Beech (American), Box Elder, Californian Pepper, Mountain Cedar, Cottonwood, Cypress (Arizona), Elm, Eucalyptus, Hazelnut, Hickory, Red Maple, Mesquite, Mulberry (red), Mulberry (white), Oak (Arizona), Oak (Black), Oak (White), Palm (Queen), Pecan, Pine, Sweet Gum, Sycamore (Eastern), Sycamore (Western), Black Walnut, English Walnut Moulds: *Alternaria tenuis*, *Aspergillus fumigatus*, *Cladosporium herbarum*, *Penicillium notatum*.

**Indoor:** Cat antigen, Cockroach (german), Dog epithelia, Dust Mite mix, House Dust.