

SAMPLE ID

VFST990160 · IGG-VEG-160

SAMPLE COLLECTION

July 15, 2026

TEST DATE

July 21, 2026

REPORT RELEASE

August 6, 2026

IgG 160 · Vegetarian

Food Sensitivity Report.

ELEVATED

17

foods · ≥ 30 U/mL

BORDERLINE

11

foods · 24–29 U/mL

EXPECTED RANGE

138

foods · < 24 U/mL

A quantitative assessment of IgG antibody response across **166 foods**.



PREPARED FOR

Jordan Sample

Female · DOB April 12, 1985

PRACTITIONER

Dr. Morgan Ellis, ND
9000

SAMPLE TYPE

Dried Blood Spot
(DBS)

The complete food index, ordered by reactivity.

Every food tested on the IgG-160 Vegetarian panel — 28 reactive results listed first, followed by 138 normal-range foods descending by IgG level.

17

ELEVATED

11

BORDERLINE

138

WITHIN RANGE

U/mL

IGG LEVEL THRESHOLDS

■ NORMAL

below 24 U/mL

■ BORDERLINE

24 – 29 U/mL

■ ELEVATED

30 and above U/mL

COMPLETE FOOD INDEX · 1 OF 2 U/mL

Casein	78	Lentil	26	■ Milk (Buffalo)	21	■ Eggplant	18
Milk (Cow)	71	Sesame Seed	26	■ Mint	21	■ Mango	18
Gliadin	66	Apple	25	■ Pear	21	■ Mushroom	18
Wheat	58	Garlic	25	■ Sage	21	■ Pistachio	18
Egg White	54	Spelt	25	■ Wheat Bran	21	■ Quinoa	18
Soy Bean	52	Hazelnut	24	■ Yuca	21	■ Tea (Black)	18
Almond	47	Pea	24	■ Coffee	20	■ Tiger Nut	18
Yeast (Baker's)	45	■ Beet	23	■ Ginseng	20	■ Vanilla	18
Banana	44	■ Kiwi	23	■ Guava	20	■ Watercress	18
Rye	41	■ Licorice	23	■ Pomegranate	20	■ Basil	17
Cashew Nut	37	■ Raspberry	23	■ Anise	19	■ Brazil Nut	17
Pineapple	36	■ Alpha-Lactalbumin	22	■ Chilli (Red)	19	■ Caper	17
Tomato	35	■ Apricot	22	■ Hops	19	■ Cilantro	17
Barley	34	■ Flax Seed	22	■ Lime	19	■ Couscous	17
Peanut	33	■ Honey	22	■ Rice	19	■ Cumin	17
Mustard Seed	32	■ Marjoram	22	■ Sunflower Seed	19	■ Durum Wheat	17
Strawberry	31	■ Papaya	22	■ Amaranth	18	■ Grape (Black/Red/...	17
Oat	28	■ Plum	22	■ Artichoke	18	■ Nutmeg	17
Potato	28	■ Rhubarb	22	■ Blackcurrant	18	■ Onion	17
Egg Yolk	27	■ Cabbage (Red)	21	■ Carob	18	■ Saffron	17
Orange	27	■ Chard	21	■ Curry (Mixed Spices)	18		

COMPLETE FOOD INDEX · 2 OF 2

U/ML

■ Walnut	17	■ Leek	15	■ Cherry	<15	■ Parsley	<15
■ Blueberry	16	■ Lemon	15	■ Chicory	<15	■ Peach	<15
■ Brussels Sprout	16	■ Olive	15	■ Clove	<15	■ Pepper (Green/Red/...	<15
■ Chickpea	16	■ Tapioca	15	■ Cola Nut	<15	■ Peppercorn (Black/...	<15
■ Cinnamon	16	■ Tarragon	15	■ Corn (Maize)	<15	■ Peppermint	<15
■ Cocoa Bean	16	■ Zucchini	15	■ Cucumber	<15	■ Pine Nut	<15
■ Coconut	16	■ Agar	<15	■ Date	<15	■ Polenta	<15
■ Fennel (Leaf)	16	■ Arugula	<15	■ Dill	<15	■ Raisin	<15
■ Mulberry	16	■ Asparagus	<15	■ Fig	<15	■ Rapeseed	<15
■ Radish	16	■ Avocado	<15	■ Ginkgo	<15	■ Red Currant	<15
■ Shallot	16	■ Bean (Green)	<15	■ Grapefruit	<15	■ Rosemary	<15
■ Tea (Green)	16	■ Bean (Red Kidney)	<15	■ Lettuce	<15	■ Spinach	<15
■ Aloe Vera	15	■ Bean (White Haricot)	<15	■ Lychee	<15	■ Squash (Butternut/C...	<15
■ Bayleaf	15	■ Blackberry	<15	■ Macadamia Nut	<15	■ Sweet Potato	<15
■ Bean (Broad)	15	■ Broccoli	<15	■ Malt	<15	■ Tangerine	<15
■ Beta-Lactoglobulin	15	■ Buckwheat	<15	■ Melon (Galia/Honey...	<15	■ Thyme	<15
■ Cabbage (Savoy/Wh...	15	■ Cane Sugar	<15	■ Milk (Goat)	<15	■ Transglutaminase	<15
■ Carrot	15	■ Cauliflower	<15	■ Milk (Sheep)	<15	■ Turnip	<15
■ Chestnut	15	■ Cayenne	<15	■ Millet	<15	■ Watermelon	<15
■ Cranberry	15	■ Celery	<15	■ Nectarine	<15	■ Yeast (Brewer's)	<15
■ Ginger	15	■ Chamomile	<15	■ Nettle	<15		

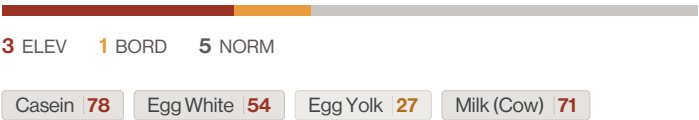
Reactivity by food family.

All reactive foods, organised by food group, are presented here.

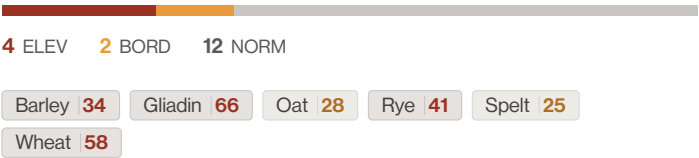
FOOD GROUPS	7	FOODS	166
ELEVATED	17	BORDERLINE	11

ELEVATED · ≥ 30 BORDERLINE · 24-29 NORMAL · < 24 VALUES IN U/ML

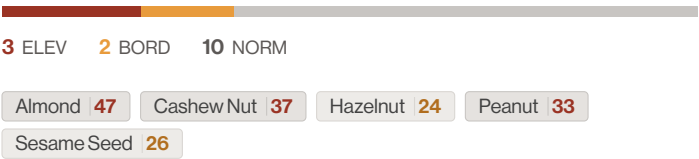
Dairy & Eggp.05



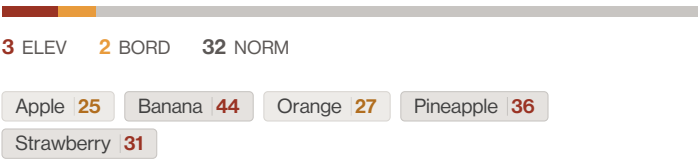
Grains & Cerealsp.06



Nuts & Seedsp.07



Fruitsp.08



Vegetablesp.09



Herbs & Spicesp.10



Other Foods & Beveragesp.11





JORDAN SAMPLE · SID VFST990160

Dairy & Egg

9 FOODS TESTED | 3 ELEVATED ≥ 30 | 1 BORDERLINE 24-29 | 5 NORMAL < 24

TOP REACTIVE FOOD

Casein
78 U/ML

KEY FACTS · CLINICAL CONTEXT

REACTIVE ITEMS NOTED

The elevated and borderline dairy and egg items above account for this group's IgG response; the remaining items in the group tested in range.

MILK PROTEINS

Casein is cow milk's largest protein, but whey and serum albumins can also react — so milk may read higher than casein alone. This measures protein reactivity, not lactose intolerance (a separate, non-immune enzyme issue).

CROSS-REACTIVITY

Cow, goat and sheep milks share about 85% of their protein structure, so their reactivity tends to overlap and often tracks together.

COOKING CHANGES EGG

Egg-white reactivity is greatest raw or lightly cooked; thorough cooking denatures the proteins, so well-cooked egg is often better tolerated.

FOOD STATUS · ALPHABETICAL

U / ML

Alpha-Lactalbumin	22	Casein	78	Egg Yolk	27	Milk (Cow)	71	Milk (Sheep)	<15
Beta-Lactoglobulin	15	Egg White	54	Milk (Buffalo)	21	Milk (Goat)	<15		

SUBSTITUTIONS

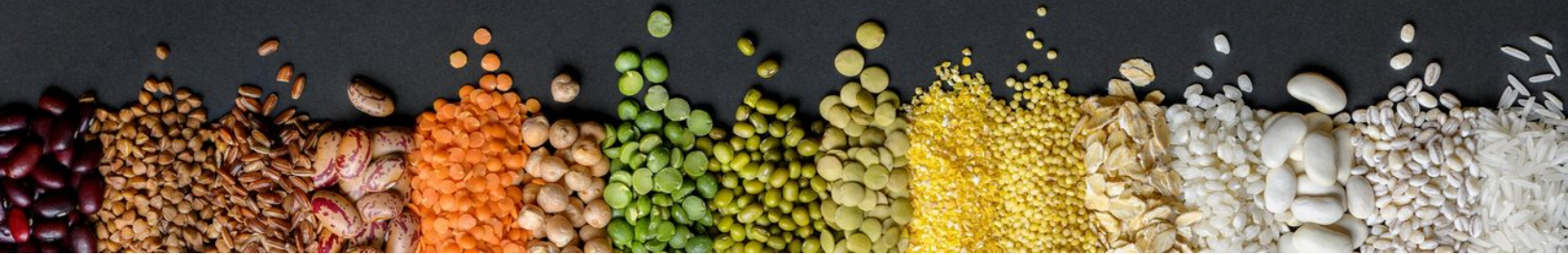
Casein (78)	rice protein
Milk (Cow) (71)	coconut milk
Egg White (54)	Aquafaba · flax egg
Egg Yolk (27)	Whole-egg substitute · chia egg

HIDDEN ON LABELS

DAIRY	casein	caseinate	sodium caseinate	calcium caseinate		
	milk solids	milk	milk powder	buttermilk	cream	ghee
	butter	whey				
EGG	albumin	ovalbumin	ovomucin	ovovitellin	lysozyme	
	globulin	livetin	lecithin (egg)	egg yolk solids		
	phosphovitin					

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Casein (78) (elevated) · Milk, goat (off-panel)	Goat casein is ≥85% identical to cow casein, so antibodies to one often react with the other.
02 Casein (78) (elevated) · Milk, sheep (off-panel)	At ≥85% identity with cow casein, sheep casein shares its epitopes, so they may react together.
03 Casein (78) (elevated) · Milk, buffalo (off-panel)	Buffalo casein carries the shared Bovidae structure, so cross-binding is likely, though buffalo isn't measured on this panel.



JORDAN SAMPLE · SID VFST990160

Grains & Cereals

TOP REACTIVE FOOD

Gliadin

18 FOODS TESTED | 4 ELEVATED ≥ 30 | 2 BORDERLINE 24-29 | 12 NORMAL < 24

66 U/ML

KEY FACTS · CLINICAL CONTEXT

ONE GLUTEN DRIVER

When gliadin, wheat and other wheat-family grains rise together, this usually reflects one shared wheat-gluten pattern rather than several separate sensitivities.

WHEAT-FAMILY OVERLAP

Wheat, spelt, kamut, semolina and couscous all carry gliadin, so they tend to track together as one family.

GLUTEN-FREE TRAPS

Gluten-free eating often leans on packaged products that concentrate rice and corn, so several grain responses can reflect repeated exposure rather than several new sensitivities.

CELIAC FOLLOW-UP

A gliadin IgG result is not a Celiac diagnosis, but Celiac screening is a separate test and is most accurate while gluten is still in the diet.

FOOD STATUS · ALPHABETICAL

U/ML

Amaranth	18	Corn (Maize)	<15	Gliadin	66	Oat	28	Rice	19	Tapioca	15
Barley	34	Couscous	17	Malt	<15	Polenta	<15	Rye	41	Wheat	58
Buckwheat	<15	Durum Wheat	17	Millet	<15	Quinoa	18	Spelt	25	Wheat Bran	21

SUBSTITUTIONS

Gliadin (66)	Quinoa · buckwheat · amaranth · sorghum
Wheat (58)	Buckwheat · sorghum · millet flour
Rye (41)	Buckwheat · sorghum
Barley (34)	Buckwheat · sorghum · millet
Oat (28)	quinoa flakes
Spelt (25)	Buckwheat · sorghum · millet

HIDDEN ON LABELS

OTHER GRAINS	barley	barley malt	malt extract	malt vinegar	
	pearled barley	oat	oatmeal	oat bran	oat flour
	oat milk	rye flour	pumpnickel	rye bread	
WHEAT FAMILY	gluten	vital wheat gluten	seitan	wheat protein	
	hydrolysed wheat protein		spelt flour	spelt berries	
	wheat flour	wheat starch	wheat bran	wheat germ	
	durum	semolina	triticale	triticum	farro

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Wheat (58) (elevated) · Gliadin (66) (elevated)	Gliadin is the alcohol-soluble fraction of wheat gluten, and Gliadin measures it, so wheat tracks with it.
02 Wheat (58) (elevated) · Barley (34) (elevated)	Wheat and barley run ≈50% hordein/gliadin homology, so sensitivity commonly bridges the two.
03 Wheat (58) (elevated) · Rye (41) (elevated)	Wheat and rye share ≈60% secalin/gliadin homology, so a wheat reaction usually extends to rye.



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Nuts & Seeds

TOP REACTIVE FOOD

Almond

15 FOODS TESTED | 3 ELEVATED ≥ 30 | 2 BORDERLINE 24-29 | 10 NORMAL < 24

47 U/ML

KEY FACTS · CLINICAL CONTEXT

CASHEW & PISTACHIO

Cashew and pistachio share the Anacardiaceae family and similar proteins, so they often co-react and their results tend to track together.

HAZELNUT & WALNUT

Hazelnut and walnut share related storage proteins, so reactivity can spill across them and they are often read alongside one another.

SUNFLOWER OIL HIDES

Sunflower oil is common in commercial baked goods, crackers and hummus, so exposure often stays high even when whole seeds are absent from the diet.

PEANUT IS A LEGUME

Peanut belongs to the legume family, not the tree nuts, so its result stands on its own and is not predicted by cashew or hazelnut.

FOOD STATUS · ALPHABETICAL

U/ML

Almond	47	Coconut	16	Macadamia Nut	<15	Pistachio	18	Sunflower Seed	19
Brazil Nut	17	Flax Seed	22	Peanut	33	Rapeseed	<15	Tiger Nut	18
Cashew Nut	37	Hazelnut	24	Pine Nut	<15	Sesame Seed	26	Walnut	17

SUBSTITUTIONS

Almond (47)

Cashew Nut (37)

Peanut (33)

Sesame Seed (26)

Hazelnut (24)

Macadamia · pumpkin seed

Pumpkin seed · pecan

Sunflower

Pumpkin seed

macadamia

HIDDEN ON LABELS

TREE NUTS

almond almond flour almond milk almond butter
marzipan praline (almond) cashew cashew butter
cashew milk cashew cheese hazelnut filbert
praline (hazelnut) gianduja Nutella-style spread

LEGUMES

peanut groundnut peanut butter peanut oil arachis oil

SEEDS

sesame tahini sesame oil halva

CROSS-REACTIVITY

FOODS

STRUCTURAL SIMILARITY

01 Hazelnut (24) (borderline)
Almond (47) (elevated)

Hazelnut and almond both carry PR-10 birch-pollen-related proteins, which may drive cross-reactivity.

02 Almond (47) (elevated)
Apple (25) (borderline)

Almond and apple are Rosaceae sharing PR-10 birch-pollen-related proteins, and the two usually co-react.

03 Hazelnut (24) (borderline)
Apple (25) (borderline)

Shared Bet v 1 / Cor a 1 birch-pollen proteins behind oral allergy syndrome mean hazelnut and apple typically react together.



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Fruits

TOP REACTIVE FOOD

Banana

44 U/ML

37 FOODS TESTED | 3 ELEVATED ≥ 30 | 2 BORDERLINE 24-29 | 32 NORMAL < 24

KEY FACTS · CLINICAL CONTEXT

STONE-FRUIT FAMILY

Plum, peach, apricot, cherry and nectarine are Prunus fruits sharing PR-10 proteins, so they often react as a group.

POLLEN CROSS-REACTIVITY

PR-10 fruits mirror birch pollen, and orange and watermelon overlap with grass pollens, so oral itch often flares during the matching pollen season.

RAW VS COOKED

Most reactivity comes from raw fruit, since PR-10 proteins are heat-sensitive; cooking denatures them, so well-cooked or canned forms are frequently better tolerated.

NOT FRUCTOSE INTOLERANCE

Bloating or loose stool after fruit is often fructose malabsorption, which this IgG panel does not measure, so fructose load may be relevant separately.

FOOD STATUS · ALPHABETICAL

U / ML

Apple	25	Cranberry	15	Lime	19	Papaya	22	Red Currant	<15
Apricot	22	Date	<15	Lychee	<15	Peach	<15	Rhubarb	22
Avocado	<15	Fig	<15	Mango	18	Pear	21	Strawberry	31
Banana	44	Grape (Black/Red/White)	17	Melon (Galia/Honeydew)	<15	Pineapple	36	Tangerine	<15
Blackberry	<15	Grapefruit	<15	Mulberry	16	Plum	22	Watermelon	<15
Blackcurrant	18	Guava	20	Nectarine	<15	Pomegranate	20		
Blueberry	16	Kiwi	23	Olive	15	Raisin	<15		
Cherry	<15	Lemon	15	Orange	27	Raspberry	23		

SUBSTITUTIONS

HIDDEN ON LABELS

Banana (44)	Mango · papaya	OTHER FRUITS	apple	apple juice	apple sauce	apple cider
Pineapple (36)	mango		pectin (apple)	banana	banana flour	pineapple
Strawberry (31)	Discuss alternatives with your practitioner		bromelain			
Orange (27)	Berries · pear	CITRUS	orange	orange juice	orange zest	orange oil
Apple (25)	Discuss alternatives with your practitioner	BERRIES	marmalade			
			strawberry	strawberry flavour		

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Apple (25) (borderline) Strawberry (31) (elevated)	Apple and strawberry share PR-10 birch-pollen-related proteins as Rosaceae, which can prompt cross-reactivity in some patients.
02 Banana (44) (elevated) Avocado (0) (normal — monitor)	Hev b 6 chitinase, part of latex-fruit syndrome, links banana and avocado, so they typically flag together.
03 Banana (44) (elevated) Kiwi (23) (normal — monitor)	As members of the latex-fruit syndrome cluster sharing chitinases, banana and kiwi generally co-react.



JORDAN SAMPLE · SID VFST990160

Vegetables

40 FOODS TESTED | 2 ELEVATED ≥ 30 | 3 BORDERLINE 24-29 | 35 NORMAL < 24

TOP REACTIVE FOOD

Soy Bean

52 U/ML

KEY FACTS · CLINICAL CONTEXT

REACTIVE ITEMS NOTED

The elevated and borderline vegetables above account for this group's IgG response; the remaining vegetables tested in range.

IN-RANGE BASE

The in-range vegetables remain a broad base for fibre and micronutrients across an eating plan.

NIGHTSHADES

Tomato, potato, pepper and eggplant can trigger joint or gut symptoms non-immunely, which IgG does not flag, so persistent symptoms may point beyond this panel.

FODMAPS

Onion, garlic, broccoli and cauliflower ferment in the lower gut and can cause bloating; this is non-IgG, so it tends to track with portion size and preparation rather than reactivity.

FOOD STATUS · ALPHABETICAL

U / ML

Artichoke	18	Broccoli	<15	Chard	21	Lettuce	<15	Spinach	<15
Arugula	<15	Brussels Sprout	16	Chickpea	16	Onion	17	Squash (Butternut/Carnival)	<15
Asparagus	<15	Cabbage (Red)	21	Chicory	<15	Pea	24	Sweet Potato	<15
Bean (Broad)	15	Cabbage (Savoy/White)	15	Cucumber	<15	Pepper (Green/Red/Yellow)	<15	Tomato	35
Bean (Green)	<15	Caper	17	Eggplant	18	Potato	28	Turnip	<15
Bean (Red Kidney)	<15	Carrot	15	Fennel (Leaf)	16	Radish	16	Watercress	18
Bean (White Haricot)	<15	Cauliflower	<15	Leek	15	Shallot	16	Yuca	21
Beet	23	Celery	<15	Lentil	26	Soy Bean	52	Zucchini	15

SUBSTITUTIONS

HIDDEN ON LABELS

Soy Bean (52)

Tomato (35)

Potato (28)

Lentil (26)

Pea (24)

Hemp · rice protein

Roasted red pepper · pumpkin

cauliflower mash

kidney bean · black bean

Hemp · rice protein

LEGUMES

lentil dahl dal masoor urad moong pappadam
pea pea protein pea protein isolate split pea pea flour
pea milk soy soya tofu tempeh edamame
soy protein TVP soy lecithin

NIGHTSHADES

potato potato starch modified food starch (potato)
tomato tomato paste tomato sauce ketchup
peas peas dried tomato

CROSS-REACTIVITY

FOODS	STRUCTURAL SIMILARITY
01 Tomato (35) (elevated) Potato (28) (borderline)	Tomato and potato are nightshades sharing profilin proteins, which can cross-react in some patients.
02 Tomato (35) (elevated) Eggplant (18) (normal — monitor)	As Solanaceae carrying profilin, tomato and eggplant may trip the same response, though it varies by patient.
03 Tomato (35) (elevated) Pepper (G/R/Y) (off-panel)	Tomato and pepper share nightshade profilin proteins, so occasional cross-reactivity is possible.



JORDAN SAMPLE · SID VFST990160

Herbs & Spices

TOP REACTIVE FOOD

Mustard Seed

32 FOODS TESTED | 1 ELEVATED ≥ 30 | 1 BORDERLINE 24-29 | 30 NORMAL < 24

32 U/ML

KEY FACTS · CLINICAL CONTEXT

REACTIVE ITEMS NOTED

The elevated and borderline botanicals above account for this group's IgG response; the remaining herbs and spices tested in range.

SUPPLEMENT, NOT FOOD

A reactive botanical in someone who rarely eats that herb almost always traces to a capsule or tincture rather than the diet, so the supplement stack is the usual source.

CONTAINED REACTIVITY

Botanicals such as ginkgo share little meaningful cross-reactivity with culinary herbs, so a reaction tends to stay contained to the specific plant rather than spreading across seasonings.

POLLEN CROSS-REACTIVITY

Coriander, garlic, pepper and parsley can cross-react with mugwort pollen, causing seasonal oral itch; well-cooked forms are often tolerated even when raw ones are not.

FOOD STATUS · ALPHABETICAL

U / M L

Anise	19	Cinnamon	16	Ginkgo	<15	Nettle	<15	Sage	21
Basil	17	Clove	<15	Ginseng	20	Nutmeg	17	Tarragon	15
Bayleaf	15	Cumin	17	Hops	19	Parsley	<15	Thyme	<15
Cayenne	<15	Curry (Mixed Spices)	18	Licorice	23	Peppercorn (Black/White)	<15	Vanilla	18
Chamomile	<15	Dill	<15	Marjoram	22	Peppermint	<15		
Chilli (Red)	19	Garlic	25	Mint	21	Rosemary	<15		
Cilantro	17	Ginger	15	Mustard Seed	32	Saffron	17		

SUBSTITUTIONS

HIDDEN ON LABELS

Mustard Seed (32)

Garlic (25)

Horseradish · cumin

Asafoetida

ALLIUMS

SPICES

garlic garlic powder garlic paste garlic-infused oil
mustard mustard seed Dijon yellow mustard
wholegrain mustard

CROSS-REACTIVITY

FOODS

CROSS-REACTIVITY NOTE

01 Ginkgo

Ginkgo is botanically isolated from the culinary herbs and spices, so it shares no documented cross-reactor with them on this panel.

02 Coriander · garlic · pepper · parsley

Mugwort-pollen cross-reactivity (celery-mugwort-spice syndrome) can produce mouth-itch with these seasonings.

03 Ginger · turmeric

Within the Apiaceae spices, ginger and turmeric sit in a separate family, so they rarely overlap with the coriander/parsley group.

JORDAN SAMPLE · SID VFST990160

Other Foods & Beverages

15 FOODS TESTED | 1 ELEVATED ≥ 30 | 0 BORDERLINE 24-29 | 14 NORMAL < 24

TOP REACTIVE FOOD
Yeast (Baker's)

45 U/ML

KEY FACTS · CLINICAL CONTEXT

SAME-SPECIES YEAST

Baker's and brewer's yeast are the same organism, so a reaction to either indicates both are reactive and they tend to move together.

HIDDEN YEAST SOURCES

Brewer's yeast can read reactive without any beer intake, which points to a dietary source such as nutritional yeast, marmite, sourdough or savoury packaged foods.

NOT THE BEAN ITSELF

Coffee, cacao and tea symptoms often reflect caffeine, tannins, acidity, mould or added dairy and soy lecithin rather than the bean, so preparation and additives are frequently the driver.

SULFITES

Sulfites in wine, dried fruit and packaged foods are a non-immune trigger this panel does not measure, so reactions that cluster here can be consistent with sulfite sensitivity rather than IgG.

FOOD STATUS · ALPHABETICAL

U / M L

Agar	<15	Carob	18	Coffee	20	Mushroom	18	Transglutaminase	<15
Aloe Vera	15	Chestnut	15	Cola Nut	<15	Tea (Black)	18	Yeast (Baker's)	45
Cane Sugar	<15	Cocoa Bean	16	Honey	22	Tea (Green)	16	Yeast (Brewer's)	<15

SUBSTITUTIONS

HIDDEN ON LABELS

Yeast (Baker's) (45)

Sourdough starter · baking soda + acid

YEAST

baker's yeast active dry yeast instant yeast fresh yeast

CROSS-REACTIVITY

FOODS

CROSS-REACTIVITY NOTE

01 Yeast (Baker's) · Yeast (Brewer's)	Baker's and brewer's yeast are the same organism cultivated differently, so their responses commonly track together.
02 Wine · spirits · cider	Wine, spirits and cider are made without brewer's yeast, so they sit apart from beer on this axis.
03 Sourdough	Sourdough is leavened with wild yeast rather than brewer's yeast, and is often better tolerated where brewer's yeast is reactive.

Patient guide

How food reactions work, and how these panel results are generally approached with a practitioner. This page covers the two questions practitioners are asked most.

TOPIC

Understanding food reactions

'Food allergy', 'sensitivity', and 'intolerance' are often used interchangeably but describe very different mechanisms - some immune-driven, others not.

IGE ALLERGY

IgE antibodies drive classical allergic reactions - rashes, sneezing, swelling, difficulty breathing, anaphylactic shock. Symptoms appear within seconds to minutes (peanuts, shellfish, etc.). A known IgE allergy is typically managed by strict avoidance under medical guidance, and that stays the case even when this IgG test reads normal.

IGG FOOD SENSITIVITY (THIS TEST)

IgG antibodies gradually bind food proteins, forming immune complexes that circulate in the bloodstream and may deposit in tissues, causing chronic inflammation. Symptoms are delayed - hours to days - and may include IBS, headaches, fatigue, eczema, joint pain, weight issues, and chronic rhinitis. In practice, foods flagged here are often reintroduced after a 3-4 month elimination once symptoms settle.

NON-IMMUNE FOOD INTOLERANCE

Not immune-mediated. Stems from chemical additives or enzyme deficiencies - examples include lactose intolerance, histamine intolerance, and reactions to MSG or amines (red wine, chocolate). This test does not detect them.

TOPIC

Interpreting your results

How to read the IgG-160 Vegetarian panel, and how these findings are generally approached with a practitioner.

REFERENCE RANGES

Elevated (≥ 40 U/mL) marks the most strongly reactive foods, which are commonly removed for about 12 weeks under a practitioner's guidance. Borderline (32-39 U/mL) is moderately reactive; these foods are often reduced or rotated rather than fully removed. Normal (< 32 U/mL) shows little IgG reactivity here. A known IgE allergy sits outside this test and is managed by avoidance regardless of the IgG result.

THE ELIMINATION-AND-REINTRODUCTION APPROACH

A common approach removes the elevated foods for about 12 weeks, drawing substitutes from the same group that read normal. Hidden sources on labels (whey, casein, gluten, etc.) can carry the same protein, which is worth being aware of. Reintroduction is then typically done gradually, one food at a time, as the practitioner directs. Your practitioner tailors any dietary changes to your history and symptoms.

PARALLEL NON-IGG TRIGGERS

IgG is only one mechanism. Symptoms can also run through pathways this panel doesn't capture: histamine (aged cheese, fermented foods, wine, processed meats), FODMAPs (onion, garlic, wheat, legumes), salicylates, sulphites (dried fruit, wine), and lectins (raw or undercooked legumes and grains), plus IgE allergies and coeliac disease. Where symptoms persist despite a clean panel, a practitioner may look into these separately.

RE-TESTING

Practitioners often re-test the panel around six months after the elimination-and-reintroduction phase to gauge how the IgG response has changed, with the timing decided alongside your progress.