

InFoods IBS

DIETARY TRIGGER IDENTIFICATION REPORT



Client Name: **Jordan Sample**

Date of Birth: **April 12, 1985**

Gender: **Female**

Practitioner Name: **Dr. Morgan Ellis, ND**

Practitioner ID: **9000**

Sample ID (SID): **IBS-SAMPLE-001**

Previous SID: **—**

Sample Collection Date: **July 15, 2026**

Sample Receive Date: **July 17, 2026**

Report Date: **August 06, 2026**

Suggested Next Test Date: **January 11, 2027**



ABOUT THIS TEST

The patented inFoods® IBS test panel is designed to identify foods that cause an elevated immune response (foods with an elevated IgG level) in patients with irritable bowel syndrome (IBS). In a clinical study, patients who removed positive foods from their diet experienced reduced symptoms of IBS including pain and bloating, as well as an improvement in overall feelings of wellbeing. Discuss the results of this test and any treatment plans with your healthcare provider.

WHAT DOES YOUR RESULTS MEAN

POSITIVE FOODS:

When compared to patients without IBS, your immune response (IgG immunoreactivity) is **ELEVATED** above a normal level for this food.

NEGATIVE FOODS:

When compared to patients without IBS, your immune response (IgG immunoreactivity) is at a **NORMAL** level for this food.

POSITIVE FOODS

Cane Sugar

ELEVATED IgG LEVEL

Cow's Milk

ELEVATED IgG LEVEL

Whole Egg

ELEVATED IgG LEVEL

Wheat

ELEVATED IgG LEVEL

Yeast

ELEVATED IgG LEVEL

NEGATIVE FOODS

Black Tea

NORMAL IgG LEVEL

Cabbage

NORMAL IgG LEVEL

Cocoa

NORMAL IgG LEVEL

Corn

NORMAL IgG LEVEL

Grapefruit

NORMAL IgG LEVEL

Honey

NORMAL IgG LEVEL

Lemon

NORMAL IgG LEVEL

Oat

NORMAL IgG LEVEL

Orange

NORMAL IgG LEVEL

Pineapple

NORMAL IgG LEVEL

Rye

NORMAL IgG LEVEL

Soybean

NORMAL IgG LEVEL

Walnut

NORMAL IgG LEVEL

NEXT STEPS

- Discuss the results of your test and any diet management or treatment plans with your healthcare provider.
- See attached pages for additional information on the Positive Foods that were identified in this test.

Access the [AI-Backed inFoods® IBS Trigger Food Navigator](#) for Personalized IBS Therapy

Code for accessing the Trigger Food navigator: MDX4AYX

FOOD FACTS: CANE SUGAR

Sugar is a simple carbohydrate that provides a primary source of energy and is used extensively for its sweetening, preserving, and texturizing properties.



Common foods and beverages containing Sugar or Sugar by-products

Direct Sugar Sources

White granulated sugar
Brown sugar
Honey
Maple syrup
Molasses
Corn syrup

Baked Goods & Sweets

Cakes & cookies
Pastries & donuts
Candy & chocolate
Ice cream & sorbet
Pies and tarts
Puddings & custards

Beverages

Soft drinks & soda
Fruit juices
Energy drinks
Sweetened coffee/tea
Tonic water
Sports drinks

Condiments and Sauces

Ketchup & BBQ sauce
Salad dressings
Teriyaki sauce
Marinara sauce
Sweet chili sauce
Relish

Processed Foods

Flavored yogurt
Breakfast cereals
Granola bars
Canned soups
Processed deli meats
Bread and rolls

Why Sugar is Sometimes Hidden

Sugar is frequently hidden because it serves essential chemical functions beyond providing sweetness. It acts as a preservative by inhibiting bacterial growth, helps baked goods retain moisture, and serves as the golden brown color in cooked foods through caramelization. Because of its many roles, it is often added to savory products where sweetness is not the primary flavor profile. Furthermore, sugar appears on labels under dozens of different technical names which makes it difficult to identify at a glance.

Less Obvious Sources of Sugar Exposure:

Flavor Balancing: Sugar is often added to acidic products like suaces or vinegar based dressings to balance the sharp flavor.

Texture and Mouthfeel: In low fat products, sugar is often used to replace the texture and "mouthfeel" lost with fat removal.

Technical Labeling: Sugar can be listed as maltodextrin, dextrose, evaporated cane juice, or high fructose corn syrup to avoid using the word "sugar" on the label.

Fermentation Base: In products like bread, sugar is added to feed the yeast, although some remains in the final product.

Glazing and Coating: Many savory snacks like crackers use sugar based glazes to help salt and seasonings stick to the surface.

Substitutions for a Sugar-Free Kitchen

Natural Sweeteners	Stevia, monk fruit, or erythritol provide sweetness without the caloric impact of traditional sugar.
Flavor Enhancement	Use spices like cinnamon, nutmeg, or vanilla to enhance the perception of sweetness without adding sugar
Fruit Based Options	Using mashed bananas, applesauce, or dates in baking to provide natural sweetness and moisture.
Savory Thickeners	Using vegetable purees or reductions to thicken sauces instead of relying on sugar based glazes.
Tangy Alternatives	Using fresh lemon juice to brighten flavors in dressings and marinades rather than relying on sugar for balance.

FOOD FACTS: COW'S MILK

Milk is a nutrient dense liquid produced by mammals, primarily valued for its complex emulsion of fats, proteins, and minerals. In food science, it serves as a fundamental texturizer, binder, and flavor carrier across a vast array of culinary and industrial products.



Common foods and beverages containing Milk or Milk by-products

Direct Dairy Sources

Whole or skim milk
Heavy cream
Butter and ghee
Yogurt and kefir
Fresh cheeses
Hard aged cheeses

Bakery and Breakfast

Pancakes and waffles
Butter croissants
Brioche bread
Milk bread
Pastries and tarts
Scrambled eggs

Sauces and Soups

Béchamel sauce
Cream of mushroom soup
Alfredo sauce
Chowders
Gravies with milk
Bisques

Sweets and Snacks

Milk chocolate
Ice cream and gelato
Caramels and toffee
Custards and puddings
Cheese flavored chips
Nougat

Industrial and Hidden

Casein protein powder
Whey protein isolate
Malted milk powder
Toppings and spreads
Salad dressings
Instant mashed potatoes

Why Milk is Sometimes Hidden

Milk is frequently hidden because its primary proteins, casein and whey, are used for their technical properties rather than as whole ingredients. Casein is an exceptional emulsifier used to improve the texture of processed products, while whey is often added to baked goods to facilitate browning. Additionally, lactose is a common pharmaceutical filler and a moisture retainer in many shelf stable snacks.

Less Obvious Sources of Milk Exposure

Protein Binders: Caseinates are used in various processed foods to hold moisture and prevent fat separation.

Texturizing Agents: Whey is added to commercial baked goods to improve crust color and create a softer crumb.

Flavor Carriers: Lactose is often used as a carrier for seasonings in flavored chips, crackers, and spice blends.

Clarifying Agents: Milk proteins are sometimes used in the fining process of certain wines to remove impurities.

Structural Stabilizers: Sodium caseinate is frequently used in "non-dairy" products to provide creaminess and prevent oil separation.

Substitutions for an Dairy Free Kitchen

Creamy Bases

Coconut milk or cashew cream provides a rich consistency for sauces, soups, and curries.

Baking Liquids

Oat or soy milk offers a balanced profile that mimics cow's milk in muffins and cakes.

Savory Fat

Avocado oil, extra virgin olive oil, or coconut oil serve as clean alternatives to butter for roasting.

Tangy Profiles

Cultured coconut yogurt, silken tofu, or cashew-based spreads can replicate the acidity of sour cream.

Nutritional Depth

Nutritional yeast or miso paste provides a savory, cheesy flavor for popcorn, pastas, and vegetables.

Thickening Agents

Arrowroot powder or cornstarch can replace the thickening properties of cream in savory gravies.

Whipped Toppings

Chilled coconut cream or aquafaba (chickpea liquid) can be whipped into dairy-free peaks for desserts.

FOOD FACTS: EGGS

Chicken eggs are a versatile, high-protein staple used for baking, cooking, and processed foods.

Beyond being served whole, eggs frequently function as binding, emulsifying, or glazing agents in various prepared dishes.



Common foods and beverages containing Egg or Egg by-products

Direct Egg Sources

Whole boiled or poached eggs
Egg whites
Egg yolks
Scrambled / fried eggs
Omelets and frittatas
Quiche

Baked Goods

Cakes, muffins
Cookies
French toast
Pancakes, waffles
Pastries
Brownies

Sauces & Dressings

Mayonnaise
Aoli
Hollandaise sauce
Caesar dressing
Tartar sauce
Lemon curd

Packaged & Prepared Foods

Pasta (egg noodles)
Battered or breaded foods
Meatballs or meatloaf (binder)
Some ice creams
Some protein bars
Custards

Why Eggs are Sometimes Hidden

Eggs are frequently used as binding or emulsifying agents and may not be emphasized on the front label of packaged foods. In baked goods, pasta, sauces, and breaded products, eggs may function structurally rather than as a featured ingredient. Although egg is a major allergen and must be declared on ingredient lists, it may appear in less obvious forms.

Less Obvious Sources of Egg Exposure:

Ingredient Terminology: Egg may appear as egg solids, egg powder, dried egg or ovalbumin.

Emulsifiers & Proteins: Ingredients such as lecithin (when derived from egg) or ovalbumin may indicate egg content.

Glazing & Washes: Baked goods may be brushed with egg wash for browning without prominently listing egg on the front label.

Specialty Products: Some vaccines, supplements, and specialty nutritional products may use egg-derived components.

Substitutions for a Egg-Free Kitchen

Baking (Binding & Structure)

Flaxseed 'egg' (ground flax + water), chia seed gel, commercial egg replacers, applesauce (for moisture in certain baked goods)

Emulsification (Sauces & Dressings)

Aquafaba (chickpea liquid), silken tofu, mustard (partial emulsifier in dressings)

Coating and Breading

Milk or plant-based milk, yogurt alternatives, aquafaba

Foaming & Aeration

Aquafaba, commercial egg-free meringue powder

FOOD FACTS: WHEAT

Wheat is one of the world's most widely grown grains and a major source of carbohydrates and protein. It contains gluten, which gives baked goods structure and chew. Beyond flour, wheat derivatives are widely used as thickeners and stabilizers in many processed foods.



Common foods and beverages containing **Wheat** or **Wheat by-products**

Direct Wheat Sources

All-purpose flour
Whole wheat flour
Durum / Semolina
Spelt / Farro
Wheat germ / Bran
Bulgur

Baked Goods

Bread and rolls
Bagels and muffins
Pizza crust
Pastries and cakes
Crackers and pretzels
Pancakes and waffles

Pasta & Noodles

Spaghetti/macaroni
Couscous
Egg noodles
Ramen and udon
Lasagna sheets
Gnocchi

Coated & Breaded Foods

Breaded meats/poultry
Tempura batter
Chicken nuggets
Fried appetizers
Meatloaf / Meatballs
Schnitzel

Processed Foods

Soy sauce
Bouillon cubes
Processed soups
Salad dressings
Imitation crab (surimi)
Beer (wheat-based)

Why Wheat is Sometimes Hidden

Wheat is frequently "hidden" because its proteins function as a structural binder and thickener rather than a primary food source. It is used to prevent crumbling in processed meats, thicken commercial sauces, and act as a carrier for spice blends. Because it is so versatile, wheat is often obscured under technical labels like "modified food starch," "natural flavors," or "hydrolyzed vegetable protein."

Less Obvious Sources of Wheat Exposure:

Thickening Agents: Used in commercial soups and gravies where wheat is not the main ingredient.

Modified Food Starch: Often derived from wheat unless another source like corn or tapioca is specified.

Binders in Processed Meats: Found in hot dogs, deli meats, and sausages to improve texture and volume.

Flavorings: Used as a carrier in seasoning blends and some "natural" flavor profiles.

Fermented Ingredients: Wheat is often a base for fermented products like soy sauce, miso, and malt vinegar.

Substitutions for a Wheat-Free Kitchen

Baking & Leavening

Almond flour, coconut flour, oat flour (certified GF), or rice flour.

Grains & Sides

Quinoa, rice (white, brown, wild), buckwheat, millet, or amaranth.

Pasta Alternatives

Brown rice pasta, chickpea pasta, lentil pasta, or spiralized vegetables.

Bread Alternatives

100% corn tortillas, rice cakes, or certified gluten-free bread products.

Thickeners

Cornstarch, arrowroot powder, or potato starch for sauces and gravies.

FOOD FACTS: YEAST

Yeast is a microscopic fungus used in baking, brewing, and food fermentation. While it is most commonly associated with bread and beer, yeast and yeast-derived ingredients are found in a wide range of processed and fermented foods.



Common foods and beverages containing Yeast or Yeast by-products

Direct Yeast Sources

Baker's yeast
Brewer's yeast
Nutritional yeast
Active dry yeast
Yeast extract
Autolyzed yeast

Baked Goods

Bread
Rolls and Buns
Pizza Crust
Bagels
Croissant/Pastries
Pretzels

Fermented Beverages

Beer
Ale
Lager
Ciders
Kombucha

Fermented/Cultured Foods

Marmite® / Vegemite®
Soy sauce
Tamari
Miso
Tempeh
Fermented Condiments

Processed Foods

Bouillon cubes
Gravy mixes
Seasoning blends
Flavoured chips
Processed soups
Meat substitutes

Why Yeast is Sometimes Hidden

Yeast is widely used in flavour enhancement and fermentation and may appear under less obvious names. Yeast-derived ingredients are frequently used to enhance savoury ("umami") flavour. These may not always clearly state 'yeast' and may be grouped under flavour-related terminology.

Less Obvious Sources of Yeast Exposure:

Flavour Enhancers & 'Natural Flavours': Yeast-derived ingredients are commonly used to enhance savoury flavours and may be included within seasoning blends

Fermented Ingredients: Fermented products (wine, some vinegars) may contain residual yeast proteins even if commercial yeast is not listed, although this will depend on filtration practices.

Sourdough & Wild Cultures: Traditional sourdough and other cultured doughs contain naturally occurring wild yeast even when baker's yeast is not added

Supplements & Nutritional Products: Certain B-vitamin preparations, protein powders, and specialty nutritional products may be derived from or cultured on yeast and should be carefully reviewed.

Substitutions for a Yeast-Free Kitchen

Baking & Leavening

Baking soda + acid (lemon juice, vinegar), baking powder

Flavour Enhancement

Coconut aminos, sea-salt + herbs, roast garlic, mushroom powder, anchovy paste

Bread Alternatives

Unleavened breads (matzo, flour or corn tortillas, roti, chapati), soda bread, rice cakes