



RMA FST	120+ Panel	Accession Number: 486953
Provider: Rocky Mountain Analytical	Client: Raj ^/O[^ FGHca^cUd^^c Oat* at^ FBO	Age: 6 DOB: 09/09/09 Gender: Female
Phone: Fax:		



FOOD GROUP Report

NORMAL (<23 U/mL)

BORDERLINE (24-29 U/mL)

ELEVATED (≥ 30 U/mL)

Dairy / Egg

80 Egg White	35 Egg Yolk	116 Milk (Cow)
44 Milk (Goat)	50 Milk (Sheep)	

Grains

28 Barley	35 Durum Wheat	0 Gliadin*
11 Oat	12 Rye	53 Wheat
35 Wheat Bran		

Grains (Gluten-Free)

2 Buckwheat	79 Corn	1 Millet
14 Rice		

Fruit

6 Apple	5 Apricot	4 Avocado
8 Banana	6 Black Currant	10 Blackberry
5 Cherry	5 Cranberry	3 Grape (Black/Red/White)
6 Grapefruit	6 Kiwi	6 Lemon
9 Lime	8 Melon (Galia/Honeydew)	21 Nectarine
6 Olive	22 Orange	3 Peach
6 Pear	4 Pineapple	27 Plum
19 Raspberry	5 Strawberry	

Gliadin (gluten) is tested separately from the gluten-containing grains. If your test report shows an elevated response to gliadin, your healthcare professional will recommend that you eliminate consumption of foods that contain these grains, even if the grain results themselves are not elevated.

Vegetables

1	Asparagus	3	Bean (Green)	38	Bean (Red Kidney)
29	Bean (White Haricot)	7	Beet	4	Bell Peppers
6	Broccoli	4	Brussels Sprout	9	Cabbage (Savoy/White)
11	Carrot	13	Cauliflower	52	Celery
5	Chicory	16	Cucumber	4	Eggplant
4	Leek	10	Lentil	5	Lettuce
8	Onion	38	Pea	22	Potato
14	Soy Bean	7	Spinach	5	Tomato

Fish / Seafood

5	Cod	15	Crab	8	Haddock
5	Herring	5	Lobster	7	Mackerel
74	Mussel	15	Oyster	3	Plaice
8	Salmon	36	Scallop	7	Shrimp/Prawn
8	Sole	3	Swordfish	8	Trout
13	Tuna	3	Turbot		

Meat

8	Beef	10	Chicken	5	Duck
6	Lamb	8	Pork	5	Turkey
5	Veal	5	Venison		

Herbs / Spices

3	Basil	9	Cinnamon	4	Clove
4	Coriander (Leaf)	2	Cumin	11	Dill
8	Garlic	6	Ginger	4	Hops
3	Mint	26	Mustard Seed	11	Nutmeg
4	Parsley	3	Peppercorn (Black/White)	6	Red Chili Pepper
0	Sage	3	Thyme	0	Vanilla

Nuts / Seeds

51	Almond	21	Brazil Nut	3	Canola
54	Cashew Nut	8	Coconut	20	Hazelnut
35	Peanut	46	Pistachio	3	Sesame Seed
21	Sunflower Seed	5	Walnut		

Miscellaneous

5	Carob	12	Cocoa Bean	4	Coffee
5	Mushroom	3	Tea (Black)	2	Tea (Green)
59	Yeast (Baker's)	42	Yeast (Brewer's)		



George Gillson MD, PhD
Medical Director

Note: The College of Physicians and Surgeons of Alberta considers some forms of testing for food reactions to be complementary medicine. Specific IgG quantification has been utilized in research settings to assess and investigate Type I and Type III allergies respectively. However, the assessment of human IgG antibodies specific for individual food antigens is not a recognized diagnostic indicator of allergy. Rocky Mountain Analytical does not diagnose or make treatment recommendations. Data is provided for research and educational purposes only.



ORDER BY REACTIVITY Report

ELEVATED FOODS (≥30 U/ml)

116	Milk (Cow)	80	Egg White	79	Corn
74	Mussel	59	Yeast (Baker's)	54	Cashew Nut
53	Wheat	52	Celery	51	Almond
50	Milk (Sheep)	46	Pistachio	44	Milk (Goat)
42	Yeast (Brewer's)	38	Bean (Red Kidney)	38	Pea
36	Scallop	35	Durum Wheat	35	Egg Yolk
35	Peanut	35	Wheat Bran		

BORDERLINE FOODS (24-29 U/ml)

29	Bean (White Haricot)	28	Barley	27	Plum
26	Mustard Seed				

NORMAL FOODS (≤23 U/ml)

22	Orange	22	Potato	21	Brazil Nut
21	Nectarine	21	Sunflower Seed	20	Hazelnut
19	Raspberry	16	Cucumber	15	Crab
15	Oyster	14	Rice	14	Soy Bean
13	Cauliflower	13	Tuna	12	Cocoa Bean
12	Rye	11	Carrot	11	Dill
11	Nutmeg	11	Oat	10	Blackberry
10	Chicken	10	Lentil	9	Cabbage (Savoy/White)
9	Cinnamon	9	Lime	8	Banana
8	Beef	8	Coconut	8	Garlic
8	Haddock	8	Melon (Galia/Honeydew)	8	Onion
8	Pork	8	Salmon	8	Sole
8	Trout	7	Beet	7	Mackerel
7	Shrimp/Prawn	7	Spinach	6	Apple
6	Black Currant	6	Broccoli	6	Ginger
6	Grapefruit	6	Kiwi	6	Lamb
6	Lemon	6	Olive	6	Pear
6	Red Chili Pepper	5	Apricot	5	Carob
5	Cherry	5	Chicory	5	Cod
5	Cranberry	5	Duck	5	Herring
5	Lettuce	5	Lobster	5	Mushroom
5	Strawberry	5	Tomato	5	Turkey
5	Veal	5	Venison	5	Walnut

NORMAL FOODS (≤23 U/ml)

4	Avocado	4	Bell Peppers	4	Brussels Sprout
4	Clove	4	Coffee	4	Coriander (Leaf)
4	Eggplant	4	Hops	4	Leek
4	Parsley	4	Pineapple	3	Basil
3	Bean (Green)	3	Canola	3	Grape (Black/Red/White)
3	Mint	3	Peach	3	Peppercorn (Black/White)
3	Plaice	3	Sesame Seed	3	Swordfish
3	Tea (Black)	3	Thyme	3	Turbot
2	Buckwheat	2	Cumin	2	Tea (Green)
1	Asparagus	1	Millet	0	Glutadin
0	Sage	0	Vanilla		