



# Your Report Companion

Your easy guide to managing  
IgG Food Sensitivity



**LifeLabs FST™**  
IgG FOOD SENSITIVITY TEST



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## Congratulations!

You have successfully completed your food sensitivity test and are now holding the results in your hand.

**To put it simply: you might love food, but some food might not love you.**

What does this mean for you? With this nutritional test, we want to support you in your change in diet. We will help you to implement the results of the test in your daily routine, with the aim to improve your well-being. We will explain why the elimination of the positively tested foods from your diet will help to stop or at least significantly reduce food-triggered inflammation. This guide will also assist you in a subsequent provocation of these positively tested foods to discover which foods you should continue to avoid in your diet.

The best way to change your diet is to follow this guide and use the information and recipe suggestions provided on the following pages.

We wish you success  
and the best of health!

# What is an IgG Food Sensitivity?

It is important to understand IgG food sensitivity, also called an IgG food allergy, delayed food allergy or allergy type III.

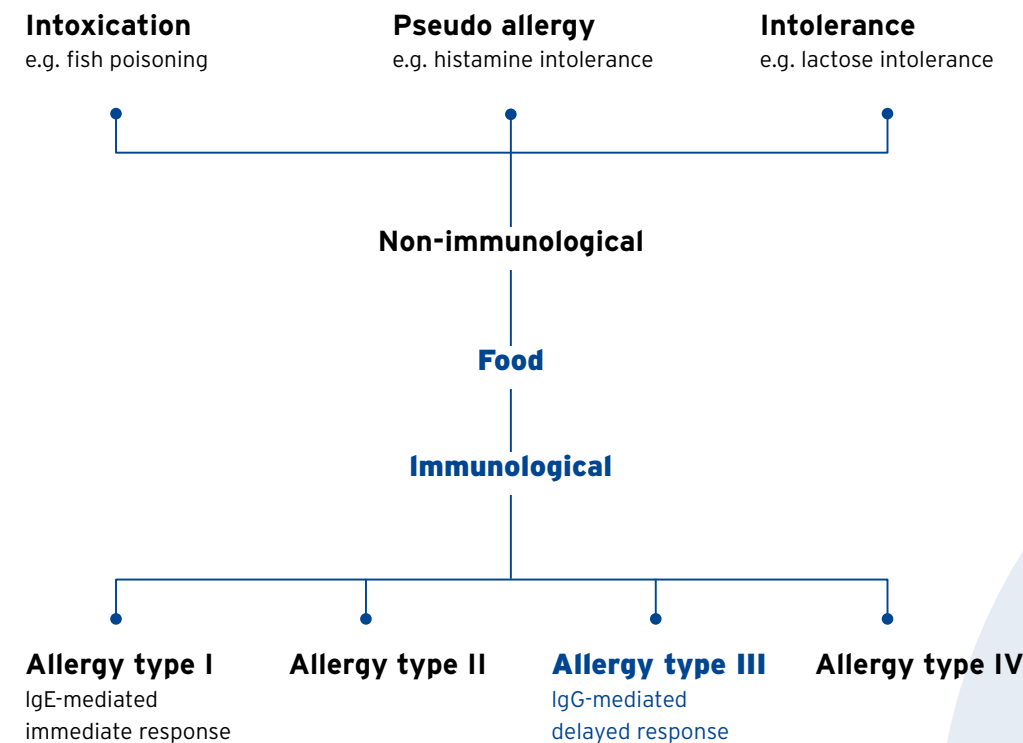
If an IgG food sensitivity is identified, your immune system responds to genuinely harmless foods with the release of food-specific IgG antibodies.

Poor intestinal wall integrity, and poor digestion of foods, can also increase the likelihood that your immune system will identify foods in the gut. It can be caused, for example, by stress, infections, medications (antibiotics) and chronic intestinal diseases.

With rising levels of food-specific IgG antibodies in the blood, the immune system may start ongoing inflammatory reactions, which can become chronic.

This inflammation might sustain poor intestinal permeability and induce symptoms such as gastrointestinal problems, migraines or weight gain. The problem is that these symptoms occur hours and even up to several days after consumption of the specific food. Therefore, this particular kind of sensitivity is also known as delayed food allergy or allergy type III.

The delayed reaction makes it difficult for you to identify the foods causing you problems by yourself. This is why the test is so useful for you.



# Difference between IgG Food Sensitivity and IgE Food Allergy

IgG Food Sensitivity should not be confused with an IgE food allergy (type I). In a type I allergy, the immune system produces specific IgE antibodies. These antibodies cause an immediate allergic reaction.

IgE-mediated food allergy reactions are acute and lead to the immediate release of histamine, which is associated with classical allergic reactions such as skin irritation or shortness of breath. In the worst case, it might result in an anaphylactic shock, which could even be fatal. If you have an IgE allergy to a food, you must avoid it in any case, even if the test result does not show any IgG reaction to the food.

## Differences between Delayed and Immediate Food Allergy

Immediate IgE Food Allergy	Delayed IgG Food Allergy
Type I: Formation of IgE antibodies	Type III: Formation of IgG antibodies
Immediate reaction (seconds to minutes)	Delayed reaction (several hours to 3 days)
Skin test positive	Skin test negative
Few foods, mostly known (e.g. apples, nuts)	Many foods, often unknown
Acute	Occurrence of chronic inflammation
Symptoms include: itching, sneezing, watering eyes, runny nose, reddening of the skin/rash, anaphylactic shock, swelling of the mucous membranes	Symptoms include: migraines, gastrointestinal complaints, eczema, flatulence, Crohn's disease, obesity, joint pain

**Note:** It is not always the case that the immune system is involved in an adverse reaction to food. Food intolerances like lactose intolerance might cause very similar symptoms (bloating, diarrhea and so on), but the immune system is not involved. Lactose intolerance is caused by an enzyme deficiency.



# Interpreting your test results

In this chapter, we explain how to read your individual report.

Your individual report shows you which foods cause you to have elevated IgG antibody levels.

On the first page of your report is a summary of your results. You can see how many of the tested foods cause normal, borderline or elevated IgG antibody levels.

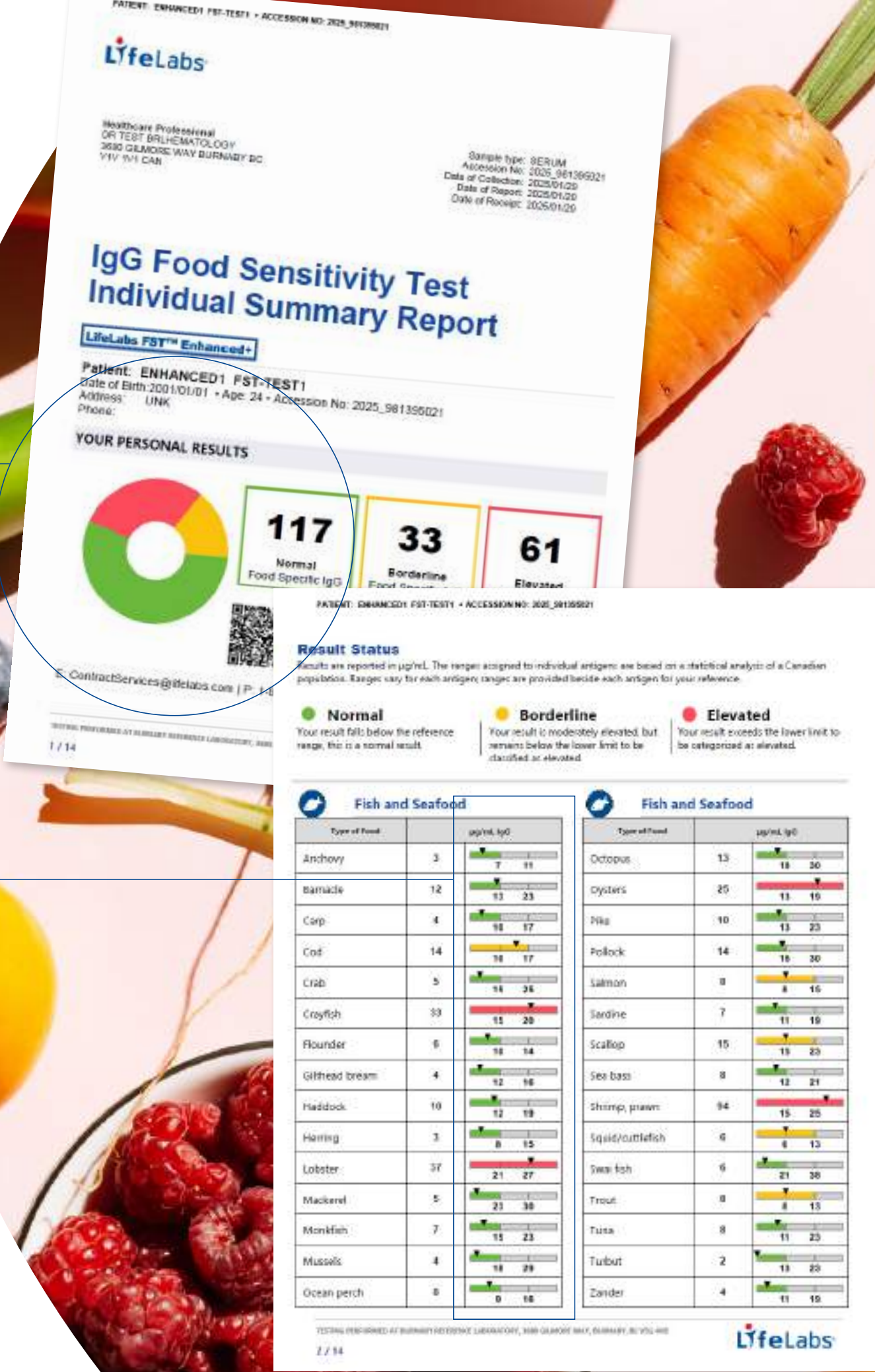
On the subsequent pages of your report is a detailed list of the food-specific IgG antibody levels, measured in  $\mu\text{g}/\text{mL}$ . The coloured bars represent the reaction classes:

- Normal
- Borderline
- Elevated

! Foods in both categories might be responsible for your symptoms.

Your personal measured value can be found in the second column, as seen by the black marker on the coloured bar. This gives you important indications that a certain food might cause you problems and may be responsible for your symptoms.

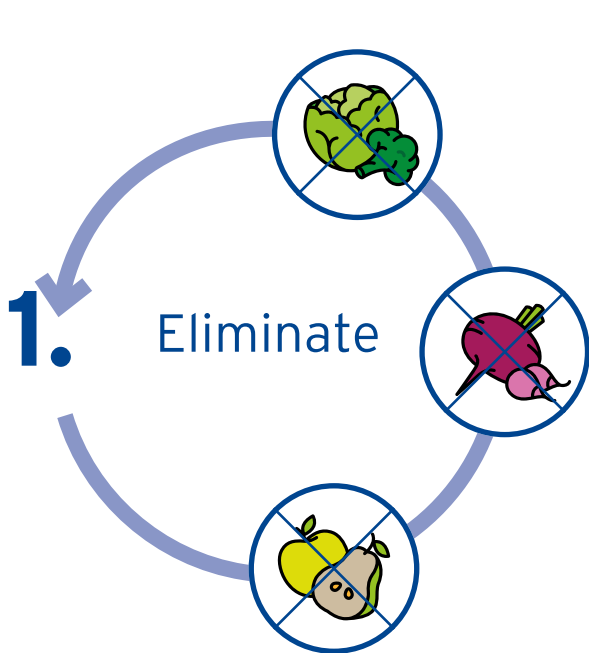
Not every food with an increased IgG level causes symptoms. This is not uncommon and is related to the complex relationships between health and nutrition. In the next step, it is very important to find out which of these foods are your “problematic foods”. In the next chapter, we give you important advice for managing your IgG food sensitivity.



# Three steps to get your body back on track

Your personal report helps you to pinpoint potential problematic foods that might cause chronic complaints. In order to get your body back on track, you will need to avoid these “positive” tested foods.

Positive tested foods are:  
**Borderline**  
**Elevated**



### Avoid the positive-tested foods

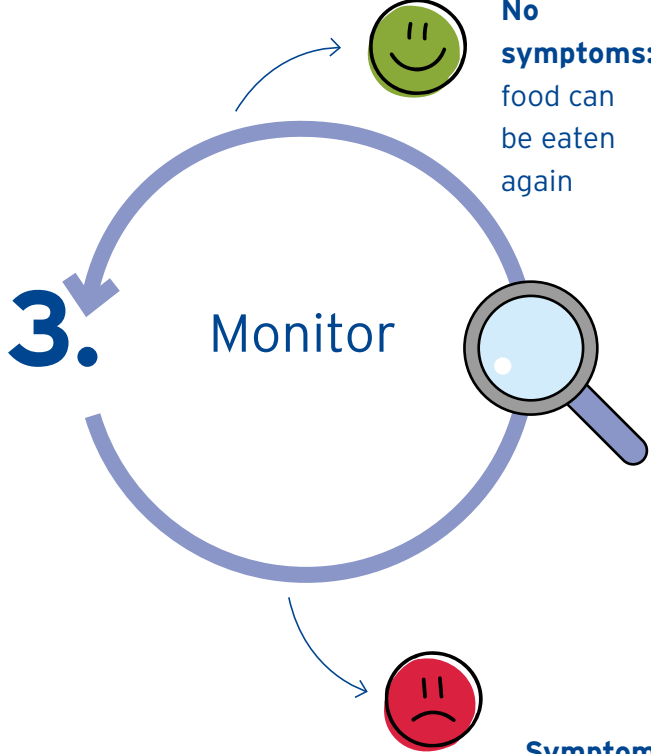
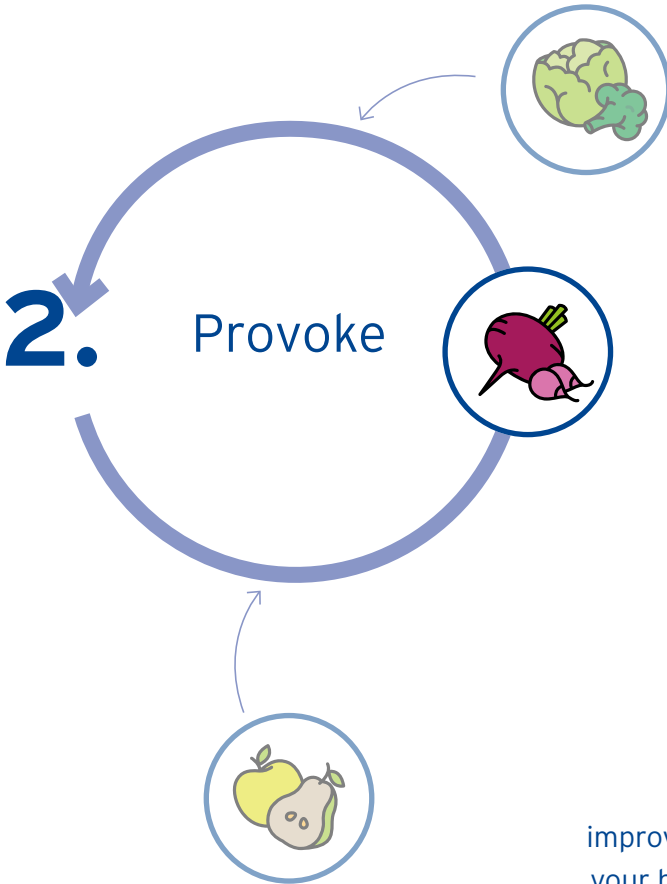
Avoiding potentially problematic foods might help your body to recover and your symptoms to improve or even disappear. So, take your report and start your diet change, which is divided into 3 steps:

- 1. Eliminate:** You have to avoid the yellow and red foods for the next eight weeks. The aim of excluding these foods from your diet is to reduce or eliminate your symptoms. In the first one to two weeks, the change in diet may lead to a primary deterioration of your symptoms in rare cases. If this phase takes longer than two weeks, please consult a medical professional.

During the weeks of elimination, we recommend a varied diet; avoid eating the same foods every day. This ensures you receive all essential vitamins and minerals. It also keeps you from developing IgG food allergies to new foods and foods consumed too often in society today.

It is important to note that the foods which have not tested positive (marked green) can continue to be eaten. If you did not eat these foods before, you might want to think about adding them to your diet.

Now that you have excluded the positive-tested foods from your diet, your symptoms should improve. If the symptoms do not improve, there are two potential reasons: first, your problems are not related to IgG food sensitivity, or second, your intestinal system is generally damaged and needs additional treatment. In both cases, please see your medical professional for further guidance.



avoid food for **one year or longer** if necessary to see an improvement, or more, depending on your situation. Work with your healthcare provider to determine the length of this phase.

### Identify problematic foods

- 2. Provoke:** After you have avoided the positive-tested foods for eight weeks, you should do a provocation with these foods one by one. This enables you to determine which of these really cause you problems. This step is very important - it is a standardized procedure to be able to confirm whether the foods which were excluded from your diet are your problematic foods or not. **Gradually reintroduce the foods marked yellow and red into your diet.**
- 3. Monitor:** You should avoid these foods again for two to three days and see whether your symptoms reappear after consumption. We recommend using a provocation diary for monitoring whether symptoms are related to the ingested food or not.



**Note:** After approximately one year, you may be able to re-trial some foods from your problematic food list. Sometimes the body recovers completely and you might be able to consume these foods again. Remember that a varied diet and a healthy intestinal system are important; they can also prevent the development of new IgG food allergies.

If the symptoms reappear after the consumption of a specific food, you should permanently avoid this food. If you have no symptoms after consumption, you can add the food to your diet again. Repeat this process until you have tested all foods with elevated or high IgG levels. At the end of this process, you will know which foods are your problematic foods and which ones you can add to your diet from time to time.

IgG food allergies are often derived from a harmed intestinal barrier. So, do your intestine a favour and avoid alcohol, caffeine and acidic beverages (e.g. coffee, cola, energy drinks).



# How to handle the most common foods

Read all labels on foods carefully to make sure that no gluten is included.

Some foods are more complicated to avoid than others. We have some basic information and tips for you on how to handle these foods.



## Gluten

Gluten is the main protein component of cereals and occurs in wheat and related cereals like spelt, green spelt, triticale, emmer or einkorn wheat. Be aware of the fact that barley, rye and couscous contain gluten as well. Consequently, it is present in all foods containing these cereals. These include: flour, starch, breadcrumbs, pasta, muesli and all pastry products - from breads to biscuits. There are many sources of gluten which you might not know of. Gluten is found in binding agents and many processed foods.

Avoiding gluten is difficult because sometimes one does not know whether gluten is contained in certain products. It is often hidden or declared as the wheat protein, gliadin (which is a different name for gluten) or gluing protein.

As shown to the right, we have compiled a small collection of gluten-containing and gluten-free products. At first, it seems to be difficult to cook without gluten. But once you know about the gluten-free alternatives, you will soon realize that it is not so difficult after all.

**! Note:** You need to understand that there is another type of adverse reaction to gluten called coeliac disease. This is a very severe autoimmune disease. It is crucial for you to understand that the test does not detect coeliac disease. If you suspect you are suffering from coeliac disease, you should consult a medical professional.



### Products that may contain gluten

- Barley
- Beer
- Biscuits
- Bread
- Burgers
- Cakes
- Chutneys
- Flour
- Kamut
- Pasta
- Pizza
- Rye
- Sauces
- Sausages
- Soups
- Spelt
- Wheat

### Suggested alternatives:

- Amaranth
- Arrowroot
- Buckwheat
- Chestnut flour
- Coconut flour
- Corn flour (maize)
- Cornmeal
- Lentil flour
- Millet meal
- Oats\*
- Polenta
- Potato flour
- Psyllium
- Quinoa
- Rice (any kind)
- Most rice crackers
- Rice flour
- Rice vermicelli
- Sago
- Sorghum
- Soy flour
- Soy-based lecithin
- Tapioca

\*Oats do not contain gluten naturally. However, due to common processing with cereals containing gluten, it is often contaminated with gluten.

**! Note:** There is a difference between gluten and wheat protein. The protein in wheat consists of various protein subgroups, one of which is gluten. If you have a wheat allergy, your body may react to other proteins instead of gluten. In this case, it is possible that you eat other grains such as barley and rye. If you react to gluten, you have to avoid all gluten-containing grains: wheat, rye, barley, oats, kamut and spelt.



## Cow's milk and dairy products

Pure milk or processed milk such as yogurt, buttermilk, kefir, cottage cheese or cheese are easily digestible; they are also fast energy suppliers. They contain high-quality protein which is indispensable, especially for vegetarians, for muscle building. In addition, milk or dairy products provide significant amounts of vitamins A, B and D, as well as iodine and calcium.

If you must avoid a food in this category, you should pay attention that you get the important vitamins and minerals of this food category from other foods or via supplements. Many herbs, fruits, vegetables, legumes and seeds contain calcium and vitamins A, B and D as well.

Also note that processed food often contains milk powder. For example, in the production of sauces, chocolate, biscuits or salad dressings. In addition, milk can be found under different names in the ingredients list of a food, for instance under beta-lactoglobulin, butter, casein, cream, dry milk or lactalbumin (also known as whey protein).

**! Note:** The test does not determine if a lactose intolerance (enzyme associated) is present, but it does determine an IgG food allergy (protein associated). Therefore, if you have an increased IgG level due to milk or dairy products, lactose-free milk is not an alternative for you.

### Products that may contain dairy

- Milk and buttermilk
- Sauces
- Creams/coffee creamers
- Soups
- Spreads
- Chocolate
- Baked goods
- Yogurt
- Salad dressings
- Butter, ghee, and cheese
- Cottage cheese
- Cream cheese
- Milkshakes
- Ice cream
- Processed and deli meats
- Instant potatoes
- Some margarines
- Flavoured potato chips
- Some protein powders

### Suggested alternatives:

- Almond milk, soy milk, oat milk, coconut milk, rice milk, cashew milk, hemp milk
- Plant based creams like coconut or cashew cream, and vegetable broth
- Dairy free chocolate and baked goods, dark chocolate, or vegan chocolate
- Soy yogurt, coconut yogurt, almond yogurt, oat yogurt, cashew yogurt
- Lemon vinaigrette, balsamic vinaigrette, ranch dressing (using plant-based yogurt), caesar dressing (using plant-based yogurt or cashew cream), creamy avocado dressing, tahini dressing
- Vegan butter, coconut oil, olive oil, margarine, nut-based cheeses (almond, cashew), soy cheese, coconut cheese, dairy-free cheese shreds, nutritional yeast
- Soy, nut or plant-based ice creams and milk or fruit sorbets

### Tip:

To replace the binding effect of an egg, mix one tablespoon of soybean flour with two tablespoons of water. If you have a soybean allergy, you can mix the water with rice or corn flour instead.

## Chicken egg

Chicken eggs, similar to meat, contain plenty of important nutrients such as proteins, vitamins and minerals; but at the same time, they are rich in fat and cholesterol. For this reason, eggs should be consumed moderately. As chicken eggs are important for baking and cooking, and potentially for a vegetarian diet, you will probably find it difficult to avoid them if you need to on account of an increased IgG level to chicken eggs. In addition, egg and egg products are included in many processed products. Furthermore, eggs can be found under different names in the ingredients list of a food: yolk, lecithin E322, ovomucoid, ovalbumin, egg white, albumin, globulin, lysozyme E1105. Therefore, pay attention to the ingredients list of foods and food products.

However, it is not necessary to replace the protein from egg if you include protein-rich foods in your diet; the amount of essential amino acids should not be a problem. In addition to various animal protein sources, there are many plant protein sources as alternatives: soybeans and soy products, legumes, nuts, seeds, rice, potatoes and cereals. The difficulty in avoiding eggs is mainly substituting the binding capacity in your daily cooking.

### Products that may contain eggs

- Cakes, egg based breads, baked goods
- Confectionery products/candy
- Desserts
- Gratins
- Ice cream
- Instant meals
- Ketchup, mustard, salad dressing, mayonnaise
- Meat products
- Pancakes
- Sauces
- Sausages
- Soups
- Stews

### Suggested alternatives:

- Use egg replacer, apple sauce, banana, silken tofu, buttermilk or yogurt for baking
- Vegan candies that use plant-based ingredients like coconut milk, agave syrup, and vegan chocolate
- Use cornstarch, arrowroot, or agar-agar as thickening agents in confectionery products and desserts
- Plant-based meat alternatives or beans
- Margarine, nut butter, hummus or avocado spread, butter
- Use silken tofu, cashews, cornstarch, arrowroot, aquafaba and plant-based milk for sauces, quiches, pancakes, stews, and soups





**Note:** Bread is often produced with yeast. If you have an increased IgG level due to yeast, you do not need to completely avoid the consumption of bread (this also depends on your reaction to the different grains and gluten). Many bakeries, particularly specialized ones, and health food stores offer yeast-free bread. Pay close attention to the list of ingredients of these foods.

## Yeast

Yeast (*Saccharomyces cerevisiae*) is used in baked products to make dough fluffy and in some beverages, especially in beer. In a vegetarian diet, yeast flakes are often used. They are rich in vitamins B1, B2 and B6 as well as in folic and pantothenic acids.

In retail stores, yeast can be found either as powder or fresh (pressed yeast). It can be found as yeast extract in almost all instant meals such as frozen pizza. Vegetarian spreads also contain yeast, as well as various types of breads, pastries, snacks, soups, sauces, broth, etc. Therefore, pay attention to the ingredients list of these foods.

**These food types contain yeast either by nature or because it is an additive.**

### Products that may contain yeast

- Bread (most types)
- Pizza dough
- Bagels
- Muffins
- Cakes
- Pastries
- Waffles
- Beer, cider
- Wine
- Yeast extract (e.g., Marmite, Vegemite)
- Fermented foods (e.g., sauerkraut, kimchi)
- Yogurt (some types)
- Sourdough bread
- Tempeh
- Soy sauce
- Miso
- Kombucha
- Vinegar
- Bouillion or stock flavouring
- Supplements such as nutritional yeast

### Suggested alternatives:

- Rice bread
- Soda bread
- Corn tortillas
- Gluten-free bread (check labels for yeast)
- Flatbreads (like pita or naan, yeast-free versions available)
- Crackers (yeast-free options)
- Waffles and pancakes (made with baking powder)
- Water
- Juice
- Tea (herbal or black)
- Pickles (made without fermentation)
- Almond milk yogurt (check labels for yeast)
- White bread (made without yeast)
- Tofu
- Non-fermented soy sauce, tamari, or coconut aminos
- Soda water
- Home-made stock

# Frequently asked questions

Is it possible to be affected by foods that are not detected by the test?

Yes, the test only detects a certain number of foods. You could also have elevated IgG antibody levels for untested foods. Moreover, if you have been avoiding foods for several months already, it may be possible that no elevated IgG antibody levels are detected for those foods.

I made a mistake during the elimination. Do I have to start all over again?

An occasional mistake in your dietary change is not too serious. If you accidentally consume a foodstuff containing a problematic ingredient, you might feel unwell for about three days. If you do not repeat this mistake, your body will recover soon.

I have a reaction to foods I have never eaten. How is this possible?

This can be a matter of cross-reactivity. It depends on what specific protein(s) your antibodies are directed to. In some foods, the proteins are quite similar to each other. At the same time, many patients can eat a certain food but then react (severely) to another which is very closely related. Cross-reactions between complex foods cannot be predicted properly.

You should also consider that certain components of foods can be heavily used in processed foods. For example, you might think that you have never eaten a particular kind of fish. However, you do not know whether this fish is part of the fish sauce or the surimi you like so much.



## Recipe suggestions

To give you some ideas for starting your diet change, we have put together two suggestions each for a breakfast, lunch and dinner without gluten, cow's milk, chicken egg and yeast.

If there are foods in the recipe suggestions that you should avoid or cannot tolerate based on the test you have done, you can replace them with another food or eliminate them altogether.





Ingredients

(4 servings):

**500 ml rice drink**  
(rice milk)

**500 ml coconut drink**  
(with no added sugar)

**200 g white rice**

**400 g mango**

**40 g coconut flakes**

**1 organic lime**

**Salt**

# Coconut mango rice pudding

Directions:

In a saucepan, boil the coconut drink and rice drink. Stir in the rice and cook with a pinch of salt for 25 to 30 minutes. Peel and dice the mango. Wash the lime, grate the green part of the peel and set aside. Stir the lime juice into the diced mango and set aside. Serve the rice pudding with the mango, and garnish with coconut flakes and lime zest.

**! Allergens:** rice, coconut, mango, lime



**kcal:** 359  
**kJ:** 1,501  
**Protein (g):** 5.8  
**Protein (%):** 6.5  
**Fat (g):** 9  
**Fat (%):** 22.1  
**Carbohydrates (g):** 64.9  
**Carbohydrates (%):** 62.3  
**BU:** 5.4

Ingredients

(2 servings):

**120 g oats**  
(gluten-free)

**200 g banana**

**200 g papaya**

**200 ml oat drink**  
(gluten-free) or  
rice drink

**40 g nuts or seeds**  
(depending on  
tolerance)

**Salt**



**kcal:** 512  
**kJ:** 2,141  
**Protein (g):** 14.4  
**Protein (%):** 11.4  
**Fat (g):** 15.1  
**Fat (%):** 26.1  
**Carbohydrates (g):** 83.6  
**Carbohydrates (%):** 61.4  
**BU:** 7

# Oat muesli (vegetarian, gluten-free)

Directions:

Cook oats in an equal part of water with a pinch of salt, remove from stove and leave to rest for 20 minutes to absorb liquid. Stir in the oat drink. Use a fork to mash a banana. Cut the second banana and peeled papaya into small pieces and mix everything in with the oats. Toast the chopped nuts or seeds in an ungreased skillet and sprinkle over muesli. Sweeten to taste.

**! Allergens:** oats, banana, papaya



Ingredients

(1 serving):

100 g turkey breast

7 ml oil according to tolerance

80 g rice

50 g peas, frozen

150 g cauliflower, raw

50 g carrots

Spices and herbs according to tolerance



Vegetable rice with turkey breast

Directions:

Clean and lightly salt the turkey breast. Wash and clean the vegetables. Dice carrots, cut cauliflower into florets and cut spring onion into rings. Boil rice with double the amount of water. Cook vegetables in salted water for 10 to 12 minutes, then drain. Cut the turkey breast fillet into cubes, cook in the oil for about 10 minutes and fold into the rice with the vegetables. Season with compatible spices and serve with herbs.

**! Allergens:** turkey breast, rice, peas, cauliflower, carrots

kcal: 567  
kJ: 2,374  
Protein (g): 37.9  
Protein (%): 27.1  
Fat (g): 10.3  
Fat (%): 16.1  
Carbohydrates (g): 84.5  
Carbohydrates (%): 56.5  
BU: 7

Ingredients

(1 serving):

200 g red bell peppers

150 g tomatoes

50 g rice

100 g garbanzo beans, drained and dried off

40 g shallots

40 g sheep cheese, at least 40% FDM

100 g tomatoes, peeled

Spices and herbs depending on tolerance



kcal: 625  
kJ: 2,617  
Protein (g): 24.1  
Protein (%): 15.7  
Fat (g): 19.7  
Fat (%): 27.9  
Carbohydrates (g): 94.5  
Carbohydrates (%): 54.6  
BU: 7.9

Stuffed peppers (vegetarian)

Directions:

Carefully remove the stem of the pepper, remove the core and wash well. Cook the rice as usual. Finely cut the shallot and fry in a skillet with the oil, garbanzo beans and spices. Add finely cut and pureed tomatoes, season with spices and let simmer briefly. Then mix together the rice, crumbled sheep cheese, garbanzo beans, spices and herbs. Set aside some cheese for the topping. Fill peppers with the mixture and sprinkle remaining sheep cheese on top. Place the stuffed peppers upright in a casserole or similar dish and bake in the oven for about 20 minutes at medium heat.

**! Allergens:** bell pepper, tomato, rice, garbanzo beans, onion, sheep's milk, sheep cheese



Ingredients

(1 serving):

**300 g leaf spinach**  
(frozen)

**2 slices**  
**soft goat cheese**  
(at least 30% FDM)

**1/2 small onion**

**2 tbsp almond slices**

**1 tbsp butter**

**1 pinch nutmeg**

**Pepper, salt**



# Spinach with goat cheese (vegetarian)

Directions:

Toast almond slices in an ungreased non-stick skillet until golden brown, until they start to smell nutty. Peel and finely dice onion. Melt butter, add diced onion and cook until translucent. Add frozen spinach, cover and heat over medium heat. Stir occasionally. At the end, add flavour with salt, pepper and some ground nutmeg. Arrange spinach on a plate. Carefully roll goat cheese slices in the almond slices to coat and serve on the bed of spinach.

**! Allergens:** spinach, goat cheese, onion, pepper, almond, nutmeg

**kcal:** 374  
**kJ:** 1,566  
**Protein (g):** 19.5  
**Protein (%):** 21.2  
**Fat (g):** 27.6  
**Fat (%):** 65.3  
**Carbohydrates (g):** 15.3  
**Carbohydrates (%):** 11.3  
**BU:** 1.3

Ingredients

(4 servings):

**1,000 g pumpkin**

**1,000 ml vegetable stock** without yeast

**300 g leek**

**400 g plate lentils**

**100 g onions, raw**

**30 g tomatoes,**  
dried in oil

**10 ml vegetable oil**  
according to tolerance

**Ginger or horseradish**  
according to taste and tolerance

**Thyme**

**Cayenne pepper**

**Salt**



# Lentil pumpkin stew (vegetarian)

Directions:

Cook lentils in 800 ml of the vegetable stock according to the instructions on the package. Peel pumpkin and remove seeds. Cut the pumpkin flesh into cubes of about 1 to 2 cm in size. Hokkaido pumpkin does not need to be peeled. Cut leek into slices. Dice onions and cut dried tomatoes into small pieces. Add vegetable oil to a pot, sauté onions and add pumpkin and tomatoes. Add flavour with thyme, cayenne pepper and salt. Add remaining vegetable stock and cook covered for about 25 minutes. Add the leek after about 20 minutes. Add the lentils with the cooking water to the pumpkin pot and steep over medium heat for another 10 minutes. Season again to taste. Ginger and horseradish are very good alternatives for adding flavour to food. Finely grate the spices you want over the stew.

**! Allergens:** pumpkin, leek, lentil, onion, tomato, thyme, cayenne pepper

**kcal:** 401  
**kJ:** 1,677  
**Protein (g):** 26.4  
**Protein (%):** 26.7  
**Fat (g):** 5  
**Fat (%):** 11.1  
**Carbohydrates (g):** 70.9  
**Carbohydrates (%):** 61.7  
**BU:** 5.9





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