

FOOD	Type
AMARANTH	CARB
BUCKWHEAT	CARB
QUINOA	CARB
COUSCOUS	CARB
DURUM WHEAT	CARB
GOURD (SQUASH)	CARB
MILLET	CARB
SPELT *	CARB
YUCCA	CARB
Wild Rice	CARB
Teff	CARB
DATE	FRUIT
BLACKCURRANT	FRUIT
GUAVA	FRUIT
MULBERRY	FRUIT
REDCURRANT	FRUIT
CRAB	MEAT
CAPER	MEAT
MUSSEL	MEAT
OYSTER	MEAT
SOLE	MEAT
CLAM	MEAT
PIKE	MEAT
RABBIT	MEAT
PLAICE	MEAT
MACKEREL	MEAT
CARP	MEAT
DUCK	MEAT
EEL	MEAT
HADDOCK	MEAT
HAKE	MEAT
HERRING	MEAT
PARTRIDGE	MEAT
PERCH	MEAT
QUAIL	MEAT
SARDINE	MEAT
VENISON	MEAT
WILD BOAR	MEAT
RADISH	VEGETABLE
AUBERGINE (EGGPLANT)	VEGETABLE
CABBAGE (RED)	VEGETABLE
ASPARAGUS	VEGETABLE
RHUBARB	VEGETABLE
OCTOPUS	
COLA NUT	
LEEK	

SHEEP MILK	
GOAT MILK	
BASS	
LENTIL	
SQUID	
CUTTLEFISH	
LIME	
CHESTNUT	
ARTICHOKE	
OSTRICH	
OX	
CHICORY	
BEET ROOT	
BUFFALO MILK	
COCKLE	
COCONUT	
BEAN (RED KIDNEY)	CARB
POTATO	CARB
RICE	CARB
CORN	CARB
BARLEY	CARB
WHEAT	CARB
CANE SUGAR	CARB
BEAN (WHITE HARICOT)	CARB
BEAN (GREEN)	CARB
SWEET POTATO	CARB
OAT	CARB
HONEY	CARB
RYE FLOUR	CARB
PEACH	FRUIT
RASPBERRY	FRUIT
FIG	FRUIT
NECTARINE	FRUIT
CHERRY	FRUIT
BLACKBERRY	FRUIT
ORANGE	FRUIT
APRICOT	FRUIT
PEAR	FRUIT
POMEGRANATE	FRUIT
WATERMELON	FRUIT
BANANA	FRUIT
PAPAYA	FRUIT
KIWI	FRUIT
MANGO	FRUIT
PINEAPPLE	FRUIT
TANGERINE	FRUIT
APPLE	FRUIT

MELON (HONEYDEW)	FRUIT
GRAPE	FRUIT
BLUEBERRY	FRUIT
CRANBERRY	FRUIT
GRAPEFRUIT	FRUIT
STRAWBERRY	FRUIT
SALMON	MEAT
TROUT	MEAT
SHRIMP/PRAWN	MEAT
COD	MEAT
TUNA	MEAT
TURKEY	MEAT
BEEF	MEAT
LAMB	MEAT
ANCHOVY	MEAT
PORK	MEAT
RAZOR CLAM	MEAT
VEAL	MEAT
PEANUT	NUT
SUNFLOWER SEED	NUT
ALMOND	NUT
CASHEW	NUT
BRAZIL NUT	NUT
PINE NUT	NUT
HAZELNUT	NUT
MACADAMIA NUT	NUT
CABBAGE	VEGETABLE
CARROT	VEGETABLE
TOMATO	VEGETABLE
TURNIP	VEGETABLE
CELERY	VEGETABLE
MUSHROOM	VEGETABLE
ONION	VEGETABLE
BRUSSEL SPROUT	VEGETABLE
BROCCOLI	VEGETABLE
CAULIFLOWER	VEGETABLE
MARROW (Squash?)	VEGETABLE
PEPPERS	VEGETABLE
SPINACH	VEGETABLE
COW'S MILK	
GARLIC	
CASEIN	
PEA	
PLUM	
EGG WHITE	
PISTACHIO	
AGAR AGAR	

ALOE VERA
MUSTARD SEED
SOYA BEAN
SCALLOP
CURRY (MIXED SPICES)
YEAST (BREWERS)
ALGA WAKAME
TIGER NUT
MALT
COCOA BEAN
GINKGO
VANILLA
CINNAMON
PEPPERCORNS (B/W)
RAISIN
AVOCADO
GINGER
LETTUCE
EGG YOLK
WALNUT
CAVIAR
CUCUMBER
FLAX SEED
SESAME SEED
CUMIN
FENNEL LEAF
NUTMEG
WHEAT BRAN
BEAN (BROAD)
CHICKPEA
SHALLOT
BILLY GOAT
COFFEE
LOBSTER
ANISEED
HORSE
OLIVE
BASIL
CAYENNE
HOPS
MINT
RED CHILLI
TARRAGON
CAROB
LYCHEE
RAPESEED
TEA (BLACK)

ALGA ESPAGUETE
ALGA SPIRULINA
ALPHA-LACTALBUMIN
BARNACLE
BAYLEAF
BETA-LACTAGLOBULIN
CAMOMILE
CHARD
CHICKEN
CLOVE
CORIANDER LEAF
DILL
DORADO/SEA BREAM
GINSENG
GLIADIN
LEMON
LIQUORICE
MARJORAM
MONKFISH
NETTLE
PARSLEY
PEPPERMINT
POLENTA
ROCKET
ROSEMARY
SAFFRON
SAGE
SWORDGISH
TAPIOCA
TEA GREEN
THYME
TRANSGLUTAMINASE
TURBOT
WATERCRESS
WINKLE
YEAST (BAKERS)