

INDIAN CUISINE

FOOD INTOLERANCE TEST REPORT

Health Mate: SAMPLE REPORT

Date: DD/MM/YYYY



Good Health. Good Life

Sr. No.	GROUP OF FOOD	FOOD ITEMS	INTOLERANCE RESULT
1	CEREALS	OAT (जई)	NORMAL
2		WHEAT (गेहूँ)	ELEVATED
3		RICE (चावल)	NORMAL
4		CORN (मक्का)	NORMAL
5		SEMOLINA (सूजी)	NORMAL
6		BARLEY (जौ)	NORMAL
7		RYE (राई)	NORMAL
8		FLEX SEED (सन का बीज)	NORMAL
9		GLUTEN	NORMAL
10	NUTS & BEANS	ALMOND (बादाम)	NORMAL
11		CASHEW (काजू)	NORMAL
12		WALNUT (अखरोट)	NORMAL
13		TEA	NORMAL
14		MILK	ELEVATED
15	MEAT	EGG	BORDERLINE
16		CHICKEN	NORMAL
17		LAMB	NORMAL
18		PORK	NORMAL

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19	FISH	KING FISH (SURMAI)	BORDERLINE
20		MACKEREL (BANGDA)	NORMAL
21		PRAWN	NORMAL
22		CRAB	NORMAL
23	VEGETABLES	MUSTARD FAMILY (सरसों परिवार)	NORMAL
24		CARROT FAMILY	NORMAL
25		POTATO	ELEVATED
26		TOMATO	NORMAL
27		ONION	NORMAL
28		BRINJAL (बैंगन)	NORMAL
29		PEPPERS (काली मिर्च)	NORMAL
30	PULSES	TUR DAL	NORMAL
31		CHANA DAL	BORDERLINE
32		MOONG DAL	NORMAL
33		LEGUME MIX (फलियां)	NORMAL
34		BANANA	NORMAL
35		GOURD MIX	NORMAL
36		PEANUTS (मूंगफली)	NORMAL
37		SOYA BEAN	NORMAL

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38		CHOCOLATE	NORMAL
39	FRUITS	APPLE	NORMAL
40		BLACK RAISIN (काली किशमिश)	ELEVATED
41		OLIVE (जैतून)	NORMAL
42		LEMON / ORANGE/ GRAPE FRUIT	NORMAL
43		STRAWBERRY	NORMAL
44		GINGER (अदरक)	NORMAL
45		GARLIC (लहसुन)	NORMAL
46		SHRIMP	BORDERLINE

NOTE:




Following foods are covered under the respective food items

- **Legume Mix:** Pea, Red Kidney & Haricot
- **Carrot Family Mix:** Carrot, Celery
- **Mustard Family Mix:** Broccoli, Cabbage
- **Peppers:** Red, Green & Yellow
- **Carrot Family Mix:** Carrot, Celery
- **Gourd Mix:** Melon, Cucumber

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<p>OAT (जई)</p> 	<p>WHEAT (गेहूँ)</p> 	<p>RICE (चावल)</p> 	<p>CORN (मक्का)</p> 
<p>SEMOLINA (सूजी)</p> 	<p>BARLEY (जौ)</p> 	<p>RYE (राई)</p> 	<p>FLEX SEED (सन का बीज)</p> 
<p>GLUTEN</p> 	<p>ALMOND (बादाम)</p> 	<p>CASHEW (काजू)</p> 	<p>WALNUT (अखरोट)</p> 
<p>TEA</p> 	<p>MILK</p> 	<p>EGG</p> 	<p>CHICKEN</p> 
<p>LAMB</p> 	<p>PORK</p> 	<p>SURMAI</p> 	<p>BANGDA</p> 
<p>PRAWN</p> 	<p>CRAB</p> 	<p>MUSTARD FAMILY (सरसों परिवार)</p> 	<p>CARROT</p> 

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<p>POTATO</p> 	<p>TOMATO</p> 	<p>ONION</p> 	<p>BRINJAL (बैंगन)</p> 
<p>PEPPERS (काली मिर्च)</p> 	<p>TUR DAL</p> 	<p>CHANA DAL</p> 	<p>MUNG DAL</p> 
<p>LEGUME MIX (फलियां)</p> 	<p>BANANA</p> 	<p>ORANGE</p> 	<p>PEANUT (मूंगफली)</p> 
<p>SOYA BEAN</p> 	<p>Chocolate</p> 	<p>APPLE</p> 	<p>BLACK RAISIN (kali kishmish)</p> 
<p>OLIVE</p> 	<p>LEMON</p> 	<p>STRAWBERRY</p> 	<p>GINGER</p> 
<p>GARLIC</p> 	<p>MUSHROOM</p> 	<p>YEAST (खमीर)</p>  <p>Instant Dry Yeast Active Dry Yeast</p>	<p>GRAPEFRUIT</p> 