

Mini Food Panel (50 Foods)

RESULT	Reference Range	ALLERGEN	NOT SAFE			
			Low	Moderate	Avoid	
DAIRY						
221	Moderate	<105 105 - 324 >324	Casein	[Bar in Moderate/Avoid zone]		
55	Low	<162 162 - 502 >502	Cheddar Cheese	[Bar in Low zone]		
250	Moderate	<133 133 - 409 >409	Cottage Cheese	[Bar in Moderate/Avoid zone]		
302	Moderate	<117 117 - 358 >358	Cow's Milk	[Bar in Moderate/Avoid zone]		
19	Low	<125 125 - 391 >391	Goat's Milk	[Bar in Low zone]		
116	Low	<138 138 - 430 >430	Mozzarella Cheese	[Bar in Low zone]		
55	Low	<115 115 - 358 >358	Swiss Cheese	[Bar in Low zone]		
19	Low	<140 140 - 438 >438	Whey	[Bar in Low zone]		
MEATS						
24	Low	<141 141 - 440 >440	Beef	[Bar in Low zone]		
0	Low	<226 226 - 697 >697	Chicken	[Bar in Low zone]		
0	Low	<111 111 - 345 >345	Egg White	[Bar in Low zone]		
0	Low	<153 153 - 479 >479	Lamb	[Bar in Low zone]		
20	Low	<253 253 - 782 >782	Pork	[Bar in Low zone]		
0	Low	<129 129 - 402 >402	Turkey	[Bar in Low zone]		
GRAINS						
122	Moderate	<122 122 - 374 >374	Buckwheat	[Bar in Moderate/Avoid zone]		
12	Low	<113 113 - 337 >337	Corn	[Bar in Low zone]		
30	Low	<115 115 - 363 >363	Gluten	[Bar in Low zone]		
24	Low	<101 101 - 500 >500	Malt	[Bar in Low zone]		
	Pending	<143 143 - 447 >447	Oat	[Bar in Moderate/Avoid zone]		
12	Low	<136 136 - 421 >421	Quinoa	[Bar in Low zone]		
0	Low	<75 75 - 201 >201	Rice	[Bar in Low zone]		
41	Low	<171 171 - 528 >528	Wheat	[Bar in Low zone]		
FISH						
259	Moderate	<156 156 - 485 >485	Cod	[Bar in Moderate/Avoid zone]		
0	Low	<105 105 - 332 >332	Halibut	[Bar in Low zone]		
0	Low	<148 148 - 463 >463	Red Snapper	[Bar in Low zone]		
0	Low	<130 130 - 402 >402	Salmon	[Bar in Low zone]		
0	Low	<100 100 - 308 >308	Sardine	[Bar in Low zone]		
0	Low	<125 125 - 393 >393	Sole	[Bar in Low zone]		
0	Low	<147 147 - 459 >459	Trout	[Bar in Low zone]		
0	Low	<85 85 - 266 >266	Tuna	[Bar in Low zone]		
SHELLFISH						
0	Low	<176 176 - 547 >547	Clam	[Bar in Low zone]		
107	Moderate	<107 107 - 328 >328	Crab	[Bar in Moderate/Avoid zone]		
12	Low	<146 146 - 452 >452	Lobster	[Bar in Low zone]		
0	Low	<112 112 - 346 >346	Oyster	[Bar in Low zone]		
11	Low	<145 145 - 454 >454	Shrimp	[Bar in Low zone]		
NUTS						
1019	Avoid	<138 138 - 413 >413	Almond	[Bar in Avoid zone]		
43	Low	<194 194 - 605 >605	Coconut	[Bar in Low zone]		
39	Low	<206 206 - 638 >638	Peanut	[Bar in Low zone]		
90	Low	<130 130 - 401 >401	Pecan	[Bar in Low zone]		
145	Low	<153 153 - 478 >478	Sesame Seed	[Bar in Low zone]		
33	Low	<295 295 - 911 >911	Sunflower Seed	[Bar in Low zone]		
9	Low	<129 129 - 391 >391	Walnut	[Bar in Low zone]		
FRUITS						
174	Moderate	<136 136 - 422 >422	Pineapple	[Bar in Moderate/Avoid zone]		
VEGETABLES						
1527	Avoid	<258 258 - 793 >793	Kidney Bean	[Bar in Avoid zone]		
167	Low	<273 273 - 849 >849	Soybean	[Bar in Low zone]		
MISCELLANEOUS						
52	Low	<157 157 - 477 >477	Brewer's Yeast	[Bar in Low zone]		
98	Low	<154 154 - 479 >479	Mushroom	[Bar in Low zone]		

MVL Allergy procedure uses both IgE and IgG4 antibodies for combined testing.
 Due to literature documented test sensitivity limitations, a negative serum allergy test should not be used to justify exposure to an allergen that is clinically suspected as the cause of an anaphylactic reaction.
 Volcheck GW. Postgrad Med. 2001 May; 109(5):71.