



200 Foods Panel

ALCAT's most commonly desired foundation food panel. The 200 Foods Panel is the building block for detailed and efficient food sensitivity testing. Coupled with your choice from our variety of herbs, chemicals, Additives and mold panels, this panel is a good start in discovering your bodies reactions to a wide variety of elements.

Foods tested in this panel are:

Acorn Squash, Almond, Amaranth, Anchovy, Apple, Apricot, Artichoke, Asparagus, Avocado, Baker's Yeast, Banana, Barley, Basil, Bay Leaf, Beef, Bell Pepper Mix (green, red, yellow and orange peppers), Black-Eyed Pea, Black Beans, Black Currant, Black Pepper, Blackberry, Blueberry, Bok Choy, Brazil Nut, Brewer's Yeast, Broccoli, Brussels Sprout, Buckwheat, Buffalo, Butternut Squash, Cabbage, Candida Albicans, Cane Sugar, Canola Oil, Cantaloupe, Caraway, Cardamom, Carob, Carrot, Casein, Cashew, Catfish, Cauliflower, Cayenne Pepper, Celery, Chamomile, Cherry, Chicken, Chicken Liver, Chickpea, Chili Pepper, Cinnamon, Clam, Clove, Cocoa, Coconut, Codfish, Coffee, Coriander, Corn, Cottonseed, Cow's Milk, Crab, Cranberry, Cucumber, Cumin, Date, Dill, Duck, Egg White, Egg Yolk, Eggplant, Endive, Fava Bean, Fennel, Fig, Flaxseed, Flounder, Fructose, Garlic, Ginger, Gluten/Gliadin, Goat's Milk, Grape, Grapefruit, Green Pea, Haddock, Halibut, Hazelnut, Honey, Honeydew Melon, Hops, Iceberg Lettuce, Jalapeno Pepper, Kale, Kelp, Kidney Bean, Kiwi, Lamb, Leaf Lettuce, Leek, Lemon, Lentil Bean, Licorice, Lima Bean, Lime, Lobster, Macadamia Nut, Mackerel, Mahi Mahi, Malt, Mango, Maple Sugar, Millet, Mung Bean, Mushroom, Mussel, Mustard, Navy Bean, Nectarine, Nutmeg, Oat, Okra, Olive, Onion, Orange, Oregano, Oyster, Papaya, Paprika, Parsley, Parsnip, Peach, Peanut, Pear, Pecan, Peppermint, Pine Nut, Pineapple, Pinto Bean, Pistachio, Plum, Pomegranate, Pork, Portobello Mushroom, Psyllium, Pumpkin, Quinoa, Radish, Raspberry, Red Beet/Beet Sugar, Rice (Brown/White), Romaine Lettuce, Rosemary, Rye, Safflower, Saffron, Sage, Salmon, Sardine/Herring, Scallions, Scallop, Sea Bass, Sesame, Sheep's Milk, Shrimp, Snapper, Sole, Soybean, Spelt, Spinach, Squid, Strawberry, String Bean, Sunflower, Sweet Potato, Swiss Chard, Swordfish, Tapioca, Tea, Thyme, Tilapia, Tomato, Trout, Tuna, Turkey, Turmeric, Turnip, Vanilla, Veal, Venison, Walnut, Watercress, Watermelon, Wheat, Whey, White Potato, Wild Rice, Yellow Squash, Zucchini