

FOOD SENSITIVITIES CHART

Wheat, Whole Radish Cream	Cheese, Swiss Curry Eggplant	Barramundi Bean, Pinto Bean, Red Kidney	Hazel Nuts Honey, Manuka Lamb
Yoghurt, Plain Chocolate, Milk Milk, Full Cream	Cheese, Cow Fetta Cheese, Gouda Tea, Low Caffeine	Bean, Soy Beef Beetroot	Leek Lemon Lentils
Milk, Full Cream A2 Sugar, Refined Banana	Cauliflower Cheese, Edam Sour Cream	Blackberry Bok Choy Brazil Nuts	Linseed Meal Lobster Macadamia Nut
Chocolate, Dark Pork Strawberry	Vinegar, Balsamic Cheese, Sheep's Milk, Zymil Low Fat	Broccoli Buckwheat Cabbage	Mackerel Mandarin Mango
Vinegar, Apple Cider MSG 621 Mustard Seed	Peanut Brussels Sprouts Carob	Canola Oil Cashew Nut Cheese, Goat Fetta	Maori Cod Maple Syrup (GR A) Milk, Almond
Orange Apple, Green Asparagus	Cheese, Ricotta Fig Flax Seed	Cheese, Goat's Cheese, Mozzarella Cheese, Soy	Milk, Oat Miso Mullet
Bread, White 282 Capsicum Chilli	Milk, Sheep's Milk, Zymil F/Cream Mint	Cherry Coriander Cranberry	Oat Oyster Pea, Snow
Corn Freedom Vege Spread Pepper, Black	Mushroom Parsley Raspberry	Cucumber Dill Dory	Pear Pine nut Pineapple
Sulphur Dioxide 220 Cheese, Cheddar Cheese, Parmesan	Rockmelon Salt, Herb Org Squid	Egg, Whole Flake Flathead	Pistachio {Poppyseed Potato, Sweet
Crab Meat Paprika Cheese, Cottage	Tuna Fish Alfalfa Sprouts Barley	Grape, Black Grape, Green Grapefruit	Potato, White Prawn Prune

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Pumpkin	Avocado	Peas, Chick
Pumpkin Seeds	Bean, Lima	Pecan
Rice, Brown	Bean, Navy	Plum
Rosemary-h	Bean , String (green)	Quinoa
Rye	Beans, Mung	Rice, White
Salmon	Blueberry	Snapper
Sardine	Butter, Salted	Squash, Yellow
Sea Perch	Chicken	Sunflower Seed
Sea Weed	Chives	Tea, Rosehip
Sesame Seed	Cinnamon	Walnut, English
Shallot	Date	Apple, Red
Sorbet, Lemon	Garlic	Basil
Soy Ice Cream	Ginger	Bream
Spelt Flour	Kiwifruit	Carrot
Spinach	Lettuce	Celery
Stevia	Lime	Coconut
Tea, Chamomile	Margarine	Rice, Wild
Tea, Peppermint	Milk, Goat	Apricot
Thyme-h	Milk, Rice	Kale
Tofu	Milk, Soy	Scallop
Tomato	Molasses	
Trevally	Nectarine	
Tumeric	Olive Oil*	
Turkey Meat	Olive, Green	
Vanilla	Olive, Ripe	
Veal	Onion	
Watermelon	Passionfruit	
Yeast, Bakers	Paw Paw*	
Zucchini	Pea, Green	
Almond	Peach	