

CEREALS & STARCH

- Gluten
- Rye
- Oats
- Barley
- Spelt
- Wheat

CEREALS ALTERNATIVES

- Amaranth
- Buckwheat
- Millet
- Maize, sweet corn
- **Quinoa**
- Rice
- Sweet potato

MILK PRODUCTS

- Milk (cow)
- Rennet cheese (cow)
- Sour milk products (cow)
- Sheep milk & cheese
- Goat milk & cheese

EGG

- Chicken egg

YEAST

- Yeast

VEGETABLES

- Aubergine
- Cauliflower
- **Broccoli**
- Chili
- Fennel
- Cucumber
- Carrots
- Potato
- Cabbage
- Leek
- **Maca**
- Olive
- Sweet pepper
- Beetroot
- Celeriac, knob celery
- Soya bean
- Spinach
- Tomato
- Courgette
- Onion

LEGUMES

- Green pea
- Green bean
- Chickpeas
- Lentil

MUSHROOMS

- Meadow mushrooms

ALGAE

- Red algae (nori)

SALADS

- Butterhead lettuce

SPICES & HERBS

- Ginger
- Garlic
- Cumin
- **Curcuma**
- Oregano
- Parsley
- Pepper
- Mustard seed
- Vanilla
- **Superfoods**

FRUITS

- Acai
- Acerola
- Pineapple
- Apple
- Avocado
- Banana
- Pear
- Blueberry
- Cranberry
- Date
- Strawberry
- Goji
- Pomegranate
- Raspberry
- Cherry
- Kiwi
- Melone
- Orange
- Peach
- Grape / Raisin
- Lemon

SEEDS & NUTS

- Cashew kernels
- Chia seeds
- Peanut
- Hemp seeds
- Hazelnut
- Cocoa bean
- Coconut
- Pumpkin seeds
- Linseed
- Almond
- Sesame
- Sunflower seed
- Walnut

90-Food Panel Test (Vegetarian)

To Book:

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- Superfoods