FoodPrint®

Your Food Report



Informing decisions
Improving health

Omega Diagnostics

19/01/2026

Dear Demo Patient 1,

Please find enclosed the Patient Report for your food sensitivity test, FoodPrint®. This includes information about the specific food IgG antibodies detected in your blood sample and guidelines on how to make full use of the test results:

TEST REPORT

Two different types of Test Report are provided with every FoodPrint® test:

1. **Food Groups** – foods are listed according to their respective food group
2. **Order of Reactivity** – foods are ranked by strength of antibody reaction

A numerical value is displayed in a coloured box adjacent to each food, which represents the concentration of IgG antibodies detected for each food. Foods are categorised as ELEVATED BORDERLINE or NORMAL, depending on the antibody level detected.

PATIENT GUIDEBOOK

- Information about food sensitivity and commonly used terminology
- Planning and implementing your results
- Replacements for common foods like dairy, eggs, wheat, gluten and yeast
- Monitoring symptoms, re-introducing foods and avoiding new food sensitivities
- Frequently asked questions

Any change in diet or removal of certain foods/food groups needs to be carefully managed to ensure that essential nutrients are maintained. Information provided in the Patient Guidebook is for general use only. If in doubt, please seek advice from a qualified healthcare professional.

To upgrade your FoodPrint® IgG antibody test to our most comprehensive panel (FP200+), please contact the practitioner/nutritionist who referred you for the FoodPrint® test, within 30 days from the sample analysis date.

Please note | FoodPrint® does NOT test for **classical allergies**, which involve the production of IgE antibodies and cause rapid onset of symptoms such as rashes, swelling, violent sickness, difficulty breathing and anaphylactic shock. **If you have a food allergy, it is important to continue avoiding that food, regardless of the test results obtained**. This advice also applies if you have been diagnosed with coeliac disease or any other food related condition such as lactose intolerance.

If you would like further information or wish to discuss any matters raised in the Patient Report, please do not hesitate to contact hello@cnslab.co.uk.

Finally, we'd love for you to submit a review about our products and our service:

Leave us a Google review here!

Leave us a Trustpilot review here!

Kind regards
The CNSLab Team

120+
Test Report : Food Groups

FoodPrint®

Patient Name:	Demo Patient 1	**Analysis Date:**	15/01/2026
Patient Number:	123456	**Test Reference:**	123456
Date of Birth:	01/02/2003		

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)

DAIRY / EGG

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
69 Egg White	140 Milk (Cow)	115 Milk (Sheep)
<15 Egg Yolk	80 Milk (Goat)	

GRAINS (Gluten-Containing)*

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
35 Barley	42 Oat	15 Wheat Bran
<15 Durum Wheat	<15 Rye	
66 Gliadin*	31 Wheat	

GRAINS (Gluten-Free)

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Buckwheat	<15 Millet	
<15 Corn (Maize)	50 Rice	

FRUIT

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Apple	<15 Grape (Black/Red/White)	25 Orange
<15 Apricot	<15 Grapefruit	<15 Peach
<15 Avocado	<15 Kiwi	<15 Pear
<15 Banana	<15 Lemon	<15 Pineapple
<15 Blackberry	<15 Lime	15 Plum
16 Blackcurrant	<15 Melon (Galia/Honeydew)	<15 Raspberry
<15 Cherry	<15 Nectarine	<15 Strawberry
<15 Cranberry	<15 Olive	

VEGETABLES

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Asparagus	<15 Cabbage (Savoy/White)	<15 Lettuce
<15 Aubergine	<15 Carrot	<15 Onion
<15 Bean (Green)	<15 Cauliflower	38 Pea
21 Bean (Red Kidney)	19 Celery	<15 Pepper (Green/Red/Yellow)
30 Bean (White Haricot)	<15 Chicory	42 Potato
<15 Beetroot	<15 Cucumber	16 Soya Bean
<15 Broccoli	<15 Leek	<15 Spinach
<15 Brussel Sprout	15 Lentil	<15 Tomato

FISH / SEAFOOD

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Cod	18 Mussel	<15 Sole
<15 Crab	<15 Oyster	<15 Swordfish
<15 Haddock	<15 Plaice	<15 Trout
<15 Herring	<15 Salmon	<15 Tuna
<15 Lobster	<15 Scallop	27 Turbot
<15 Mackerel	<15 Shrimp/Prawn	

MEAT

ELEVATED (≥30 U/ml)	BORDERLINE (24-29 U/ml)	NORMAL (≤23 U/ml)
<15 Beef	<15 Lamb	<15 Veal
<15 Chicken	<15 Pork	<15 Venison
<15 Duck	<15 Turkey	

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HERBS / SPICES

<15	Basil	<15	Dill	<15	Nutmeg
<15	Chilli (Red)	<15	Garlic	<15	Parsley
<15	Cinnamon	<15	Ginger	<15	Peppercorn (Black/White)
<15	Clove	<15	Hops	<15	Sage
<15	Coriander (Leaf)	<15	Mint	<15	Thyme
<15	Cumin	33	Mustard Seed	<15	Vanilla

NUTS / SEEDS

15	Almond	25	Hazelnut	<15	Sesame Seed
34	Brazil Nut	31	Peanut	32	Sunflower Seed
79	Cashew Nut	98	Pistachio	<15	Walnut
<15	Coconut	<15	Rapeseed		

MISCELLANEOUS

<15	Carob	<15	Mushroom	<15	Yeast (Baker's)
<15	Cocoa Bean	<15	Tea (Black)	<15	Yeast (Brewer's)
<15	Coffee	<15	Tea (Green)		

* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

120+
Test Report : Order of Reactivity

FoodPrint®

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ELEVATED FOODS (≥30 U/ml)

140	Milk (Cow)	66	Gliadin*	34	Brazil Nut
115	Milk (Sheep)	50	Rice	33	Mustard Seed
98	Pistachio	42	Oat	32	Sunflower Seed
80	Milk (Goat)	42	Potato	31	Peanut
79	Cashew Nut	38	Pea	31	Wheat
69	Egg White	35	Barley	30	Bean (White Haricot)

BORDERLINE FOODS (24-29 U/ml)

27	Turbot	25	Hazelnut	25	Orange

NORMAL FOODS (≤23 U/ml)

21	Bean (Red Kidney)	<15	Chicory	<15	Lettuce
19	Celery	<15	Chilli (Red)	<15	Lime
18	Mussel	<15	Cinnamon	<15	Lobster
16	Blackcurrant	<15	Clove	<15	Mackerel
16	Soya Bean	<15	Cocoa Bean	<15	Melon (Galia/Honeydew)
15	Almond	<15	Coconut	<15	Millet
15	Lentil	<15	Cod	<15	Mint
15	Plum	<15	Coffee	<15	Mushroom
15	Wheat Bran	<15	Coriander (Leaf)	<15	Nectarine
<15	Apple	<15	Corn (Maize)	<15	Nutmeg
<15	Apricot	<15	Crab	<15	Olive
<15	Asparagus	<15	Cranberry	<15	Onion
<15	Aubergine	<15	Cucumber	<15	Oyster
<15	Avocado	<15	Cumin	<15	Parsley
<15	Banana	<15	Dill	<15	Peach
<15	Basil	<15	Duck	<15	Pear
<15	Bean (Green)	<15	Durum Wheat	<15	Pepper (Green/Red/Yellow)
<15	Beef	<15	Egg Yolk	<15	Peppercorn (Black/White)
<15	Beetroot	<15	Garlic	<15	Pineapple
<15	Blackberry	<15	Ginger	<15	Plaice
<15	Broccoli	<15	Grape (Black/Red/White)	<15	Pork
<15	Brussel Sprout	<15	Grapefruit	<15	Rapeseed
<15	Buckwheat	<15	Haddock	<15	Raspberry
<15	Cabbage (Savoy/White)	<15	Herring	<15	Rye
<15	Carob	<15	Hops	<15	Sage
<15	Carrot	<15	Kiwi	<15	Salmon
<15	Cauliflower	<15	Lamb	<15	Scallop
<15	Cherry	<15	Leek	<15	Sesame Seed
<15	Chicken	<15	Lemon	<15	Shrimp/Prawn

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NORMAL FOODS …continued

<15	Sole	<15	Thyme	<15	Veal
<15	Spinach	<15	Tomato	<15	Venison
<15	Strawberry	<15	Trout	<15	Walnut
<15	Swordfish	<15	Tuna	<15	Yeast (Baker's)
<15	Tea (Black)	<15	Turkey	<15	Yeast (Brewer's)
<15	Tea (Green)	<15	Vanilla		

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