

OptiWay™ Foods Tested

OptiWay's Food Sensitivity Test looks at a full menu of 286 different types of food, listed here:



Cereal & Seeds

Amaranth
Barley
Buckwheat
Chia seed
Corn (Maize)
Durum wheat
Einkorn
Emmer
Gluten
Hemp seed
Linseed
Lupine seed
Malt (barley)
Millet
Oat
Pine nut
Polish wheat
Poppy seed
Pumpkin seed
Quinoa
Rapeseed
Rice
Rye
Sesame
Spelt
Sunflower seed
Wheat
Wheat bran
Wheat gliadin
Wheatgrass



Spices

Anise (aniseed)
Basil
Bay leaf
Caraway
Cardamom
Cayenne pepper
Chilli (red)
Cinnamon
Clove
Coriander
Cumin
Curry
Dill
Fenugreek
Ginger
Juniper berry
Lemongrass
Marjoram
Mint
Mustard
Nutmeg
Oregano
Paprika
Parsley
Pepper - Black
Pepper - White
Pepper - Green
Pepper - Red
Pepper - Yellow
Rosemary
Sage
Tarragon
Thyme
Turmeric
Vanilla



Fish & Seafood

Abalone
Atlantic cod
Atlantic herring
Atlantic redfish
Carp
Caviar
Cockle
Common mussel
Crab
Eel
European anchovy
European pilchard
European plaice
Gilt-head bream
Haddock
Hake
Lobster
Mackerel
Monkfish
Noble crayfish
Northern pike
Northern prawn
Octopus
Oyster
Razor shell
Salmon
Scallop
Sepia (cuttlefish)
Shrimp mix
Sole
Squid
Swordfish
Thornback ray
Trout
Tuna
Turbot
Venus clam



Vegetables

Artichoke
Arugula (Rocket)
Bamboo shoots
Beetroot (Red beet)
Broccoli
Brussels sprouts
Cabbage
Caper
Carrot
Cauliflower
Celery bulb
Celery stalk
Chard
Chicory
Chinese cabbage
Chives
Cucumber
Eggplant (Brinjal)
Endive
Fennel (bulb)
Garlic
Green cabbage
Horseradish
Kiwano
Kohlrabi
Lamb's lettuce
Leek
Nettle leaves
Onion
Pak Choi
Parsnip
Potato
Pumpkin (Butternut)
Pumpkin (Hokkaido)
Radicchio
Radish
Red cabbage
Romanesco
Savoy cabbage
Shallot
Spinach
Sweet potato
Tomato
Turnip
Watercress
White asparagus
White cabbage
Wild garlic
Zucchini (Baby marrow)



Fruits

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Cherry
Cranberry
Date
Elderberry
Fig
Gooseberry
Grape
Grapefruit
Kiwi
Lemon
Lime
Lychee
Mango
Melon
Mulberry
Nectarine
Olive
Orange
Papaya
Passion fruit
Peach
Pear
Physalis
Pineapple
Plum
Pomegranate
Raisin
Raspberry
Red currant
Strawberry
Tangerine
Watermelon



Novel Foods

Almond milk
Aloe
Aronia
Baobab
Chlorella
Dandelion root
Ginkgo
Ginseng
Greater burdock root
Guarana
House cricket
Maca root
Mealworm
Migratory locust
Nori
Safflower oil
Spirulina
Tapioca
Wakame
Yacón root



Others

Agar agar
Aspergillus niger
Baker's yeast
Brewer's yeast
Cane sugar
Elderflower
Honey
Hops
M-transglutaminase (meat glue)



Egg & Milk

Alpha-Lactalbumin
Almond milk
Beta-Lactoglobulin
Buttermilk
Camembert
Casein
Coconut milk
Cottage cheese
Egg white
Egg yolk
Emmental cheese
Goat cheese
Gouda cheese
Milk - Buffalo
Milk - Camel
Milk - Cow
Milk - Goat
Milk - Sheep
Mozzarella cheese
Parmesan cheese
Quail egg
Sheep cheese



Nuts

Almond
Brazil nut
Cashew
Coconut
Coconut milk
Hazelnut
Kola nut
Macadamia
Peanut
Pecan nut
Pine nut
Pistachio
Sweet chestnut
Tiger nut
Walnut



Legumes

Chickpea
Green bean
Lentil
Mung bean
Pea
Peanut
Soy
Sugar snap pea
Tamarind
White bean



Edible Mushrooms

Boletus mushroom
Chanterelle mushroom
Enoki mushroom
French horn mushroom
Oyster mushroom
White mushroom



Meat

Beef
Boar
Chicken
Duck
Goat
Horse
Lamb
Ostrich
Pork
Rabbit
Stag
Turkey
Veal
Venison



Teas, Coffees & Herbal Drinks

Chamomile
Cocoa
Coffee
Hibiscus
Jasmine
Moringa
Peppermint
Tea - Black
Tea - Green