

# OptiWay™ FOODS TESTED

## FRUIT

Apple  
Apricot  
Avocado  
Banana  
Blackberry  
Blackcurrant  
Blueberry  
Cherry  
Cranberry  
Date  
Fig  
Grape  
(Black/Red/White)  
Grapefruit  
Guava  
Kiwi  
Lemon  
Lime  
Lychee  
Mango  
Melon  
(Galia/Honeydew)  
Mulberry  
Nectarine  
Olive  
Orange  
Papaya  
Peach  
Pear  
Pineapple  
Plum  
Pomegranate  
Raisin  
Raspberry  
Redcurrant  
Rhubarb  
Strawberry  
Tangerine  
Watermelon

## VEGETABLES

Artichoke  
Asparagus  
Aubergine  
Bean (Broad)  
Bean (Green)

Bean (Red Kidney)  
Bean (White Haricot)  
Beetroot  
Broccoli  
Brussel Sprout  
Cabbage (Red)  
Cabbage  
(Savoy/White)  
Caper  
Carrot  
Cauliflower  
Celery  
Chard  
Chickpea  
Chicory  
Cucumber  
Fennel (Leaf)  
Leek  
Lentil  
Lettuce  
Marrow  
Onion  
Pea  
Pepper  
(Green/Red/Yellow)  
Potato  
Quinoa  
Radish  
Rocket  
Shallot (onion family)  
Soya Bean  
Spinach  
Squash  
(Butternut/Carnival)  
Sweet Potato  
Tomato  
Turnip  
Watercress  
Yuca (Cassava)

## DAIRY / EGG

Alpha-Lactalbumin  
(Whey)  
Beta-Lactoglobulin  
(Whey)

Casein  
Egg White  
Egg Yolk  
Milk (Buffalo)  
Milk (Cow)  
Milk (Goat)  
Milk (Sheep)

## GRAINS (Gluten-Containing)

Barley  
Couscous  
Durum Wheat  
Gluten  
Malt  
Oat  
Rye  
Spelt  
Wheat  
Wheat Bran

## GRAINS (Gluten-Free)

Amaranth  
Buckwheat  
Corn (Maize)  
Millet  
Polenta  
Rice  
Tapioca

## FISH / SEAFOOD

Alga Espaguette  
Alga Spirulina  
Alga Wakame  
Anchovy  
Barnacle  
Bass  
Carp  
Caviar  
Clam  
Cockle  
Cod  
Crab

Cuttlefish  
Eel  
Haddock  
Hake  
Herring  
Lobster  
Mackerel  
Monkfish  
Mussel  
Octopus  
Oyster  
Perch  
Pike  
Plaice  
Razor Clam  
Salmon  
Sardine  
Scallop  
Sea Bream  
(Gilthead)  
Sea Bream (Red)  
Shrimp/Prawn  
Sole  
Squid  
Swordfish  
Trout  
Tuna  
Turbot

## MEAT / POULTRY

Beef  
Chicken  
Duck  
Goat  
Horse  
Lamb  
Ostrich  
Ox  
Partridge  
Pork  
Quail  
Rabbit  
Turkey  
Veal  
Venison  
Wild Boar

## HERBS / SPICES

Aniseed  
Basil  
Bayleaf  
Camomile  
Cayenne  
Chilli (Red)  
Cinnamon  
Clove  
Coriander (Leaf)  
Cumin  
Curry (Mixed Spices)  
Dill  
Garlic  
Ginger  
Ginkgo  
Ginseng  
Hops  
Liquorice  
Marjoram  
Mint  
Nutmeg  
Parsley  
Peppercorn  
(Black/White)  
Peppermint  
Rosemary  
Saffron  
Sage  
Tarragon  
Thyme  
Vanilla

## NUTS / SEEDS / PEANUT

Almond  
Brazil Nut  
Cashew Nut  
Coconut  
Flax Seed  
Hazelnut  
Macadamia Nut  
Peanut  
Pine Nut  
Pistachio  
Rapeseed (Canola)

Sesame Seed  
Sunflower Seed  
Tiger Nut  
Walnut

## MISCELLANEOUS

Agar Agar (Vegan  
thickener)  
Aloe Vera  
Cane Sugar  
Carob  
Chestnut  
Cocoa Bean  
Coffee  
Cola Nut  
Honey  
Mushroom  
Tea (Black)  
Tea (Green)  
Transglutaminase  
Yeast (Baker's)  
Yeast (Brewer's)