



LRA by ELISA/ACT® Testing Blocks

Direct Payment / Cash Only

FOOD BLOCK 166

Almond	Coffee, Decaf & Reg	Oregano	Tobacco
Amaranth	Cola	Oyster	Tofu
Apple	Collard Greens	Papaya	Tomato
Apricot	Corn (Maize)	Paprika	Triticale
Asparagus	Cottonseed Oil	Parsley	Trout
Avocado	Crab	Pea, Green, Snow	Tuna
Banana	Cranberry	Peach	Turbot/Whitefish
Barley	Cucumber	Peanut	Turkey
Basil	Cumin	Pear	Vanilla
Bay Leaf	Currant	Pecan/Pine	Walnut Oil, Black
Bean, Kidney	Curry	Pepper, Black	Watermelon
Bean, Lima	Dill	Pepper, Chili, Red	Wheat
Bean, Mung	Egg, White (Chicken)	Pepper, Green, Red, Yellow	Yeast, Baker's (Geotrichum)
Bean, Pinto	Egg, Yolk (Chicken)	Peppermint	Yeast, Brewer's (Torula)
Bean, Soya	Eggplant	Pineapple	Yogurt (Cow)
Bean, String/Wax	Fig	Plum/Prune	
Beef/Veal	Flaxseed	Pork/Bacon/Ham	
Beet	Garlic	Potato, Sweet/Yam	
Blueberry	Ginger	Potato, White	
Broccoli	Gliadin	Pumpkin	
Buckwheat/Kasha	Gluten	Quinoa	
Butter, Whole	Grape/Raisin, Green	Raspberry	
Cabbage/Brussels	Grape/Raisin, Red	Red Snapper	
Sprouts	Grapefruit	Rice, Brown	
Cantaloupe/	Haddock	Rice, White	
Honeydew	Honey	Rice, Wild	
Carob	Hops	Rosemary	
Carrot	Kale	Rye	
Casein	Kamut	Safflower Oil	
Cashew	Kiwi	Sage	
Cauliflower	Lactalbumin	Salicylate	
Celery	Lamb/Mutton	Salmon/Lox	
Chamomile	Lemon	Scallop	
Cheese, Brick (Cow)	Lentils, Red, Green	Sesame/Tahini	
Cheese, Cottage (Cow)	Lettuce, Iceberg	Shrimp	
Cheese, Parmesan (Cow)	Lettuce, Red Leaf	Sole/Flounder/Halibut	
Cheese, Processed (Cow)	Lettuce, Romaine	Spelt	
Cheese, Romano (Sheep)	Lime	Spinach	
Cheese/Milk (Goat)	Lobster	Squash	
Cherry	Malt	Strawberry	
Chestnut	Mango	Sucanat	
Chicken	Milk, Pasteurized (Cow)	Sugar, Beet	
Chive	Millet	Sugar, Cane	
Chocolate/Cocoa	Molasses	Sugar, Corn	
Cilantro	Mushroom	Sugar, Maple	
Cinnamon	Mustard Greens, Spice	Sunflower	
Clam	Nutmeg	Swordfish	
Clove	Oats	Tapioca	
Coconut	Olive	Tarragon	
Cod Liver Oil	Onion, Yellow	Tea, Black	
Codfish	Orange	Thyme	