



延遲性食物過敏測試 Food Sensitivity Screening Test

222 種測試食物分類 Categories of 222 foods

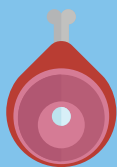
食物 Food	222	120+	Vegetarian 120
蛋類及奶類 Dairy / Egg			
α-乳清蛋白 Alpha-Lactalbumin	●		
β-乳球蛋白 Beta-Lactoglobulin	●		
酪蛋白 Casein	●		
蛋白 Egg White	●	●	●
蛋黃 Egg Yolk	●	●	●
水牛奶 Milk (Buffalo)	●		
牛奶 Milk (Cow)	●	●	●
山羊奶 Milk (Goat)	●	●	●
綿羊奶 Milk (Sheep)	●	●	
蔬菜 Vegetables			
菜薹 (亞蕨竹) Artichoke	●		●
蘆筍 Asparagus	●	●	●
茄子 Aubergine	●	●	●
蠶豆 Bean (Broad)	●		
綠豆 Bean (Green)	●	●	●
紅腰豆 Bean (Red Kidney)	●	●	●
白芸豆 Bean (White Haricot)	●	●	●
紅菜頭 Beetroot	●	●	●
西蘭花 Broccoli	●	●	●
孢子甘藍 Brussel Sprout	●	●	●
紅捲心菜 Cabbage (Red)	●		●
捲心菜 (椰菜) Cabbage (Savoy/White)	●	●	●
酸豆 Caper	●		
胡蘿蔔 Carrot	●	●	●
椰菜花 Cauliflower	●	●	●
芹菜 Celery	●	●	●
蒼蘆菜 (豬兜菜) Chard	●		
鷹嘴豆 Chickpea	●		●
菊苣根 Chicory	●	●	
黃瓜 Cucumber	●	●	●
茴香菜 (香絲菜) Fennel (Leaf)	●		
韭蔥 (扁蔥 / 京蔥) Leek	●	●	●
扁豆 Lentil	●	●	●
生菜 (唐生菜) Lettuce	●	●	●
菜葫蘆 Marrow	●		
洋葱 Onion	●	●	●
豌豆 (蠶豆 / 荷蘭豆) Pea	●	●	●
椒 (混合) Pepper (Green/Red/Yellow)	●	●	●
馬鈴薯 Potato	●	●	●
藜麥 Quinoa	●		
白蘿蔔 Radish	●		
火箭菜 Rocket	●		
薤白 Shallot	●		●
黃豆 Soya Bean	●	●	●
菠菜 Spinach	●	●	●
南瓜 Squash (Butternut/Carnival)	●		
蕃薯 (地瓜) Sweet Potato	●		●
蕃茄 Tomato	●	●	●
蕪菁 (圓菜頭) Turnip	●		
豆瓣菜 (西洋菜) Watercress	●		●
木薯 Yuca	●		

食物 Food	222	120+	Vegetarian 120
穀類 Grains (含麩質及不含麩質) (Gluten-Containing and Gluten-Free)			
大麥 Barley	●	●	●
古斯米 Couscous	●		
杜蘭小麥 Durum Wheat	●	●	●
麥膠蛋白 Gliadin*	●	●	●
麥芽 Malt	●		
燕麥 Oat	●	●	●
黑麥 Rye	●	●	●
斯佩爾特小麥 Spelt	●		
小麥 Wheat	●	●	●
米糠 Wheat Bran	●	●	●
莧菜 Amaranth	●		
蕎麥 Buckwheat	●	●	●
玉米 Corn (Maize)	●	●	●
小米 Millet	●	●	
粗玉米粉 Polenta	●		
稻米 Rice	●	●	●
木薯粉 Tapioca	●		
水果 Fruit			
蘋果 Apple	●	●	●
杏 Apricot	●	●	●
牛油果 Avocado	●	●	●
香蕉 Banana	●	●	●
黑莓 Blackberry	●	●	●
黑加侖子 Blackcurrant	●	●	●
藍莓 Blueberry	●		●
櫻桃 (車厘子) Cherry	●	●	●
蔓越莓 (小紅莓) Cranberry	●	●	●
棗 Date	●		
無花果 Fig	●		
葡萄 Grape (Black/Red/White)	●	●	●
西柚 Grapefruit	●	●	●
番石榴 Guava	●		
奇異果 Kiwi	●	●	●
檸檬 Lemon	●	●	●
萊檬 (青檸) Lime	●	●	●
荔枝 Lychee	●		
芒果 Mango	●		●
蜜瓜 Melon (Galia/Honeydew)	●	●	●
桑椹 Mulberry	●		
桃駁李 (油桃) Nectarine	●	●	
橄欖 Olive	●	●	●
橙 Orange	●	●	●
木瓜 Papaya	●		●
蜜桃 Peach	●	●	●
梨 Pear	●	●	●
鳳梨 (菠蘿) Pineapple	●	●	●
李子 (梅子) Plum	●	●	●
紅石榴 Pomegranate	●		●
葡萄乾 Raisin	●		
山莓 Raspberry	●	●	●
紅醋栗 (紅加侖子) Redcurrant	●		
大黃 Rhubarb	●		
草莓 (士多啤梨) Strawberry	●	●	●
桔 Tangerine	●		●
西瓜 Watermelon	●		●

食物 Food	222	120+	Vegetarian 120
綠髮藻 Alga Espaguetto	●		
螺旋藻 Alga Spirulina	●		
海苔 Alga Wakame	●		
鰵魚 Anchovy	●		
藤壺 Barnacle	●		
鱸魚 Bass	●		
鯉魚 Carp	●		
魚子醬 Caviar	●		
蛤 Clam	●		
獅蚶 (赤貝) Cockle	●		
鱒魚 Cod	●	●	
蟹 Crab	●	●	
墨魚 Cuttlefish	●		
鰻魚 (鱈魚) Eel	●		
黑線鱒魚 Haddock	●	●	
鱒魚 Hake	●		
鯊魚 (希羅魚) Herring	●	●	
龍蝦 Lobster	●	●	
鱈魚 Mackerel	●	●	
鮫鱈魚 Monkfish	●		
青口 Mussel	●	●	
八爪魚 Octopus	●		
蠔 Oyster	●	●	
河鱸魚 Perch	●		
梭子魚 Pike	●		
高眼鱈 Plaice	●	●	
蠶子 Razor Clam	●		
鮭魚 (三文魚) Salmon	●	●	
沙甸魚 Sardine	●		
扇貝 Scallop	●	●	
鯛魚 Sea Bream (Gilthead)	●		
紅鯛魚 Sea Bream (Red)	●		
蝦 Shrimp/Prawn	●	●	
龍躑魚 Sole	●	●	
魷魚 Squid	●		
劍魚 Swordfish	●	●	
鱒魚 Trout	●	●	
吞拿魚 Tuna	●	●	
鱈魚 (多寶魚) Turbot	●	●	
螺 Winkle	●		
黃牛肉 Beef	●	●	
雞肉 Chicken	●	●	
鴨肉 Duck	●	●	
山羊肉 Goat	●		
馬肉 Horse	●		
綿羊肉 Lamb	●	●	
駝鳥肉 Ostrich	●		
水牛肉 Ox	●		
鸕鶿 Partridge	●		
豬肉 Pork	●	●	
鶉 Quail	●		
兔肉 Rabbit	●		
火雞 Turkey	●	●	
小牛肉 Veal	●	●	
鹿肉 Venison	●	●	
野豬肉 Wild Boar	●		



魚類
及其他海鮮
Fish / Seafood



肉類
Meat

食物 Food	222	120+	Vegetarian 120
茴香 (八角) Aniseed	●		●
羅勒 (九層塔) Basil	●	●	●
月桂葉 Bayleaf	●		●
洋金菊 Camomile	●		
辣椒 Cayenne	●		●
紅辣椒 Chilli (Red)	●	●	●
肉桂 Cinnamon	●	●	●
丁香 Clove	●	●	●
芫荽 Coriander (Leaf)	●	●	●
孜然 (阿拉伯茴香) Cumin	●	●	●
咖喱 Curry (Mixed Spices)	●		●
蒔蘿 (洋茴香) Dill	●	●	●
大蒜 Garlic	●	●	●
薑 Ginger	●	●	●
銀杏 Ginkgo	●		●
人蔘 Ginseng	●		●
啤酒花 Hops	●	●	●
甘草 Licorice	●		
薊角蘭 Marjoram	●		●
薄荷 Mint	●	●	
芥菜籽 Mustard Seed	●	●	●
蕁麻 Nettle	●		
肉豆蔻 Nutmeg	●	●	●
香芹 (洋芫荽) Parsley	●	●	●
黑 / 白胡椒 Peppercorn (Black/White)	●	●	●
薄荷 Peppermint	●		●
迷迭香 Rosemary	●		
藏紅花 Saffron	●		●
鼠尾草 Sage	●	●	
龍蒿 Tarragon	●		●
麝香草 Thyme	●	●	●
香草 (雲呢拿) Vanilla	●	●	●
杏仁 Almond	●	●	●
巴西堅果 Brazil Nut	●	●	●
腰果 Cashew Nut	●	●	●
椰子 Coconut	●	●	●
亞麻籽 Flax Seed	●		●
榛子 Hazelnut	●	●	●
夏威夷果仁 Macadamia Nut	●		●
花生 Peanut	●	●	●
松子 Pine Nut	●		●
開心果 Pistachio	●	●	●
油菜籽 Rapeseed	●	●	
芝麻 Sesame Seed	●	●	●
葵花籽 Sunflower Seed	●	●	●
油莎草 (藜麥) Tiger Nut	●		
核桃 Walnut	●	●	●
瓊脂 (大菜絲) Agar Agar	●		
蘆薈 Aloe Vera	●		
蔗糖 Cane Sugar	●		
長角豆 Carob	●	●	
栗子 Chestnut	●		●
可可豆 Cocoa Bean	●	●	●
咖啡豆 Coffee	●	●	●
可樂果 Cola Nut	●		●
蜜糖 Honey	●		
蘑菇 Mushroom	●	●	●
紅茶 Tea (Black)	●	●	●
綠茶 Tea (Green)	●	●	●
食物添加劑 Transglutaminase	●		●
麵包酵母 Yeast (Baker's)	●	●	●
啤酒酵母 Yeast (Brewer's)	●	●	●



香草
及其他調味料
Herbs / Spices



堅果及
種子類
Nuts / Seeds



其他
Miscellaneous

ApexHealth | 傲士健康

立即行動
Action Now!

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