

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)