

Cross Reference of Different Food Panels



Dairy

Casein	●	●	●	●	●
Cheese, Cheddar	●	●	●	●	●
Cheese, Cottage	●	●	●	●	●
Cheese, Mozzarella	●	●	●	●	●
Milk	●	●	●	●	●
Milk, Goat	●	●	●	●	●
Whey	●	●	●	●	●
Yogurt	●	●	●	●	●

Fruits

Apple	●	●	●	●	●
Apricot	●	●	●	●	●
Banana	●	●	●	●	●
Blueberry	●	●	●	●	●
Cantaloupe	●	●	●	●	●
Cherry	●	●	●	●	●
Coconut	●	●	●	●	●
Cranberry	●	●	●	●	●
Grape	●	●	●	●	●
Grapefruit	●	●	●	●	●
Guava	●	●	●	●	●
Honeydew	●	●	●	●	●
Kiwi	●	●	●	●	●
Lemon	●	●	●	●	●
Lian Woo	●	●	●	●	●
Mango	●	●	●	●	●
Orange	●	●	●	●	●
Papaya	●	●	●	●	●
Peach	●	●	●	●	●
Pear	●	●	●	●	●
Pineapple	●	●	●	●	●
Plum	●	●	●	●	●
Raspberry	●	●	●	●	●
Strawberry	●	●	●	●	●
Watermelon	●	●	●	●	●

Fish/Crustacea/Mollusk

Abalone	●	●	●	●	●
Clam	●	●	●	●	●
Cod	●	●	●	●	●
Crab	●	●	●	●	●
Cuttlefish	●	●	●	●	●
Halibut	●	●	●	●	●
Lobster	●	●	●	●	●
Oyster	●	●	●	●	●
Red Snapper	●	●	●	●	●
Salmon	●	●	●	●	●
Sea Bass	●	●	●	●	●
Sea Perch	●	●	●	●	●
Scallop	●	●	●	●	●
Shrimp	●	●	●	●	●
Sole	●	●	●	●	●
Tuna	●	●	●	●	●

Grains/Legumes/Nuts

Almond	●	●	●	●	●
Amaranth	●	●	●	●	●
Barley	●	●	●	●	●
Bean, Kidney	●	●	●	●	●
Bean, Lima	●	●	●	●	●
Bean, Mung	●	●	●	●	●
Bean, Navy	●	●	●	●	●
Bean, Pinto	●	●	●	●	●
Bean, Red	●	●	●	●	●
Bean, Soy	●	●	●	●	●
Bean, String	●	●	●	●	●
Buckwheat	●	●	●	●	●
Cashew Nut	●	●	●	●	●
Corn	●	●	●	●	●
Flaxseed	●	●	●	●	●
Gliadin, Wheat	●	●	●	●	●
Gluten, Wheat	●	●	●	●	●
Hazelnut	●	●	●	●	●
Job's Tears	●	●	●	●	●
Lentil	●	●	●	●	●
Millet	●	●	●	●	●
Oat	●	●	●	●	●
Pea, Green	●	●	●	●	●
Peanut	●	●	●	●	●
Pecan	●	●	●	●	●
Pistachio	●	●	●	●	●
Rice, Brown	●	●	●	●	●
Rice, White	●	●	●	●	●
Rye	●	●	●	●	●
Sesame Seed	●	●	●	●	●
Spelt	●	●	●	●	●
Sunflower Seed	●	●	●	●	●
Walnut	●	●	●	●	●
Wheat, Whole	●	●	●	●	●

Meat/Fowl

Beef	●	●	●	●	●
Chicken	●	●	●	●	●
Duck	●	●	●	●	●
Egg Whole, Duck	●	●	●	●	●
Egg White, Chicken	●	●	●	●	●
Egg Yolk, Chicken	●	●	●	●	●
Egg Whole, Chicken	●	●	●	●	●
Goose	●	●	●	●	●
Lamb	●	●	●	●	●
Pork	●	●	●	●	●
Turkey	●	●	●	●	●

Miscellaneous

Chamomile	●	●	●	●	●
Cocoa Bean	●	●	●	●	●
Coffee Bean	●	●	●	●	●
Honey	●	●	●	●	●
Sugar Cane	●	●	●	●	●
Tea, Green	●	●	●	●	●
Tea, Woo-long	●	●	●	●	●
Yeast, Baker's	●	●	●	●	●
Yeast, Brewer's	●	●	●	●	●

Spices

Cinnamon	●	●	●	●	●
Curry Powder	●	●	●	●	●
Ginger	●	●	●	●	●
Mustard	●	●	●	●	●
Parsley	●	●	●	●	●
Pepper, Black	●	●	●	●	●
Pepper, Cayenne	●	●	●	●	●
Peppermint	●	●	●	●	●
Vanilla Bean	●	●	●	●	●
Woo-hsiang	●	●	●	●	●

Vegetables

Artichoke	●	●	●	●	●
Avocado	●	●	●	●	●
Bamboo Shoot	●	●	●	●	●
Bean Sprout	●	●	●	●	●
Beet	●	●	●	●	●
Bitter Gourd	●	●	●	●	●
Broccoli	●	●	●	●	●
Cabbage	●	●	●	●	●
Carrot	●	●	●	●	●
Cauliflower	●	●	●	●	●
Celery	●	●	●	●	●
Cucumber	●	●	●	●	●
Eggplant	●	●	●	●	●
Garlic	●	●	●	●	●
Kamut	●	●	●	●	●
Kelp	●	●	●	●	●
Leek	●	●	●	●	●
Lettuce	●	●	●	●	●
Mushroom	●	●	●	●	●
Olive	●	●	●	●	●
Onion	●	●	●	●	●
Pepper, Chili	●	●	●	●	●
Pepper, Green Bell	●	●	●	●	●
Potato, Sweet	●	●	●	●	●
Potato, White	●	●	●	●	●
Pumpkin	●	●	●	●	●
Quinoa	●	●	●	●	●
Radish	●	●	●	●	●
Spinach	●	●	●	●	●
Sponge, Vegetable	●	●	●	●	●
Squash, Zucchini	●	●	●	●	●
Taro	●	●	●	●	●
Tomato	●	●	●	●	●
Water Spinach	●	●	●	●	●

16 Additional Vegetarian Panel

- Fruits:** Cantaloupe, Cherry, Watermelon
- Grains/Legumes:** Navy Bean, Cashew Nut, Flaxseed, Kamut, Millet, Pistachio, Quinoa, Brown Rice
- Vegetables:** Artichoke, Chili Pepper, Bean Sprout, Eggplant
- Spices:** Black Pepper