

ImuPro Vegetarian tests 90 foods:

Cereals and Starch

- Gluten
- Rye
- Oats
- Barley
- Spelt
- Wheat

Alternatives to Cereals

- Amaranth
- Buckwheat
- Millet
- Maize (sweet corn)
- Quinoa
- Rice
- Sweet potato

Egg

- Chicken egg

Milk Products

- Milk (cow)
- Rennet cheese (cow)
- Sour-milk products (cow)
- Sheep milk and cheese
- Goat milk and cheese

Yeast

- Yeast

Vegetables

- Aubergine
- Cauliflower
- Broccoli
- Chili
- Fennel
- Cucumber
- Carrot
- Potato
- Cabbage
- Leek
- Maca
- Olive
- Sweet pepper
- Beetroot
- Celeriac (knob celery)
- Soybean
- Spinach
- Tomato
- Onion
- Zucchini (courgette)

Legumes

- Green pea
- Green bean
- Chickpea
- Lentil

Mushrooms

- Meadow mushroom

Algae

- Red algae (nori)

Fruits

- Acai
- Acerola
- Pineapple
- Apple
- Avocado
- Banana
- Pear
- Blueberry
- Cranberry
- Date
- Strawberry
- Goji
- Pomegranate
- Raspberry
- Cherry
- Kiwi
- Melone
- Orange
- Peach
- Grape
- Lemon

Salads

- Butterhead lettuce

Spices & Herbs

- Ginger
- Garlic
- Cumin
- Curcuma
- Oregano
- Parsley
- Pepper
- Mustard seed
- Vanilla

Seeds & Nuts

- Cashew kernel
- Chia seed
- Peanut
- Hemp seed
- Hazelnut
- Cocoa bean
- Coconut
- Pumpkin seed
- Linseed
- Almond
- Sesame
- Sunflower seed
- Walnut

■ = Superfoods

