



**FOODPRINT**

FOODS TESTED

WIMBLEDON  
CLINIC





 <p><b>DAIRY &amp; EGGS</b></p>	Alpha-Lactalbumin Beta-Lactoglobulin Casein	Egg White Egg Yolk	Milk (Buffalo) Milk (Cow)	Milk (Goat) Milk (Sheep)
 <p><b>FISH / SEAFOOD</b></p>	Anchovy Bass Carp Caviar Clam Cockle Cod Crab Cuttlefish	Eel Haddock Hake Herring Lobster Mackerel Monkfish Mussel	Octopus Oyster Perch Pike Plaice Salmon Sardine Scallop	Sea Bream (Gilthead) Shrimp/Prawn Sole Squid Swordfish Trout Tuna Turbot
 <p><b>FRUIT</b></p>	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
 <p><b>GRAINS</b></p>	Amaranth Barley Buckwheat Corn (Maize) Couscous	Durum Wheat Gliadin Malt Millet	Oat Quinoa Rice Rye	Spelt Tapioca Wheat Wheat Bran
 <p><b>HERBS &amp; SPICES</b></p>	Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove	Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops	Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White)	Peppermint Rosemary Saffron Sage Tarragon Thyme Vanilla
 <p><b>MEAT</b></p>	Beef Chicken Duck Horse	Lamb Ostrich Partridge Pork	Quail Rabbit Turkey	Veal Venison Wild Boar
 <p><b>MISC</b></p>	Agar Agar Aloe Vera Carob	Chestnut Cocoa Bean Coffee	Mushroom Tea (Black) Tea (Green)	Yeast (Baker's) Yeast (Brewer's)
 <p><b>NUTS / SEEDS</b></p>	Almond Brazil Nut Cashew Nut Coconut	Flax Seed Hazelnut Macadamia Nut Peanut	Pine Nut Pistachio Rapeseed Sesame Seed	Sunflower Seed Tiger Nut Walnut
 <p><b>VEGETABLES</b></p>	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 Radish Rocket	Shallot Soya Bean Spinach Squash (Butternut/Carnival) Sweet Potato Tomato Turnip Watercress Yuca

	120+	60+	40+
<b>DAIRY/EGGS</b>			
Egg White	•	•	•
Egg Yolk	•	•	•
Milk (Cow)	•	•	•
Milk (Goat)	•	•	
Milk (Sheep)	•		
<b>FISH/SEAFOOD</b>			
Cod	•	•	•
Crab	•	•	•
Haddock	•	•	•
Herring	•		
Lobster	•	•	•
Mackerel	•		
Mussel	•		
Oyster	•	•	
Plaice	•	•	•
Salmon	•	•	
Scallop	•		
Shrimp/Prawn	•	•	•
Sole	•		
Swordfish	•		
Trout	•	•	
Tuna	•	•	
Turbot	•		
<b>FRUITS</b>			
Apple	•	•	•
Apricot	•		
Avocado	•	•	
Banana	•		
Blackberry	•	•	•
Blackcurrant	•		
Cherry	•	•	
Cranberry	•		
Grape (Black/Red/White)	•	•	
Grapefruit	•	•	•
Kiwi	•		
Lemon	•	•	•
Lime	•	•	
Melon (Galia/Honeydew)	•		
Nectarine	•		
Olive	•		
Orange	•	•	•
Peach	•		
Pear	•	•	•
Pineapple	•	•	
Plum	•		
Raspberry	•	•	•
Strawberry	•	•	•
<b>GRAINS</b>			
Barley	•	•	•
Buckwheat	•		
Corn (Maize)	•	•	•
Durum Wheat	•	•	•
Gliadin	•	•	•
Millet	•		
Oat	•	•	•
Rice	•	•	•
Rye	•	•	•
Wheat	•	•	•
Wheat Bran	•		
<b>HERBS &amp; SPICES</b>			
Basil	•		
Chilli (Red)	•	•	
Cinnamon	•		
Clove	•		
Coriander (Leaf)	•		
Cumin	•		
Dill	•		
Garlic	•	•	
Ginger	•	•	
Hops	•		
Mint	•		
Mustard Seed	•	•	
Nutmeg	•		
Parsley	•		
Peppercorn (Black/White)	•	•	
Sage	•		
Thyme	•		
Vanilla	•		

	120+	60+	40+
<b>MEAT</b>			
Beef	•	•	•
Chicken	•	•	•
Duck	•		
Lamb	•	•	•
Pork	•	•	•
Turkey	•	•	•
Veal	•		
Venison	•		
<b>MISC</b>			
Carob	•		
Cocoa Bean	•		
Coffee	•		
Mushroom	•	•	
Tea (Black)	•		
Tea (Green)	•		
Yeast (Baker's)	•	•	•
Yeast (Brewer's)	•	•	•
<b>NUTS/SEEDS</b>			
Almond	•	•	•
Brazil Nut	•	•	
Cashew Nut	•	•	•
Coconut	•		
Hazelnut	•	•	•
Peanut	•	•	•
Pistachio	•	•	
Rapeseed	•		
Sesame Seed	•		
Sunflower Seed	•		
Walnut	•		
<b>VEGETABLES</b>			
Asparagus	•		
Aubergine	•		
Bean (Green)	•		
Bean (Red Kidney)	•	•	•
Bean (White Haricot)	•	•	•
Beetroot	•		
Broccoli	•	•	•
Brussel Sprout	•	•	
Cabbage (Savoy/White)	•	•	•
Carrot	•	•	
Cauliflower	•	•	•
Celery	•		
Chicory	•		
Cucumber	•		
Leek	•		
Lentil	•		
Lettuce	•		
Onion	•		
Pea	•	•	•
Pepper (Green/Red/Yellow)	•		
Potato	•	•	•
Soya Bean	•	•	•
Spinach	•		
Tomato	•		

 <p><b>DAIRY &amp; EGGS</b></p>	<p>Alpha-Lactalbumin Beta-Lactoglobulin Casein</p>	<p>Egg White Egg Yolk</p>	<p>Milk (Buffalo) Milk (Cow)</p>	<p>Milk (Goat) Milk (Sheep)</p>
 <p><b>FRUIT</b></p>	<p>Apple Apricot Avocado Banana Blackberry Blackcurrant Blueberry Cherry Cranberry Date</p>	<p>Fig Grape (Black/Red/White) Grapefruit Guava Kiwi Lemon Lime Lychee Mango</p>	<p>Melon (Galia/Honeydew) Mulberry Nectarine Olive Orange Papaya Peach Pear Pineapple</p>	<p>Plum Pomegranate Raisin Raspberry Redcurrant Rhubarb Strawberry Tangerine Watermelon</p>
 <p><b>GRAINS</b></p>	<p>Amaranth Barley Buckwheat Corn (Maize) Couscous</p>	<p>Durum Wheat Gliadin Malt Millet Oat</p>	<p>Polenta Quinoa Rice Rye</p>	<p>Spelt Tapioca Wheat Wheat Bran</p>
 <p><b>HERBS &amp; SPICES</b></p>	<p>Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove</p>	<p>Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops</p>	<p>Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White)</p>	<p>Peppermint Rosemary Saffron Sage Tarragon Thyme Vanilla</p>
 <p><b>MISC</b></p>	<p>Agar Agar Aloe Vera Carob</p>	<p>Chestnut Cocoa Bean Coffee</p>	<p>Mushroom Tea (Black) Tea (Green)</p>	<p>Yeast (Baker's) Yeast (Brewer's)</p>
 <p><b>NUTS / SEEDS</b></p>	<p>Almond Brazil Nut Cashew Nut Coconut</p>	<p>Flax Seed Hazelnut Macadamia Nut Peanut</p>	<p>Pine Nut Pistachio Rapeseed Sesame Seed</p>	<p>Sunflower Seed Tiger Nut Walnut</p>
 <p><b>VEGETABLES</b></p>	<p>Artichoke Asparagus Aubergine Bean (Broad) Bean (Green) Bean (Red Kidney) Bean (White Haricot) Beetroot Broccoli Brussel Sprout Cabbage (Red)</p>	<p>Cabbage (Savoy/White) Caper Carrot Cauliflower Celery Chard Chickpea Chicory Cucumber Fennel (Leaf)</p>	<p>Leek Lentil Lettuce Marrow Onion Pea Pepper (Green/Red/Yellow) Potato Radish Rocket</p>	<p>Shallot Soya Bean Spinach Squash (Butternut/Carnival) Sweet Potato Tomato Turnip Watercress Yuca</p>

	VEGETARIAN 110+	VEGETARIAN 60+
<b>DAIRY/EGGS</b>		
Egg White	•	•
Egg Yolk	•	•
Milk (Cow)	•	•
Milk (Goat)	•	•
<b>FRUITS</b>		
Apple	•	•
Apricot	•	•
Avocado	•	
Banana	•	•
Blackberry	•	•
Blackcurrant	•	•
Blueberry	•	•
Cherry	•	•
Cranberry	•	•
Grape (Black/Red/White)	•	•
Grapefruit	•	•
Kiwi	•	
Lemon	•	•
Lime	•	•
Mango	•	
Melon (Galia/Honeydew)	•	
Olive	•	•
Orange	•	•
Papaya	•	
Peach	•	
Pear	•	•
Pineapple	•	•
Plum	•	
Pomegranate	•	
Raspberry	•	•
Strawberry	•	•
Tangerine	•	
Watermelon	•	
<b>GRAINS</b>		
Barley	•	•
Buckwheat	•	
Corn (Maize)	•	•
Durum Wheat	•	•
Gliadin	•	•
Oat	•	•
Rice	•	•
Rye	•	•
Wheat	•	•
Wheat Bran	•	
<b>HERBS &amp; SPICES</b>		
Aniseed	•	
Basil	•	
Bayleaf	•	
Cayenne	•	
Chilli (Red)	•	•
Cinnamon	•	
Clove	•	
Coriander (Leaf)	•	
Cumin	•	
Curry (Mixed Spices)	•	
Dill	•	
Garlic	•	•
Ginger	•	•
Ginseng	•	
Hops	•	
Marjoram	•	
Mustard Seed	•	
Nutmeg	•	
Parsley	•	
Peppercorn (Black/White)	•	•
Peppermint	•	
Saffron	•	
Tarragon	•	
Thyme	•	
Vanilla	•	

	VEGETARIAN 110+	VEGETARIAN 60+
<b>MISC</b>		
Chestnut	•	
Cocoa Bean	•	•
Coffee	•	•
Mushroom	•	•
Tea (Black)	•	•
Tea (Green)	•	•
Yeast (Baker's)	•	•
Yeast (Brewer's)	•	•
<b>NUTS/SEEDS</b>		
Almond	•	•
Brazil Nut	•	•
Cashew Nut	•	•
Coconut	•	
Flax Seed	•	
Hazelnut	•	•
Macadamia Nut	•	
Peanut	•	•
Pine Nut	•	
Pistachio	•	•
Sesame Seed	•	
Sunflower Seed	•	
Walnut	•	•
<b>VEGETABLES</b>		
Artichoke	•	
Asparagus	•	•
Aubergine	•	
Bean (Green)	•	
Bean (Red Kidney)	•	•
Bean (White Haricot)	•	•
Beetroot	•	
Broccoli	•	•
Brussel Sprout	•	•
Cabbage (Red)	•	
Cabbage (Savoy/White)	•	
Carrot	•	•
Cauliflower	•	•
Celery	•	
Chickpea	•	•
Cucumber	•	
Leek	•	
Lentil	•	•
Lettuce	•	
Onion	•	•
Pea	•	•
Pepper (Green/Red/Yellow)	•	
Potato	•	•
Shallot	•	
Soya Bean	•	•
Spinach	•	
Sweet Potato	•	
Tomato	•	•
Watercress	•	



### FRUIT

Apple	Fig	Melon (Galia/Honeydew)	Plum
Apricot	Grape (Black/Red/White)	Mulberry	Pomegranate
Avocado	Grapefruit	Nectarine	Raisin
Banana	Guava	Olive	Raspberry
Blackberry	Kiwi	Orange	Redcurrant
Blackcurrant	Lemon	Papaya	Rhubarb
Blueberry	Lime	Peach	Strawberry
Cherry	Lychee	Pear	Tangerine
Cranberry	Mango	Pineapple	Watermelon
Date			



### GRAINS

Amaranth	Durum Wheat	Polenta	Spelt
Barley	Gliadin	Quinoa	Tapioca
Buckwheat	Malt	Rice	Wheat
Corn (Maize)	Millet	Rye	Wheat Bran
Couscous	Oat		



### HERBS & SPICES

Aniseed	Coriander (Leaf)	Liquorice	Peppermint
Basil	Cumin	Marjoram	Rosemary
Bayleaf	Curry (Mixed Spices)	Mint	Saffron
Camomile	Dill	Mustard Seed	Sage
Cayenne	Garlic	Nettle	Tarragon
Chilli (Red)	Ginger	Nutmeg	Thyme
Cinnamon	Ginseng	Parsley	Vanilla
Clove	Hops	Peppercorn (Black/White)	



### MISC

Agar Agar	Chestnut	Mushroom	Yeast (Baker's)
Aloe Vera	Cocoa Bean	Tea (Black)	Yeast (Brewer's)
Carob	Coffee	Tea (Green)	



### NUTS / SEEDS

Almond	Flax Seed	Pine Nut	Sunflower Seed
Brazil Nut	Hazelnut	Pistachio	Tiger Nut
Cashew Nut	Macadamia Nut	Rapeseed	Walnut
Coconut	Peanut	Sesame Seed	



### VEGETABLES

Artichoke	Cabbage (Savoy/White)	Leek	Shallot
Asparagus	Caper	Lentil	Soya Bean
Aubergine	Carrot	Lettuce	Spinach
Bean (Broad)	Cauliflower	Marrow	Squash (Butternut/Carnival)
Bean (Green)	Celery	Onion	Sweet Potato
Bean (Red Kidney)	Chard	Pea	Tomato
Bean (White Haricot)	Chickpea	Pepper (Green/Red/Yellow)	Turnip
Beetroot	Chicory	Potato	Watercress
Broccoli	Cucumber	Radish	Yuca
Brussel Sprout	Fennel (Leaf)	Rocket	
Cabbage (Red)			



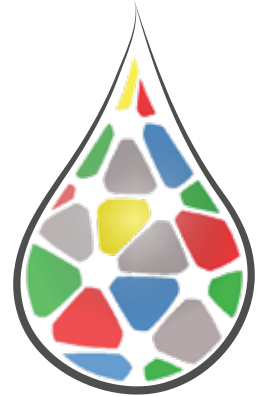
	VEGAN 110+	VEGAN 60+	HERBS & SPICES
<b>FRUITS</b>			
Apple	•	•	
Apricot	•	•	
Avocado	•		
Banana	•	•	
Blackberry	•	•	
Blackcurrant	•	•	
Blueberry	•	•	
Cherry	•	•	
Cranberry	•	•	
Grape (Black/Red/White)	•	•	
Grapefruit	•	•	
Kiwi	•		
Lemon	•	•	
Lime	•	•	
Mango	•		
Melon (Galia/Honeydew)	•	•	
Olive	•	•	
Orange	•	•	
Papaya	•		
Peach	•		
Pear	•	•	
Pineapple	•	•	
Plum	•		
Pomegranate	•		
Raspberry	•	•	
Strawberry	•	•	
Tangerine	•		
Watermelon	•		
<b>GRAINS</b>			
Barley	•	•	
Buckwheat	•		
Corn (Maize)	•	•	
Durum Wheat	•	•	
Gliadin	•	•	
Oat	•	•	
Rice	•	•	
Rye	•	•	
Wheat	•	•	
Wheat Bran	•		
<b>HERBS &amp; SPICES</b>			
Aniseed	•		•
Basil	•		•
Bayleaf	•		•
Camomile			•
Cayenne	•		•
Chilli (Red)	•	•	•
Cinnamon	•		•
Clove	•		•
Coriander (Leaf)	•		•
Cumin	•		•
Curry (Mixed Spices)	•		•
Dill	•		•
Garlic	•	•	•
Ginger	•	•	•
Ginseng	•		•
Hops	•		•
Liquorice			•
Marjoram	•		•
Mint			•
Mustard Seed	•	•	•
Nettle			•
Nutmeg	•		•
Parsley	•	•	•
Peppercorn (Black/White)	•	•	•
Peppermint	•		•
Rosemary			•
Saffron	•		•
Sage			•
Tarragon	•		•
Thyme	•		•
Vanilla	•		•

	VEGAN 110+	VEGAN 60+	HERBS & SPICES
<b>MISC</b>			
Carob		•	
Chestnut	•		
Cocoa Bean	•	•	
Coffee	•	•	
Mushroom	•	•	
Tea (Black)	•	•	
Tea (Green)	•	•	
Yeast (Baker's)	•	•	
Yeast (Brewer's)	•	•	
<b>NUTS/SEEDS</b>			
Almond	•	•	
Brazil Nut	•	•	
Cashew Nut	•	•	
Coconut	•	•	
Flax Seed	•		
Hazelnut	•	•	
Macadamia Nut	•		
Peanut	•	•	
Pine Nut	•		
Pistachio	•	•	
Sesame Seed	•	•	
Sunflower Seed	•	•	
Walnut	•	•	
<b>VEGETABLES</b>			
Artichoke	•		
Asparagus	•	•	
Aubergine	•		
Bean (Green)	•		
Bean (Red Kidney)	•	•	
Bean (White Haricot)	•	•	
Beetroot	•		
Broccoli	•	•	
Brussel Sprout	•	•	
Cabbage (Red)	•		
Cabbage (Savoy/White)	•		
Carrot	•	•	
Cauliflower	•	•	
Celery	•		
Chickpea	•	•	
Cucumber	•		
Leek	•		
Lentil	•	•	
Lettuce	•		
Onion	•	•	
Pea	•	•	
Pepper (Green/Red/Yellow)	•		
Potato	•	•	
Shallot	•		
Soya Bean	•	•	
Spinach	•		
Sweet Potato	•		
Tomato	•	•	
Watercress	•		

**WIMBLEDON**  

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**CLINIC**



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