



**FOODPRINT<sup>®</sup>**

FOODS TESTED (CNS UK)



Cambridge  
Nutritional  
Sciences

 <p><b>DAIRY &amp; EGGS</b></p>	<p>Alpha-Lactalbumin Beta-Lactoglobulin Casein</p>	<p>Egg White Egg Yolk</p>	<p><b>Milk (Buffalo)</b> Milk (Cow)</p>	<p>Milk (Goat) Milk (Sheep)</p>
 <p><b>FISH / SEAFOOD</b></p>	<p>Anchovy Bass Carp Caviar Clam Cockle Cod Crab Cuttlefish</p>	<p><b>Eel</b> Haddock <b>Hake</b> Herring Lobster Mackerel <b>Monkfish</b> Mussel</p>	<p><b>Octopus</b> Oyster <b>Perch</b> <b>Pike</b> Plaice Salmon <b>Sardine</b> Scallop</p>	<p><b>Sea Bream (Gilthead)</b> Shrimp/Prawn Sole <b>Squid</b> Swordfish Trout Tuna Turbot</p>
 <p><b>FRUIT</b></p>	<p>Apple Apricot Avocado Banana Blackberry Blackcurrant <b>Blueberry</b> Cherry Cranberry Date</p>	<p><b>Fig</b> Grape (Black/Red/White) Grapefruit <b>Guava</b> Kiwi Lemon Lime <b>Lychee</b> <b>Mango</b></p>	<p>Melon (Galia/Honeydew) <b>Mulberry</b> Nectarine Olive Orange <b>Papaya</b> Peach Pear Pineapple</p>	<p>Plum <b>Pomegranate</b> <b>Raisin</b> Raspberry <b>Redcurrant</b> <b>Rhubarb</b> Strawberry <b>Tangerine</b> <b>Watermelon</b></p>
 <p><b>GRAINS</b></p>	<p><b>Amaranth</b> Barley Buckwheat Corn (Maize) <b>Couscous</b></p>	<p>Durum Wheat Gliadin <b>Malt</b> Millet</p>	<p>Oat <b>Quinoa</b> Rice Rye</p>	<p><b>Spelt</b> <b>Tapioca</b> Wheat Wheat Bran</p>
 <p><b>HERBS &amp; SPICES</b></p>	<p><b>Aniseed</b> Basil <b>Bayleaf</b> <b>Camomile</b> <b>Cayenne</b> Chilli (Red) Cinnamon Clove</p>	<p>Coriander (Leaf) Cumin <b>Curry (Mixed Spices)</b> Dill Garlic Ginger <b>Ginseng</b> Hops</p>	<p><b>Liquorice</b> <b>Marjoram</b> Mint Mustard Seed <b>Nettle</b> Nutmeg Parsley Peppercorn (Black/White)</p>	<p><b>Peppermint</b> <b>Rosemary</b> <b>Saffron</b> Sage <b>Tarragon</b> Thyme Vanilla</p>
 <p><b>MEAT</b></p>	<p>Beef Chicken Duck Horse</p>	<p>Lamb <b>Ostrich</b> <b>Partridge</b> Pork</p>	<p><b>Quail</b> <b>Rabbit</b> Turkey</p>	<p>Veal Venison <b>Wild Boar</b></p>
 <p><b>MISC</b></p>	<p><b>Agar Agar</b> <b>Aloe Vera</b> Carob</p>	<p><b>Chestnut</b> 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><b>Flax Seed</b> Hazelnut <b>Macadamia Nut</b> Peanut</p>	<p><b>Pine Nut</b> Pistachio Rapeseed Sesame Seed</p>	<p>Sunflower Seed <b>Tiger Nut</b> Walnut</p>
 <p><b>VEGETABLES</b></p>	<p><b>Artichoke</b> Asparagus Aubergine <b>Bean (Broad)</b> Bean (Green) Bean (Red Kidney) Bean (White Haricot) Beetroot Broccoli Brussel Sprout <b>Cabbage (Red)</b></p>	<p>Cabbage (Savoy/White) <b>Caper</b> Carrot Cauliflower Celery <b>Chard</b> <b>Chickpea</b> Chicory Cucumber <b>Fennel (Leaf)</b></p>	<p>Leek Lentil Lettuce <b>Marrow</b> Onion Pea Pepper (Green/Red/Yellow) Potato <b>Radish</b> <b>Rocket</b></p>	<p><b>Shallot</b> Soya Bean Spinach <b>Squash (Butternut/Carnival)</b> <b>Sweet Potato</b> Tomato <b>Turnip</b> <b>Watercress</b> Yuca</p>







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

 <p><b>FRUIT</b></p>	<p>Apple Apricot Avocado Banana Blackberry Blackcurrant Blueberry Cherry Cranberry <b>Date</b></p>	<p><b>Fig</b> Grape (Black/Red/White) Grapefruit <b>Guava</b> Kiwi Lemon Lime <b>Lychee</b> Mango</p>	<p>Melon (Galia/Honeydew) <b>Mulberry</b> <b>Nectarine</b> Olive Orange Papaya Peach Pear Pineapple</p>	<p>Plum Pomegranate <b>Raisin</b> Raspberry <b>Redcurrant</b> <b>Rhubarb</b> Strawberry Tangerine Watermelon</p>
 <p><b>GRAINS</b></p>	<p><b>Amaranth</b> Barley Buckwheat Corn (Maize) <b>Couscous</b></p>	<p>Durum Wheat Gliadin <b>Malt</b> <b>Millet</b> Oat</p>	<p><b>Polenta</b> <b>Quinoa</b> Rice Rye</p>	<p><b>Spelt</b> <b>Tapioca</b> 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><b>Agar Agar</b> <b>Aloe Vera</b> 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 <b>Rapeseed</b> Sesame Seed</p>	<p>Sunflower Seed <b>Tiger Nut</b> Walnut</p>
 <p><b>VEGETABLES</b></p>	<p>Artichoke Asparagus Aubergine <b>Bean (Broad)</b> Bean (Green) Bean (Red Kidney) Bean (White Haricot) Beetroot Broccoli Brussel Sprout Cabbage (Red)</p>	<p>Cabbage (Savoy/White) <b>Caper</b> Carrot Cauliflower Celery <b>Chard</b> Chickpea <b>Chicory</b> Cucumber <b>Fennel (Leaf)</b></p>	<p>Leek Lentil Lettuce <b>Marrow</b> Onion Pea Pepper (Green/Red/Yellow) Potato <b>Radish</b> <b>Rocket</b></p>	<p>Shallot Soya Bean Spinach <b>Squash (Butternut/Carnival)</b> Sweet Potato Tomato <b>Turnip</b> Watercress <b>Yuca</b></p>

	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	•		



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