

# KBMO Diagnostics FIT Test

## The Foods We Test (UK)



**KBMO**  
DIAGNOSTICS

### FIT 176 Foods

### FIT 132 Foods

### FIT 22 Foods

#### DAIRY / EGGS

Casein  
Cow's Milk  
Egg White  
Egg Yolk

#### MEATS

Beef  
Chicken

#### FISH

Salmon

#### SEAFOOD

Shrimp

#### GRAINS

Wheat, Whole  
Wheat, Gluten  
Wheat, Gliadin

#### BEANS

Coffee  
Soy Bean

#### VEGETABLES

Corn  
Potato, White  
Tomato

#### FRUITS

Banana  
Pineapple

#### NUTS / SEEDS

Almond  
Peanut

#### MICROBES

Yeast, Brewer's

#### SPICES

Turmeric

Goat's Milk

Whey

Cod

Flounder

Halibut

Sea Bass

Bacon

Duck

Lamb

Pork

Turkey

Barley

Millet

Oat

Rice

Rye

Cocoa

Kidney Bean

Lentils

Haricot Bean

Pinto Bean

Artichoke

Asparagus

Beetroot

Broccoli

Cabbage

Carob

Carrot

Cauliflower

Celery

Spring Greens

Cucumber

Lettuce

Chickpea

Green pea

Green pepper

Pumpkin

Spinach

Courgette

Onion, White

Butternut Squash

Sweet Potato

Apple

Avocado

Blueberry

Cantaloupe

Cherry

Cranberry

Carrot

Grape, White

Grapefruit

Lemon

Lime

Olive, Green

Orange

Peach

Pear

Plum

Pomegranate

Raspberry

Strawberry

Watermelon

Honeydew Melon

Sweet Potato

Cashew

Coconut

Dill Seed

English Walnut

Flax seed

Hazelnut

Pecan

Sesame seed

Sunflower seed

Quinoa

Red #3

Red #40

Saccharin

Yellow #6

Yeast, Baker's

#### ADDITIVES

Aspartame

Benzoic acid

BHA

MSG

Polysorbate 80

Red #3

Red #40

Saccharin

Yellow #6

#### EXTRACTS

Agave

Rapeseed oil

Mushroom

Spirulina

Sugar cane

Tea, Black

Wine, Red

Sheep's Milk

Anchovy

Mackerel

Sardine

Amaranth

Buckwheat

Sorghum

Spelt

Tapioca

Rocket

Kale

Marrow

Aubergine

Brussels Sprouts

Acai Berry

Apricot

Fig

Kiwi

Goji Berry

Mango

Monk Fruit

Papaya

Brazil Nut

Chia Seed

Hemp Seed

Macadamia Nut

Pine Nut

Pistachio

Coriander

Cloves

Cumin

Parsley

Vinegar

Coconut Oil

Hemp Protein (CBD)

Honey

Maple Syrup

Stevia

All foods are tested in both raw and cooked form.

The Gut Barrier Panel is included with all FIT Tests (and is also available as a standalone test).