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- This functional health assessment will offer guidance in identifying food intolerances rather than true allergies (immune system response).
- Intolerances are temporary and can be influenced by diet, stress, hormones, & more.
- The food results are not meant to be your forever diet, but rather to offer guidance in identifying potential triggers that may be causing physical symptoms.



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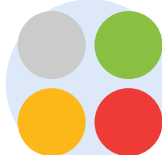
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Results are valid only for the sample analyzed.*

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HOW TO READ YOUR RESULTS



REVIEW YOUR RESULTS



ACTIONS TO TAKE



RETEST IN 6 MONTHS



How To Read Your Results



Intolerances



Grey:

No significant intolerance was detected. These items are not expected to cause discomfort or an adverse reaction. There is no need for avoidance.



Green: (Level 1)

Mild intolerance was detected. Any symptoms are unlikely to be noticeable. Consume these foods in rotation and moderation.



Yellow: (Level 2)

Moderate intolerance was detected. Symptoms may be starting to affect day to day life, indicating a more noticeable symptom. It is recommended to avoid these foods during your elimination period.



Red: (Level 3)

Severe intolerance was detected. Symptoms may have already physically manifested and require immediate attention. It is recommended to avoid these food items for 6-8 weeks.

Food

LEVEL 2	●	TD4C	Beverage - Apple Juice	LEVEL 1	●	YREK	Beverage - Tea (jasmine)
--	●	T4ZB	Beverage - Beer	LEVEL 2	●	NJDW	Beverage - Tea (oolong)
LEVEL 3	●	RMJM	Beverage - Coffee (black)	--	●	9GBR	Beverage - Tea (rooibos)
LEVEL 2	●	3X7J	Beverage - Cola	LEVEL 1	●	CN26	Beverage - Tea (yerba mate)
--	●	KVV8	Beverage - Cranberry Juice	LEVEL 2	●	4D8C	Beverage - Tequila
--	●	2TQR	Beverage - Gin	LEVEL 1	●	ACNP	Beverage - Vodka
LEVEL 2	●	J92A	Beverage - Kombucha	LEVEL 2	●	BV4M	Beverage - Whisky
LEVEL 1	●	5QDM	Beverage - Milk (almond)	--	●	R7NC	Beverage - Wine (red)
LEVEL 1	●	U7CE	Beverage - Milk (cashew)	LEVEL 3	●	8JAC	Beverage - Wine (white)
LEVEL 1	●	95HE	Beverage - Milk (coconut)	LEVEL 2	●	C275	Dairy - Buttermilk
LEVEL 1	●	8WDD	Beverage - Milk (hemp)	LEVEL 1	●	PJZW	Dairy - Cheese (blue)
LEVEL 2	●	TCJM	Beverage - Milk (oat)	--	●	CZCT	Dairy - Cheese (brie)
LEVEL 3	●	2R2B	Beverage - Milk (rice)	--	●	THCG	Dairy - Cheese (camembert)
--	●	UEPM	Beverage - Milk (soy)	LEVEL 3	●	4DW7	Dairy - Cheese (cheddar)
LEVEL 3	●	K3XU	Beverage - Orange Juice	LEVEL 3	●	YHPF	Dairy - Cheese (colby)
--	●	J8S6	Beverage - Pineapple Juice	LEVEL 3	●	PNZH	Dairy - Cheese (cottage)
LEVEL 2	●	9R7E	Beverage - Pomegranate Juice	--	●	VU6W	Dairy - Cheese (feta)
LEVEL 2	●	FHH4	Beverage - Rum	LEVEL 3	●	Q83F	Dairy - Cheese (goat)
LEVEL 1	●	SNT2	Beverage - Tea (black)	LEVEL 3	●	EFBH	Dairy - Cheese (gouda)
LEVEL 1	●	42B2	Beverage - Tea (chamomile)	LEVEL 3	●	8R3Z	Dairy - Cheese (gruyere)
LEVEL 3	●	HWDJ	Beverage - Tea (earl grey)	LEVEL 2	●	6KJA	Dairy - Cheese (havarti)
LEVEL 2	●	WMGR	Beverage - Tea (green)	LEVEL 1	●	9UM9	Dairy - Cheese (mozzarella)

Food

LEVEL 2	●	75YE	Dairy - Cheese (muenster)	LEVEL 2	●	CNSW	Fat - Cod Liver Oil
LEVEL 3	●	RFFN	Dairy - Cheese (parmesan)	--	●	8AGC	Fat - Corn Oil
--	●	4X46	Dairy - Cheese (pepper jack)	LEVEL 3	●	SF2A	Fat - Cottonseed Oil
LEVEL 3	●	E3B6	Dairy - Cheese (provolone)	--	●	ZF9U	Fat - Flaxseed Oil
LEVEL 2	●	T3PE	Dairy - Cheese (ricotta)	--	●	ZWRK	Fat - Ghee
LEVEL 2	●	XJ47	Dairy - Cheese (swiss)	LEVEL 3	●	46WF	Fat - Grapeseed Oil
LEVEL 2	●	YYB9	Dairy - Cream	--	●	6RZN	Fat - Hemp Seed Oil
--	●	G4UX	Dairy - Cream Cheese	LEVEL 1	●	HJ7V	Fat - Olive Oil
--	●	Q7BH	Dairy - Kefir	LEVEL 3	●	WRVB	Fat - Palm Kernel Oil
--	●	VAHA	Dairy - Milk (boiled)	--	●	6DA7	Fat - Palm Oil
--	●	VTXY	Dairy - Milk (condensed)	--	●	7T3H	Fat - Peanut Oil
LEVEL 3	●	2R2Q	Dairy - Milk (cow)	LEVEL 3	●	WPYT	Fat - Peppermint Oil
LEVEL 3	●	BRE3	Dairy - Milk (evaporated)	LEVEL 1	●	W36T	Fat - Pumpkin Seed Oil
--	●	A6JA	Dairy - Milk (goat)	LEVEL 2	●	GVE4	Fat - Sesame Oil
LEVEL 1	●	3FDN	Dairy - Milk (sheep)	LEVEL 2	●	5DUF	Fat - Soybean Oil
LEVEL 1	●	FPZJ	Dairy - Sour Cream	--	●	G8XN	Fat - Sunflower Oil
LEVEL 3	●	MNGW	Dairy - Yogurt (plain Greek)	LEVEL 3	●	KMS8	Fat - Vegetable Oil
LEVEL 2	●	XVST	Dairy - Yogurt (plain)	LEVEL 3	●	MJGV	Fruit - Acai Berry
LEVEL 2	●	ENYK	Fat - Avocado Oil	--	●	GXRH	Fruit - Apple (cortland)
LEVEL 2	●	8364	Fat - Butter	LEVEL 1	●	4G3E	Fruit - Apple (fuji)
LEVEL 2	●	YNV4	Fat - Canola Oil	LEVEL 3	●	TU9K	Fruit - Apple (gala)
--	●	XBGG	Fat - Coconut Oil	LEVEL 2	●	NN8A	Fruit - Apple (golden delicious)

Food

LEVEL 1	●	BVNB	Fruit - Apple (granny smith)	--	●	QZPF	Fruit - Grapes (white)
LEVEL 2	●	9SYF	Fruit - Apple (honey crisp)	--	●	UM2P	Fruit - Guava
LEVEL 1	●	EFCZ	Fruit - Apple (jazz)	LEVEL 2	●	G8WQ	Fruit - Honeydew Melon
LEVEL 3	●	YKHD	Fruit - Apple (mcintosh)	--	●	ET9Q	Fruit - Kiwis
LEVEL 1	●	7QF4	Fruit - Apple (pink lady)	--	●	YBMF	Fruit - Lemons
--	●	PW2H	Fruit - Apple (red delicious)	LEVEL 2	●	N3V5	Fruit - Lime
LEVEL 3	●	EC9N	Fruit - Apricots	--	●	XHVU	Fruit - Mango
LEVEL 3	●	4TX6	Fruit - Avocado	--	●	RXBU	Fruit - Olives (black)
LEVEL 2	●	XJ8J	Fruit - Bananas	LEVEL 2	●	DUZE	Fruit - Olives (green)
LEVEL 2	●	22YK	Fruit - Blackberries	LEVEL 2	●	ATS2	Fruit - Oranges (blood)
LEVEL 3	●	77WH	Fruit - Blueberries	LEVEL 1	●	57PT	Fruit - Oranges (clementine)
LEVEL 2	●	PGZS	Fruit - Cantaloupe	LEVEL 2	●	G75U	Fruit - Oranges (mandarin)
LEVEL 3	●	RK85	Fruit - Carambola	LEVEL 1	●	H46P	Fruit - Oranges (navel)
--	●	TBPK	Fruit - Cherries	LEVEL 1	●	8ZUD	Fruit - Oranges (tangerines)
--	●	5PXM	Fruit - Coconut	--	●	VZ4B	Fruit - Oranges (valencia)
--	●	928U	Fruit - Cranberries	--	●	K3JP	Fruit - Papaya
LEVEL 1	●	2W5W	Fruit - Dates	LEVEL 3	●	KCWS	Fruit - Peaches
LEVEL 3	●	6QX6	Fruit - Figs	--	●	D4XU	Fruit - Pears
--	●	4Y4Z	Fruit - Goji Berries	--	●	UYWQ	Fruit - Pineapples
--	●	RD4Q	Fruit - Grapefruit (pink)	--	●	3C3B	Fruit - Plantain
LEVEL 1	●	CQ87	Fruit - Grapefruit (white)	LEVEL 2	●	XESM	Fruit - Plums
LEVEL 1	●	RJKQ	Fruit - Grapes (red)	LEVEL 2	●	4ZTV	Fruit - Pomegranates

Food

LEVEL 1	●	HTYQ	Fruit - Prunes	--	●	SKV5	Grain - Rice (white)
--	●	R5HC	Fruit - Raisins	--	●	4XB8	Grain - Rice (wild)
--	●	FUNY	Fruit - Raspberries	LEVEL 2	●	XNCX	Grain - Rye
LEVEL 2	●	QFHB	Fruit - Strawberries	--	●	6UGJ	Grain - Sorghum
LEVEL 1	●	F56T	Fruit - Tomatillo	LEVEL 2	●	8T8S	Grain - Spelt
LEVEL 1	●	HJB6	Fruit - Tomatoes (cooked)	LEVEL 1	●	MJC2	Grain - Teff
--	●	FF57	Fruit - Tomatoes (raw)	--	●	72JT	Grain - Triticale
LEVEL 1	●	BUTQ	Fruit - Watermelons	LEVEL 3	●	YRT8	Grain - Wheat
--	●	GQ37	Grain - Amaranth	LEVEL 1	●	A5P2	Grain - Wheat Berry
LEVEL 3	●	AYSN	Grain - Barley	LEVEL 2	●	B7QJ	Misc - Arrowroot
--	●	3RPN	Grain - Buckwheat	LEVEL 3	●	6FUQ	Misc - Carob
LEVEL 1	●	2YK2	Grain - Bulgur Wheat	--	●	632Y	Misc - Chlorella
--	●	F5P4	Grain - Cassava Flour	LEVEL 1	●	CBUR	Misc - Chlorophyll
LEVEL 1	●	ZTAU	Grain - Corn Flour (maize)	--	●	FQ2F	Misc - Chocolate (dark)
LEVEL 1	●	WQPY	Grain - Couscous	LEVEL 1	●	EP83	Misc - Chocolate (milk)
LEVEL 2	●	UJM5	Grain - Farro	--	●	9TSW	Misc - Chocolate (white)
LEVEL 1	●	6A39	Grain - Flaxseed	LEVEL 1	●	7NXP	Misc - Gelatin
LEVEL 2	●	SPF3	Grain - Freekeh	LEVEL 1	●	AYV2	Misc - Hemp
LEVEL 3	●	SWVA	Grain - Millet	LEVEL 1	●	BUWS	Misc - Kelp
LEVEL 1	●	7P3Q	Grain - Oat	--	●	RQR7	Misc - Nori
--	●	M5YR	Grain - Quinoa	--	●	BNPJ	Misc - Nutritional Yeast
LEVEL 3	●	C73Z	Grain - Rice (brown)	--	●	7V3P	Misc - Oyster Sauce

Food

--	●	VRWS	Misc - Soy Sauce	LEVEL 1	●	38QU	Nuts - Pistachio
LEVEL 1	●	9C2B	Misc - Spirulina	LEVEL 1	●	NYNR	Nuts - Poppy Seeds
LEVEL 3	●	BQDA	Misc - Tahini	LEVEL 3	●	MF7A	Nuts - Sunflower Seeds
LEVEL 2	●	5XNY	Misc - Tapioca	--	●	FDN2	Nuts - Walnuts
--	●	SEAS	Misc - Vanilla	LEVEL 1	●	EE4Z	Protein - Bacon
--	●	WQ9G	Misc - Vinegar (apple cider)	--	●	H4CT	Protein - Beef
LEVEL 1	●	CVRB	Misc - Vinegar (clear)	--	●	5KZU	Protein - Beef Bone Broth
--	●	37CQ	Misc - Vinegar (malt)	LEVEL 3	●	54MB	Protein - Beef Jerky
--	●	KGZE	Misc - Wakame	LEVEL 3	●	RTDN	Protein - Bison
LEVEL 2	●	96N9	Nuts - Almond	LEVEL 2	●	TUXT	Protein - Chicken
LEVEL 2	●	A7HD	Nuts - Baru	LEVEL 3	●	MXMG	Protein - Chicken Bone Broth
LEVEL 1	●	MPKW	Nuts - Brazil Nuts	LEVEL 1	●	BD59	Protein - Duck
LEVEL 2	●	8XEU	Nuts - Cashew Nuts	LEVEL 3	●	G7XB	Protein - Egg White (chicken)
--	●	8C2E	Nuts - Chestnuts	LEVEL 3	●	MGGU	Protein - Egg White (duck)
LEVEL 2	●	JMJK	Nuts - Hazelnuts	--	●	AKQB	Protein - Egg Yolk (chicken)
--	●	U525	Nuts - Hickory	LEVEL 3	●	HECM	Protein - Egg Yolk (duck)
LEVEL 2	●	GQXY	Nuts - Macadamia Nuts	--	●	A2EP	Protein - Goat
--	●	B9E4	Nuts - Peanut Butter	--	●	NEG5	Protein - Goose
LEVEL 3	●	GMKB	Nuts - Peanuts	LEVEL 3	●	KTXK	Protein - Lamb
--	●	XK8A	Nuts - Pecans	--	●	QNQ2	Protein - Liver (beef)
LEVEL 1	●	A7AA	Nuts - Pili	--	●	HYBT	Protein - Liver (chicken)
LEVEL 3	●	3A8R	Nuts - Pine Nuts	LEVEL 1	●	HEZ6	Protein - Pea Protein

Food

--	●	ZTP8	Protein - Pork	LEVEL 2	●	QNTZ	Seafood - Halibut
LEVEL 3	●	ZTST	Protein - Quorn	--	●	JS74	Seafood - Herring
--	●	7E95	Protein - Rabbit	--	●	63D9	Seafood - Lobster
LEVEL 1	●	CDY3	Protein - Seitan	LEVEL 2	●	FB9C	Seafood - Mackerel
LEVEL 2	●	5SGC	Protein - Soy	LEVEL 2	●	N49R	Seafood - Mahi-mahi
LEVEL 1	●	5KGC	Protein - Tempeh	LEVEL 2	●	T7Y5	Seafood - Mussels
LEVEL 2	●	TGK4	Protein - Textured Vegetable Protein	--	●	896X	Seafood - Octopus
LEVEL 3	●	GHXK	Protein - Tofu	--	●	YUAJ	Seafood - Orange Roughy
LEVEL 2	●	7RUW	Protein - Turkey	--	●	SX9M	Seafood - Oyster
--	●	37SZ	Protein - Veal	LEVEL 2	●	CG8F	Seafood - Perch
LEVEL 1	●	VTKC	Protein - Venison	--	●	8JQG	Seafood - Pollock
LEVEL 1	●	ZHUM	Seafood - Anchovy	--	●	AGZA	Seafood - Prawns
--	●	S22H	Seafood - Bass	LEVEL 1	●	66HE	Seafood - Salmon
LEVEL 2	●	PBPW	Seafood - Catfish	LEVEL 3	●	WJ6D	Seafood - Sardine
LEVEL 1	●	7BZN	Seafood - Clams	LEVEL 3	●	5Q9M	Seafood - Scallops
LEVEL 3	●	ABBF	Seafood - Cod	--	●	Z8AK	Seafood - Shrimp
--	●	CTNP	Seafood - Crab	--	●	9F53	Seafood - Snail
--	●	VTGK	Seafood - Crayfish	LEVEL 3	●	9U4J	Seafood - Snapper
--	●	UDVC	Seafood - Eel	--	●	3ENH	Seafood - Sole
LEVEL 2	●	56F8	Seafood - Flounder	LEVEL 3	●	WFMK	Seafood - Swordfish
--	●	C992	Seafood - Grouper	LEVEL 1	●	52UF	Seafood - Tilapia
--	●	6BRS	Seafood - Haddock	LEVEL 3	●	PCAJ	Seafood - Trout

Food

--	●	ASTA	Seafood - Tuna	LEVEL 3	●	YXCR	Spice - Paprika
LEVEL 3	●	3SX3	Spice - Aniseed	--	●	3ZHW	Spice - Parsley
--	●	V8T8	Spice - Basil	--	●	6Q43	Spice - Pepper (black)
--	●	5965	Spice - Bay Leaf	--	●	5ZRD	Spice - Pepper (red/ cayenne)
--	●	2G8C	Spice - Caraway	--	●	WFEP	Spice - Pepper (white)
LEVEL 2	●	VDP2	Spice - Cardamom	LEVEL 1	●	5MGV	Spice - Rosemary
LEVEL 1	●	HQB4	Spice - Cilantro	LEVEL 3	●	5CTQ	Spice - Sage
--	●	574N	Spice - Cinnamon	LEVEL 3	●	RGJA	Spice - Salt (pink Himalayan)
LEVEL 3	●	NG2E	Spice - Cloves	--	●	JTXE	Spice - Salt (sea)
LEVEL 2	●	N7BA	Spice - Coriander	LEVEL 2	●	GQB3	Spice - Salt (table)
--	●	R9YQ	Spice - Cress	LEVEL 2	●	SHGM	Spice - Sesame
LEVEL 1	●	2HSA	Spice - Cumin	LEVEL 1	●	QED9	Spice - Thyme
--	●	7ZAA	Spice - Curry (green)	LEVEL 1	●	KT3S	Spice - Turmeric
LEVEL 3	●	P526	Spice - Curry (red)	LEVEL 3	●	H69D	Spice - Wasabi
--	●	QFPK	Spice - Curry (yellow)	--	●	ZYJQ	Sweetener - Agave
LEVEL 2	●	7VUR	Spice - Dill	--	●	FAHX	Sweetener - Honey
LEVEL 2	●	3FT2	Spice - Fennel	LEVEL 3	●	2UBV	Sweetener - Maple Syrup
LEVEL 1	●	4W46	Spice - Ginger	--	●	C8F9	Sweetener - Molasses
LEVEL 3	●	TPZB	Spice - Mint	--	●	RDXK	Sweetener - Monk Fruit
LEVEL 3	●	PXTR	Spice - Miso	LEVEL 2	●	3R2E	Sweetener - Stevia
LEVEL 1	●	P8B6	Spice - Nutmeg	LEVEL 1	●	ZJKF	Sweetener - Sugar (brown)
--	●	X4FK	Spice - Oregano	LEVEL 2	●	VK47	Sweetener - Sugar (cane)

Food

--	●	KAN7	Sweetener - Sugar (white)	--	●	6XUQ	Veg - Bok Choy
LEVEL 3	●	YM2H	Veg - Artichoke	LEVEL 1	●	78J4	Veg - Broccoli (cooked)
LEVEL 2	●	FA9J	Veg - Asparagus	LEVEL 2	●	AVF4	Veg - Broccoli (raw)
--	●	RXJG	Veg - Aubergine (eggplant)	LEVEL 1	●	UKUG	Veg - Brussel Sprouts
LEVEL 1	●	27K5	Veg - Bean Sprouts	--	●	Z9S4	Veg - Cabbage (red) (cooked)
--	●	7VAT	Veg - Beans (black)	--	●	QGQU	Veg - Cabbage (red) (raw)
--	●	6H5E	Veg - Beans (broad)	--	●	XNHG	Veg - Cabbage (white) (cooked)
LEVEL 3	●	6PKA	Veg - Beans (chickpea)	LEVEL 3	●	V4BA	Veg - Cabbage (white) (raw)
LEVEL 2	●	8G5W	Veg - Beans (green)	LEVEL 3	●	KSVZ	Veg - Carrots (cooked)
LEVEL 3	●	XUJT	Veg - Beans (lima)	--	●	8MAH	Veg - Carrots (raw)
LEVEL 3	●	G8ZJ	Veg - Beans (pinto)	LEVEL 1	●	QZMZ	Veg - Cauliflower (cooked)
LEVEL 3	●	P86W	Veg - Beans (red kidney)	LEVEL 1	●	WPQ4	Veg - Cauliflower (raw)
LEVEL 3	●	3PGK	Veg - Beans (white)	--	●	GARE	Veg - Celery (cooked)
LEVEL 3	●	2A9G	Veg - Beets	--	●	P8ZG	Veg - Celery (raw)
LEVEL 3	●	MH5X	Veg - Bell Pepper (green) (cooked)	LEVEL 2	●	JYJE	Veg - Corn
LEVEL 2	●	EPK4	Veg - Bell Pepper (green) (raw)	LEVEL 3	●	NN3S	Veg - Cucumber
--	●	F4BZ	Veg - Bell Pepper (orange) (cooked)	--	●	7DMR	Veg - Edamame
--	●	6C4N	Veg - Bell Pepper (orange) (raw)	--	●	AW75	Veg - Endive
LEVEL 3	●	85EF	Veg - Bell Pepper (red) (cooked)	--	●	8EPK	Veg - Garlic (cooked)
--	●	5VJ5	Veg - Bell Pepper (red) (raw)	LEVEL 3	●	S4YF	Veg - Garlic (raw)
LEVEL 3	●	ACEE	Veg - Bell Pepper (yellow) (cooked)	LEVEL 2	●	95UB	Veg - Greens (collard)
LEVEL 1	●	WSMG	Veg - Bell Pepper (yellow) (raw)	LEVEL 3	●	XG2J	Veg - Greens (mustard)

Food

LEVEL 1	●	GBC3	Veg - Greens (turnip)	LEVEL 1	●	D44X	Veg - Okra
LEVEL 2	●	CQ29	Veg - Horseradish	--	●	9CGT	Veg - Onions (cooked)
LEVEL 1	●	MTAP	Veg - Kale (cooked)	LEVEL 3	●	YY4N	Veg - Onions (raw)
LEVEL 3	●	QV37	Veg - Kale (raw)	LEVEL 3	●	N2JS	Veg - Onions (scallions)
--	●	694E	Veg - Kohlrabi	LEVEL 3	●	NYZT	Veg - Parsnips
--	●	2JA8	Veg - Leek	--	●	27G4	Veg - Peas (black eyed)
LEVEL 2	●	RB2J	Veg - Lentils	--	●	9QTE	Veg - Peas (field)
--	●	EKXH	Veg - Lettuce (arugula)	LEVEL 2	●	9QVR	Veg - Peas (garden)
LEVEL 1	●	KB44	Veg - Lettuce (butter)	LEVEL 1	●	Z54V	Veg - Pepper (banana)
--	●	5MQE	Veg - Lettuce (chicory)	--	●	PCTP	Veg - Pepper (cherry)
--	●	SXF7	Veg - Lettuce (escarole)	LEVEL 2	●	M8TM	Veg - Pepper (habanero)
LEVEL 1	●	9CBD	Veg - Lettuce (green leaf)	LEVEL 3	●	59AV	Veg - Pepper (jalapeno)
--	●	AMNA	Veg - Lettuce (iceberg)	LEVEL 1	●	9KKD	Veg - Pepper (pepperoncini)
LEVEL 2	●	SJM6	Veg - Lettuce (red leaf)	LEVEL 1	●	38YN	Veg - Pepper (poblano)
LEVEL 3	●	XU5R	Veg - Lettuce (romaine)	--	●	P9KS	Veg - Pepper (serrano)
--	●	QTQP	Veg - Mushroom (button)	LEVEL 2	●	GDHE	Veg - Pickle (bread & butter)
LEVEL 3	●	XQQN	Veg - Mushroom (chestnut)	LEVEL 2	●	J8AR	Veg - Pickle (dill)
LEVEL 1	●	CQAS	Veg - Mushroom (lion's mane)	--	●	UWFA	Veg - Potatoes (red)
LEVEL 2	●	6ZP2	Veg - Mushroom (oyster)	LEVEL 2	●	4UZZ	Veg - Potatoes (sweet)
LEVEL 1	●	G36S	Veg - Mushroom (portabella)	--	●	DVME	Veg - Potatoes (white)
--	●	8QGA	Veg - Mushroom (shiitake)	LEVEL 2	●	2TTF	Veg - Potatoes (yellow)
LEVEL 1	●	2MGX	Veg - Mushroom (turkey tail)	LEVEL 2	●	F63Z	Veg - Pumpkin

Food

--	●	Q2MM	Veg - Pumpkin Seed	LEVEL 2	●	PKHZ	Veg - Squash (butternut)
--	●	C2HT	Veg - Radicchio	LEVEL 1	●	N9GG	Veg - Squash (spaghetti)
--	●	TGXB	Veg - Radish	LEVEL 1	●	VZFQ	Veg - Squash (yellow)
LEVEL 1	●	WM5F	Veg - Rhubarb	--	●	MT4Y	Veg - Squash (zucchini)
LEVEL 1	●	BGPW	Veg - Rutabaga	LEVEL 1	●	Q62G	Veg - Swiss Chard
LEVEL 2	●	SEE9	Veg - Sauerkraut	LEVEL 1	●	G2V8	Veg - Turnip
LEVEL 1	●	9TTR	Veg - Spinach (cooked)	LEVEL 1	●	DUSU	Veg - Water Chestnut
LEVEL 2	●	3MUP	Veg - Spinach (raw)	--	●	3897	Veg - Watercress
--	●	3TTY	Veg - Squash (acorn)	--	●	FYQV	Veg - Yuca (cassava)

