



Fagron NutriGen

Food list



Fagron NutriGen CONTENT

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SAMPLE REPORT

Patient identification data

1



Patient's name and last name — DEMO 3 WOMAN Formulation

Date of Birth — 03-03-1996

Gender — Female

Sample type — Buccal mucosa

Sample code — NUT20548AA

Sample date — 03-01-2024

Report date — 10-03-2024

Doctor's name and last name — Nutrigen 3 Validation

Email address — nutrigen_3_validation@demo.com

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IVDD
Self-Declared
98/79/EC

REF FGMS-Nutri

IVD In Vitro Diagnostic MedicalDevice

UDI 8437024682FGMS-NutriVC

Daily food intake

2

Recommendations

- Allowed adjusting the amounts and/or frequency*
- Allowed without raising the recommended quantities and/or frequency*
- Reduce the amount and/or frequency*
- Restrict, occasionally/in small quantities*

* Observations on recommended foods are a suggestion based on the genetic findings. The results should be evaluated by a professional and accurately adapted to the clinical history, blood analyses, fitness, eating habits, exercise, medication and psychological status.

Indications

On the food table, we have incorporated **specific symbols for the reported pathologies, intolerances or vitamin deficiencies based on the data included in the clinical questionnaires**. When several foods from a category have a similar level of recommendation, those symbols will help you decide whether they will have a positive effect or negative impact in the diet plan. Find below the list of the symbols.

■ **Recommendable** ■ **Avoid consumption**

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> Caffeine intolerance Fructose intolerance Gluten intolerance Lactose intolerance Alcohol Carbohydrate Lipid Fat Asthaxanthin intolerance Carrot intolerance Egg intolerance Figs intolerance Galactose intolerance Ginger intolerance Tomato intolerance | <ul style="list-style-type: none"> Monounsaturated Fatty Acids (MUFAs) Polyunsaturated Fatty Acids (PUFAs) Starch Glucose Salt Kiwi intolerance Nuts intolerance Papaya intolerance Pineapples intolerance Cow-milk protein intolerance Sea food intolerance Soya intolerance Pork allergy | <ul style="list-style-type: none"> A Vitamin A B6 Vitamin B6 B9 Vitamin B9 B12 Vitamin B12 C Vitamin C D Vitamin D E Vitamin E Antioxidant Satiety Fe Iron Mg Magnesium Ca Calcium Se Selenium |
|---|--|--|

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Food list

3



CARBO+

Carbohydrate-rich foods

Vegetables

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---------------------|--|-------------------------|---|
| Turnip greens | A B ⁶ B ⁹ C E (Ca) | Radish | B ⁹ C (Ca) |
| Spinach, boiled | A B ⁶ B ⁹ E (Fe) (Ca) (Mg) | Brussels sprout, frozen | B ⁶ C (Ca) |
| Chicory | A B ⁹ C E (Ca) | Savoy cabbage | B ⁹ C (Ca) |
| Red pepper | A B ⁶ B ⁹ C (Ca) | Endive | B ⁹ (Ca) |
| Chard, boiled | A B ⁹ C E (Fe) (Ca) (Mg) (V) | Leek, frozen | B ⁶ B ⁹ (Ca) |
| Red cabbage, boiled | B ⁶ B ⁹ C (Ca) | Mushroom, griddle | B ⁹ (Ca) (Se) |
| Spinach, canned | A B ⁹ C (Ca) (Mg) (V) | Garlic | B ⁶ B ⁹ C (Ca) (Se) |
| Asparagus, green | B ⁶ (Ca) | Chard | A B ⁹ C E (Ca) (Mg) (V) |
| Courgette | B ⁹ C (Ca) | Broccoli, boiled | B ⁹ C (Ca) |
| Cauliflower, boiled | B ⁹ C (Ca) | Cabbage, white | B ⁹ C (Ca) |

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Food list

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CARBO+

Carbohydrate-rich foods

Vegetables

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|-----------------------|---------------------|--|
| Cabbage | B ⁹ C Ca | Courgette, roasted | B ⁹ Ca |
| Lombard | B ⁹ C Ca | Lettuce | A B ⁹ Ca |
| Tomato | B ⁹ C Ca | Sweet pepper, green | C B ⁹ Ca |
| Chive | A B ⁹ C Ca | Corn on the cob | B ⁹ Ca |
| Palm heart, canned | Fe B ⁹ Ca | Turnip, peeled | B ⁹ Ca |
| Arugula | B ⁹ C Ca | Cucumber | B ⁹ Ca |
| Tomato, ripe, peeled and ground, canned | B ⁹ C Ca | Pumpkin, boiled | A B ⁹ Ca |
| Watercress | A B ⁹ C Ca | Onion | B ⁹ Ca |
| Mushroom | B ⁹ Ca Se | Garlic, fried | B ⁶ B ⁹ C Ca Se |
| Green bean, boiled | B ⁹ Ca | Pepper, fried | A B ⁶ B ⁹ C E Ca |

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CARBO+

Carbohydrate-rich foods

Vegetables

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|--------------------------|------------------|--|------------------|
| Cardoon | Ca B9 | Caper | Ca B9 |
| Artichoke, frozen | Ca B9 | Artichoke, tinned | Ca B9 |
| Celery | B9 Ca | Aubergine | B9 Ca |
| Soybean, sprouts, canned | B9 Ca Mg | Mushrooms, canned | Ca B9 |
| Carrot | A B9 Ca | Tomato, roasted | B9 C Ca |
| Green bean, canned | Ca B9 | Escarole | B9 Ca |
| Onion, roasted | Ca B9 | Aubergine, fried, in sunflowerseed oil | B9 Ca Se |
| Asparagus, white, canned | Ca B9 | Pickled gherkin | B9 Ca |

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CARBO+

Carbohydrate-rich foods

Fruits and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|------------------|----------------------|------------------|
| Raspberry | | Grapefruit | |
| Quince | | Red grape | |
| Strawberry | | Custard apple | |
| Lime | | Cantaloupe melon | |
| Medlar, with skin | | Orange | |
| Pineapple, canned, extra heavy syrup pack, solids and liquids | | White grapes | |
| Black currant | | Coconut | |
| Chayote | | Red currant | |
| Melon | | Olive | |
| Avocado | | Papaya, without skin | |

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CARBO+

Carbohydrate-rich foods

Fruits and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|--------------------------|---|------------------------|----------------------------------|
| Pineapple | B ⁹ C Ca | Mango, without skin | C B ⁹ Ca |
| Apricot | B ⁹ Ca | Banana | B ⁶ B ⁹ Ca |
| Coconut, dried | B ⁶ B ⁹ Fe Ca Mg Se | Guava, canned in syrup | C B ⁹ Ca |
| Nectarine | B ⁹ | Clementine | C B ⁹ Ca |
| Pear | B ⁹ Ca | Syrup peach | B ⁹ |
| Yellow plum, with skin | B ⁹ Ca | Olive, black, with pip | Fe Ca |
| Kiwi | B ⁹ C Ca | Persimmon | Ca B ⁹ |
| Peach | B ⁹ Ca | Pomegranate | Ca B ⁹ |
| Maracuja - Passion Fruit | B ⁹ C Ca | Cherry | Ca B ⁹ |
| Litchis | C B ⁹ Ca | Figs | Ca B ⁹ |

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CARBO+

Carbohydrate-rich foods

Fruits and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|----------------------------------|------------------|--------------|------------------|
| Fruit salad, canned in own juice | Ca B9 | Blueberry | B9 Ca |
| Apple | Ca B9 | Date | B9 Ca |
| Pear, canned, in syrup | Ca B9 | Peach, dried | Ca B9 |
| Pineapple, canned, in juice | Ca B9 | Fruit pulp | C B9 Ca |
| Plum, canned | Ca B9 | Raisin | Ca B9 |

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CARBO+

Carbohydrate-rich foods

Cereals and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|------------------|-------------------------------------|--|-------------------------------|
| Quinoa | B ⁶ B ⁹ E | Whole bread, toasted | B ⁶ B ⁹ |
| Corn starch | B ⁶ B ⁹ | Wheat flour | B ⁶ |
| Barley | B ⁶ B ⁹ | Oat | B ⁹ |
| Rye | B ⁶ B ⁹ | Whole wheat bread | B ⁶ B ⁹ |
| Barley flour | B ⁶ B ⁹ | White bread, without salt | B ⁹ |
| Rye flour | B ⁶ B ⁹ | White bread, toasted, without salt | B ⁹ |
| Wheat, bran | B ⁶ B ⁹ | Crackers, melba toast, wheat | B ⁹ |
| Corn flour | B ⁶ B ⁹ | Pasta, homemade, made with egg, cooked | B ⁹ |
| Millet | B ⁶ B ⁹ | Rye bread | B ⁹ |
| Wholewheat flour | B ⁹ | Flax, seeds | B ⁶ B ⁹ |

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CARBO+

Carbohydrate-rich foods

Cereals and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|-----------------------------------|---------------------|---|---------------------------|
| Pasta, whole, cooked | Ca B9 Se | Cereal, frosted oat cereal with marshmallows | A B6 B9 B12 C D Fe Ca Se |
| Egg-free pasta | B9 Ca | Cereal (Kellogg's Apple Jacks) | A B6 B9 B12 C D Fe |
| Crackers | B9 Fe Ca Se | Cereal, frosted corn flakes | A B6 B9 B12 C D Fe Ca |
| Wheat germ | B6 B9 E Fe Ca Mg Se | Whole wheat bread | Fe B9 Ca Se |
| Bread, white wheat | B9 Fe Ca Se | White bread, toasted | Fe B9 Ca Se |
| Rice, boiled | Ca B9 | Breadcrumbs | B9 Fe Ca Se |
| Rice, brown, cooked, no added fat | Ca B9 | Cereal (Kellogg's Rice Krispies Treats Cereal) | A B6 B9 B12 C D Fe Ca |
| Oat flour | B6 B9 Fe Ca Mg Se | Cereal, puffed wheat, sweetened | A B6 B9 B12 C D Ca Mg Se |
| Spelt flour | Ca Mg | Oat bread | Fe B9 Ca Se |
| Barley bread | Fe B9 Ca Se | Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal | A B6 B9 B12 D Fe Ca Mg Se |

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CARBO+

Carbohydrate-rich foods

Cereals and derivatives

| FOOD | NUTRIENT CONTENT |
|--|------------------|
| Burguer bread | Fe B9 Ca Se |
| Corn bread | B9 Fe Ca Se |
| Cereal (Kashi GOLEAN) | B9 Fe Ca Mg Se |
| Granola | B9 Fe Ca Mg Se |
| Wheat cereal, chocolate flavored, cooked | B9 Ca Se |
| Milk bread | B9 Fe Ca Se |
| Pasta, filled with meat, boiled | Fe Ca Se |
| Puff pastry | B9 Fe Ca Se |
| Sponge cake | B9 Fe Ca Se |
| Raisin pudding | B9 D Ca Se |

| FOOD | NUTRIENT CONTENT |
|--|------------------|
| Cookie, chocolate, with icing or coating | B9 E Fe |
| Chocolate cake | B9 Fe Ca |
| Cookie, with chocolate | B9 E Fe |
| Fruit cake | B9 Ca |
| Cookies, Marie biscuit | B9 Se |
| Croissant with chocolate | A B9 Fe |
| Doughnut, with chocolate | B9 Fe Ca |
| Cruller | B9 Fe Ca |
| Doughnut | B9 Fe Ca |
| Muffin | B9 Ca Se |

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CARBO+

Carbohydrate-rich foods

Cereals and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|------------------------|---|------------------------|
| Croissant | Se A B ⁹ Ca | Biscuit, fruit jam filled, comercial | Se A B ⁹ Ca |
| Cookie, digestive type, with chocolate | Ca | Applesauce cake, with icing or filling | B ⁹ Ca |

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CARBO+

Carbohydrate-rich foods

Legumes and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|------------------------------------|------------------|------------------------------|----------------------|
| Lentil, boiled | B9 Fe Ca | Soybean, dry, soaked, boiled | B6 B9 Fe Ca Mg FAT |
| Pinto bean, steeped, boiled | B6 B9 Ca | Pea, canned | B9 |
| White bean, boiled | B9 Fe Ca Mg | Lentil, canned | B9 Fe Ca FAT |
| Broad bean, dried, steeped, boiled | B9 Ca | Tofu | B9 Fe Ca Se |
| Chickpea, boiled | B9 Fe Ca | Soya, fried | B9 Ca Mg FAT |
| Chickpea, canned | B6 B9 Ca | Broad bean, fried | B9 Ca FAT |
| Pea, frozen, boiled | B9 Ca | Soy flour | B6 B9 E Fe Ca Mg FAT |
| White bean, tinned | B9 Fe Ca Mg | | |

SAMPLE REPORT

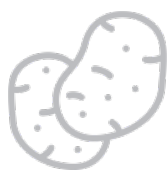
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CARBO+

Carbohydrate-rich foods

Tubers and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---------------------------|---------------------------------------|---|----------------------------------|
| Potato, cooked, fat added | B ⁶ B ⁹ C Ca Se | Potato, prefried, frozen | C B ⁹ Ca Se |
| Sweet potato | A B ⁹ Ca | Beetroot, canned | C B ⁹ |
| Potato, roast | B ⁹ B ⁶ C Ca | Potato, fried in unspecified oil without salt | B ⁶ B ⁹ Ca |
| Potato, boiled | B ⁹ B ⁶ C Ca | | |

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Food list

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PROTEIN+

Protein-rich foods



Milk and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|--|---------------------------------|--|
| Almond milk | B ⁹ D E Ca | Kefir | A B ⁹ D Ca |
| Soy Yoghurt | Ca B ⁹ Se FAT | Brie cheese | A B ⁶ B ⁹ B ¹² |
| Nutritional drink or shake, liquid, soy-based | B ⁶ B ⁹ B ¹² C D E Ca FAT | Camembert cheese, 20% fat | A B ⁶ B ⁹ B ¹² |
| Coconut milk | D B ¹² Ca FAT | Cheddar cheese spread, fat free | B ⁹ B ¹² Ca |
| Milk, skimmed, pasteurized | B ⁹ B ¹² D Ca | Cheese Feta | A B ⁶ B ⁹ B ¹² Ca |
| Milk, semi-skimmed, pasteurized | B ⁹ B ¹² D Ca | Milk, whole | B ¹² D Ca |
| Cottage cheese | B ⁹ B ¹² D Ca | Yoghurt, skimmed, plain flavour | B ⁹ B ¹² D Ca |
| Yoghurt, skimmed, vanilla flavour | B ⁹ B ¹² D Ca | Gouda cheese | A B ⁹ B ¹² Ca Se |
| Egg custard | B ⁶ B ⁹ B ¹² Ca Se | Fresh cheese | A B ⁹ B ¹² D Ca |
| Greek yoghurt, plain | B ⁹ B ¹² Ca Se | Cheese, fresh | A B ⁹ B ¹² D Ca |

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PROTEIN+

Protein-rich foods

Milk and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|------------------|----------------------------------|------------------|
| Goat's milk | | Parmesan cheese | |
| Sheep's milk | | Grated cheese, parmesan | |
| Yoghurt mousse, plain | | Cheese fondue | |
| Gruyere cheese | | Cheese, Camembert type | |
| Drinking yoghurt, plain, sweetened | | Cheese spread | |
| Yogurt parfait, low fat, with fruit and granola | | Drinking Yoghurt, skimmed, plain | |
| Liquid yoghurt | | Strawberry ice cream | |
| Blue cheese | | Goat cheese, cured | |
| Cheddar cheese | | Goat cheese, uncured | |
| Mozzarella cheese | | Roquefort cheese | |

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PROTEIN+

Protein-rich foods



Milk and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|------------------|--|------------------|
| Yoghurt , skimmed, flavoured n/e | | Cream cheese spread, light | |
| Processed cheese, portions | | Swiss spread cheese | |
| Yoghurt, skimmed, with fruits | | Dessert, custard pudding, with fruit, soft-serve | |
| Yogurt, NS as to type of milk, fruit (contain jams) | | Milk, condensed, with sugar | |
| Cream, half and half | | Milk, canned, condensed, sweetened | |
| Yoghurt mousse, with fruits | | Frozen yogurts | |
| Milk, semi-skimmed, dried | | Yogurt, with fruit and multigrain cereal puree | |
| Yogurt, greek, strawberry, low fat | | Chocolate mousse | |
| Emmental cheese | | Milk shake, chocolate | |
| Drinking Yoghurt, milk, with fruits | | Frozen yogurts, vanilla, soft-serve | |

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PROTEIN+

Protein-rich foods

Milk and derivatives

FOOD

NUTRIENT CONTENT

Cream ice cream



FOOD

NUTRIENT CONTENT

Chocolate ice cream



Milk shake, flavors other than chocolate



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PROTEIN+

Protein-rich foods

Eggs and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|----------------------|---|-----------------------------|---|
| Egg, chicken, yolk | A B ⁶ B ⁹ B ¹² D E Fe Ca Se FAT | Egg, chicken, white | A B ⁹ B ¹² D Ca Se FAT |
| Egg, duck | A B ⁶ B ⁹ B ¹² D Fe Ca Se FAT | Egg, chicken, fried | A B ⁹ B ¹² D Ca Se FAT |
| Egg, turkey | A B ⁹ B ¹² Fe Ca Se FAT FAT | Egg, chicken, poached | A B ⁹ D Ca Se FAT |
| Egg, quail | A B ⁹ B ¹² D Fe Ca Se FAT FAT | Egg, scrambled, with butter | FAT FAT FAT FAT A B ⁹ B ¹² D Ca Se |
| Egg, chicken, boiled | A B ⁹ B ¹² D Ca Se FAT FAT | | |

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PROTEIN+

Protein-rich foods

Meats and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|--|--|--|
| Liver, pork | A B ⁶ B ⁹ B ¹² C Fe Ca Se | Pigeon, part n/e, without skin, roasted | B ⁶ B ⁹ B ¹² Fe Ca Se FAT |
| Cured beef | B ⁶ B ⁹ B ¹² Fe Ca Se | Pork, loin | B ⁶ B ⁹ B ¹² Ca Se FAT |
| Ostrich, sirloin | B ⁶ B ⁹ B ¹² Fe Ca Se | Chicken luncheon meat | B ⁶ B ⁹ B ¹² Ca Se FAT |
| Turkey, breast, without skin, grilled | B ⁶ B ⁹ B ¹² Ca Se | Turkey leg, with skin | B ⁶ B ⁹ Fe Ca Se FAT |
| Turkey | B ⁶ B ⁹ B ¹² Ca Se | Chicken, leg, with skin, roasted | B ⁶ B ⁹ B ¹² Ca Se FAT |
| Beef, part n/s, roasted, with separable fat | B ⁶ B ⁹ B ¹² Fe Ca Se | Veal, rib, with separable fat | B ⁶ B ⁹ B ¹² Ca Se FAT |
| Beef, heart, cooked | B ⁶ B ⁹ B ¹² Fe Ca Se | Chicken, fried | B ⁹ B ⁶ Ca Se FAT |
| Liver, beef | A B ⁶ B ⁹ B ¹² D Fe Ca Se | Mincemeat | B ⁶ B ⁹ B ¹² Fe Ca Se FAT |
| Liver, chicken | A B ⁶ B ⁹ B ¹² C Fe Ca Se | Oxtail | B ⁶ B ⁹ B ¹² Fe Ca Se FAT |
| Heart, chicken | B ⁶ B ⁹ B ¹² Fe Ca FAT | Beef, part n/s, stewed, with separable fat | B ⁶ B ⁹ B ¹² Fe Ca Se FAT |

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PROTEIN+

Protein-rich foods

Meats and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|--|--|--|---|
| Chorizo | B ⁶ B ⁹ B ¹² D Fe Ca Se | Ham, roasted | B ¹² B ⁶ Ca Se |
| Heart, lamb | B ⁹ B ¹² Fe Ca Se | Cooked ham | B ⁶ B ⁹ B ¹² D Ca Se |
| Beef, sirloin, grilled | B ⁶ B ⁹ B ¹² Fe Ca Se | Pork, shoulder, cooked, lean, fat separate | B ⁶ B ⁹ B ¹² D Ca Se |
| Chicken, breast, grilled | B ⁶ B ⁹ Ca Se | Cured pork, loin | B ⁶ B ⁹ B ¹² Ca Se |
| Veal, sirloin, roasted, with separable fat | B ⁶ B ⁹ B ¹² Ca Se | Turkey, breast, with skin | B ⁹ B ⁶ Ca Se |
| Cured ham | B ⁶ B ⁹ B ¹² D Ca Se | Quail, cooked | B ⁶ B ⁹ Fe Ca Se |
| Salchichon | B ⁶ B ⁹ B ¹² D Ca Se | Veal, loin, with separable fat | B ⁶ B ⁹ B ¹² Ca Se |
| Pork, rib | B ⁶ B ⁹ Ca Se | Blood sausage, fried | B ⁹ B ¹² D Fe Ca Se |
| Pork, loin, roasted | B ⁶ B ⁹ B ¹² D Ca Se | Liver sausage, liverwurst, pork | A B ⁹ B ¹² Fe Ca Se |
| Pork, sirloin, roasted | B ¹² B ⁶ Ca Se | Foie gras | A B ⁹ B ¹² Fe Ca Se |

SAMPLE REPORT

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Food list

3



PROTEIN+

Protein-rich foods

Meats and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|---|-------------------------|--|
| Turkey luncheon meat | B ⁹ B ⁶ Ca Se | Bacon, smoked, grilled | B ⁶ B ¹² Ca Se |
| Pork, chop | B ⁶ B ¹² Ca Se | Lamb, rib | B ⁶ B ¹² Ca Se |
| Rabbit, stewed | B ⁶ B ⁹ B ¹² Ca Se | Lamb, not specific part | B ⁶ B ¹² Ca Se |
| Cooked ham, canned | B ⁶ B ⁹ B ¹² Ca Se | Hen | B ⁶ B ⁹ Ca Se |
| Chicken, breast, with skin | B ⁶ B ⁹ Ca Se | Duck, roasted | B ⁹ Fe Ca Se |
| Turkey or chicken sausage, reduced sodium | B ⁶ B ⁹ Se | Polish sausage, pork | B ⁹ B ¹² Ca Se |
| Pork sausage | B ⁹ B ¹² D | Sausage | B ⁹ B ¹² D Ca Se |
| Chicken, wing, with skin | B ⁶ B ⁹ Ca Se | Salami | B ⁶ B ¹² D Ca Se |
| Chicken, with skin, roasted | B ⁶ B ⁹ Ca Se | Bologna | B ⁹ B ¹² D Ca Se |
| Sausage, smoked link sausage, pork | B ⁹ B ¹² D Ca Se | Pork and beef sausage | B ⁹ B ¹² D Ca Se |

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Food list

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PROTEIN+

Protein-rich foods

Meats and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|--------------------------|--------------------------------------|------------------------|--|
| Bacon | B ⁶ B ¹² Ca Se | Chicken croquettes | B ⁹ Ca Se |
| Pork luncheon meat | B ⁹ B ¹² Ca Se | Breaded chicken, fried | Se |
| Pork, not specified part | B ⁹ Ca | Sausage, fresh | B ⁶ B ⁹ B ¹² Ca |

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Food list

3



PROTEIN+

Protein-rich foods

Fish and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|-----------------------|---|--------------------------|---|
| Tuna | B ⁶ B ⁹ B ¹² D Ca Se | Perch | B ⁹ B ¹² D Ca Se |
| Cod | B ⁶ B ⁹ B ¹² D Ca Se | Swordfish | B ⁶ B ⁹ B ¹² D E Ca Se FAT |
| Halibut | B ⁶ B ⁹ B ¹² D Ca Se | Anchovy in vegetable oil | B ⁶ B ¹² D E Fe Ca Mg Se FAT |
| Monkfish, grilled | B ⁶ B ⁹ B ¹² Ca Se | Seabass | B ⁶ B ⁹ D Ca Se FAT |
| Tuna, canned in water | B ⁶ B ⁹ B ¹² D Ca Se FAT | Sardine, roasted | B ⁶ B ⁹ B ¹² D E Fe Ca Mg Se FAT |
| Pout | B ⁶ B ⁹ B ¹² Ca Se | Trout | B ⁶ B ⁹ B ¹² D E Ca Se FAT |
| Tuna, baked | B ⁶ B ⁹ B ¹² Ca Se FAT | Trout, smoked | A B ⁶ B ⁹ B ¹² D E Ca Se FAT |
| Whiting, frozen | B ⁶ B ⁹ B ¹² D Ca Se | Anchovy cooked | B ⁹ B ¹² D E Fe Ca Mg Se FAT |
| Cod, smoked | B ⁹ B ¹² D Ca Se FAT | Pike, baked | B ⁹ B ¹² D Ca Se FAT |
| Grouper, griddle | B ⁶ B ⁹ Ca Se | Hake | B ⁶ B ⁹ B ¹² Fe Ca Mg Se FAT |

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Food list

3



PROTEIN+

Protein-rich foods

Fish and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|-------------------|---|---------------------------------|--|
| Salmon | B ⁶ B ⁹ B ¹² D Ca Se | Codfish, fried | B ¹² B ⁹ Ca Se |
| Cod, fresh, baked | B ¹² B ⁹ Ca Se | Herring, salted | B ⁶ B ⁹ D E Fe Ca Mg Se |
| Sea bream | B ⁶ B ⁹ B ¹² D Ca Se | Sardine | B ⁶ B ⁹ B ¹² D E Fe Ca Se |
| Caviar | A B ⁶ B ⁹ B ¹² D E Fe Ca Mg Se | Sardine, canned in oil, drained | B ⁶ B ⁹ B ¹² D E Fe Ca Se |
| Perch, baked | B ⁹ B ¹² D Ca Se | Tuna, griddle | B ⁶ B ⁹ D Ca Se |
| Anchovy | B ⁹ B ¹² Fe Ca Se | Mackerel, baked | B ⁶ B ⁹ B ¹² D E Ca Mg Se |
| Sole, baked | B ⁹ B ¹² D Ca Se | Carp, baked | B ⁶ B ⁹ B ¹² D Ca Se |
| Smoked salmon | B ⁶ B ⁹ B ¹² D Ca Se | Dogfish | B ⁶ B ⁹ B ¹² D Ca Mg Se |
| Mullet | B ⁶ B ⁹ D Ca Se | Swordfish, griddle | B ⁶ B ⁹ B ¹² D E Ca Se |
| Flounder, steamed | B ⁹ B ¹² D Ca Se | Salmon, griddle | B ⁶ B ⁹ B ¹² D Ca Se |

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Food list

3



PROTEIN+

Protein-rich foods

Fish and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|----------------------------------|--|--|--|
| Mackarel | B ⁶ B ⁹ B ¹² D Ca Mg Se | Fish, tuna, light, canned in oil, drained solids | B ⁹ B ¹² D Ca Se |
| Ray | B ⁶ B ⁹ B ¹² Ca Mg Se | Tuna, canned, oil pack | B ⁹ B ¹² D Ca Se |
| European eel, boiled | A B ⁹ B ¹² D E Ca Se | Iridescent shark | B ⁹ B ¹² Ca Se |
| Herring, smoked | B ⁶ B ⁹ B ¹² D Ca Se | European eel, baked | A B ⁹ B ¹² D E Ca Se |
| Mackerel, canned in oil, drained | A B ⁹ B ¹² D Ca Se | Whiting | B ⁶ B ⁹ D Ca Se |
| Turbot | Ca B ⁹ Se | Sardine canned in tomato sauce | B ⁹ B ¹² D Fe Ca Se |

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Food list

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PROTEIN+

Protein-rich foods

Seafood and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---|--|------------------------|--|
| Octopus, boiled | B ⁶ B ⁹ B ¹² Fe Ca Se | Cockles | Fe Ca |
| Cuttlefish | A B ⁶ B ⁹ Fe Ca Mg Se | Squid, roasted | B ¹² B ⁹ Ca Se |
| Crab | B ⁹ B ¹² E Ca Se | Shrimp, boiled | B ¹² B ⁹ Ca Se |
| Mollusks, blue mussel, cooked, moist heat | B ⁹ B ¹² C Fe Ca Se | Scallop | B ¹² B ⁹ Ca Se |
| Lobster, boiled | B ¹² B ⁹ Ca Se | Snail | B ⁹ B ¹² E Fe Ca Mg Se |
| Crayfish | B ¹² B ⁹ Ca Se | Oyster | B ⁹ B ¹² Fe Ca Mg Se |
| Clams | B ⁹ B ¹² Ca | Squid in vegetable oil | B ⁹ B ¹² E Ca Se |
| Mussel, canned in brine | B ⁹ B ¹² C Fe Ca Mg Se | Variegated scallop | B ⁹ B ¹² Ca Mg Se |
| Mussel, boiled | B ⁹ B ¹² C Fe Ca Mg Se | | |

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Food list

3



LIPID+

Lipid-rich foods

Oils and fats

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---------------------------------|------------------|------------------|----------------------|
| Wheat germ oil | E | Margarine, light | A B ⁹ D E |
| Sunflower oil | E | Mayonnaise light | B ⁹ E |
| Olive oil | E | Coconut oil | |
| Extra virgin olive oil | E | Liver oil | A D |
| Extra virgin olive oil, organic | E | Flaxseed oil | |
| Palm oil | E | Pork lard | D |
| Planta vegetable fat | E | Walnut oil | |
| Peanut oil | | Sesame oil | |
| Rape oil | E | Butter with salt | A B ⁹ |
| Soya, oil | E | Butter, light | A B ⁹ |

SAMPLE REPORT

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Food list

3



LIPID+

Lipid-rich foods

Sauces and condiments

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---------------------|--|--|--|
| Mint, fresh | A B ⁹ C Fe Ca Mg | Black pepper | B ⁶ B ⁹ Fe Ca Mg |
| Chili or hot pepper | B ⁶ B ⁹ C E Ca | Thyme, dried | A B ⁶ B ⁹ C E Fe Ca |
| Oregano, dried | B ⁶ B ⁹ E Fe Ca Mg | Saffron | B ⁶ B ⁹ C Fe Ca Mg Na FAT |
| Cinnamon, powder | B ⁹ E Fe Ca Mg | Chili pepper, red | B ⁶ B ⁹ C Ca |
| Parsley, fresh | A B ⁹ C Fe Ca | Chili pepper, green | B ⁶ B ⁹ C Ca |
| Rosemary | A B ⁶ B ⁹ C Fe Ca Mg FAT | Dill, dried | A B ⁶ C Fe Ca Mg Na |
| White pepper | B ⁹ C Fe Ca | Sauce, peppers, hot, chili, mature red, canned | B ⁹ C Ca |
| Garlic, powder | B ⁶ B ⁹ Fe Ca Mg Se | Ginger | B ⁹ Ca |
| Basil | A B ⁹ C Fe Ca Mg | Fennel | B ⁹ Ca |
| Bay, leaf | A B ⁶ B ⁹ C Fe Ca Mg FAT | Apple vinegar | Ca |

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Food list

3



LIPID+

Lipid-rich foods

Sauces and condiments

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|--------------|---|-------------------------------|---|
| Wine vinegar | Ca | Tabasco, sauce | B ⁹ Fish Ca Salt |
| Soya, sauce | Ca B ⁹ Mg Salt | Peppers, hot chile, sun-dried | Brain A B ⁶ B ⁹ C E Fe Ca Fish Salt |
| Curry | Brain B ⁹ E Fe Ca Mg Se FAT | Curry sauce | Brain B ⁹ E Ca Salt FAT Egg |
| Sea salt | Ca Salt | Tomato sauce | Brain Fish B ⁹ Fe Ca Mg Se Salt Egg |
| Iodized salt | Ca Salt | Tomato chili sauce | B ⁹ C E Ca Salt Egg |
| Cumin | Brain B ⁶ B ⁹ E Fe Ca Mg Se FAT Egg | Fried green tomatoes | Fish B ⁹ Ca Se Salt FAT Egg |
| Tahini | Fish Brain B ⁹ Fe Ca Mg Se FAT Egg | Vanilla | Ca Salt |
| Nutmeg | Brain B ⁹ Fe Ca Mg FAT | Paprika, powder | Brain A B ⁶ B ⁹ E Fe Ca Mg FAT Salt Egg |
| Mustard | B ⁹ Ca Se Salt FAT Egg | Balsamic vinegar | Ca Salt |
| Pesto sauce | B ⁹ E Ca Mg Salt FAT Egg | Sweet and sour sauce | Ca B ⁹ Salt Egg |

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Food list

3



LIPID+

Lipid-rich foods

Sauces and condiments

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|-----------------------------------|---------------------------------------|-----------------------|-----------------------------------|
| Ketchup | B ⁹ Ca | Roquefort sauce | B ⁹ E Ca |
| Barbecue sauce | B ⁹ Ca | Bolognese sauce | A C |
| Vinaigrette sauce, with olive oil | E Ca | Cheese sauce | B ⁹ Ca |
| Bechamel sauce | A B ⁹ B ¹² D Ca | Cheese sauce mix, dry | B ⁹ B ¹² Ca |

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Food list

3



EXTRAS

Sugars and derivatives

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|------------------------------|------------------|---|------------------|
| Nougat, alicante type | E B9 Ca | Soluble cocoa, with sugar, powder | B6 B9 C Ca |
| Marmalade, strawberry, light | C B9 | Custard | B9 B12 D Ca |
| Sugar, brown | Ca B9 | Chocolate, bitter, with almonds | B9 E Fe Ca Mg |
| Honey | Ca B9 | Chocolate and cream pudding | B9 Ca |
| Jelly | Ca B9 | Chocolate with milk and almonds | B9 B12 E Ca Mg |
| Sugar, white | | Chocolate bitter, with sugar | B9 Fe Ca Mg |
| Marmalade, strawberry | Ca B9 | Chocolate, milk, with nuts, not almond or peanuts | B9 B12 Fe Ca Mg |
| Marmalade, orange | C B9 | Chocolate, bitter | Fe Ca Mg Se |
| Chewing gum | | Chocolate paste with hazelnuts | B9 Fe Ca Mg |
| Liquorice | Ca | Milk chocolate | B9 Fe Ca Mg |

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Food list

3



EXTRAS

Sugars and derivatives

FOOD

Chocolate bar,
type kit kat

NUTRIENT CONTENT

B⁹ B¹² Ca

Chocolate

B⁹ Fe

FOOD

White chocolate

NUTRIENT CONTENT

B⁹ B¹² Ca

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Food list

3



EXTRAS

Nuts and oilseeds

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|------------------------------------|------------------|-----------------------|------------------|
| Lupin | | Pine nut | |
| Sunflower seeds | | Peanut, fried, salted | |
| Hazelnut | | Pumpkin seeds | |
| Sunflower seeds, peeled, with salt | | Soya seeds | |
| Sesame, seed | | Almond, fried, salted | |
| Almond | | Cashew nut | |
| Almond, toast | | Pistachio nut | |
| Walnut | | Chestnut | |
| Peanut, toasted, salted | | Chestnut, roasted | |

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Food list

3



EXTRAS

Snacks

FOOD

Pop corn



Corn chips



FOOD

Butter cookie



SAMPLE REPORT

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Food list

3



EXTRAS

Non-alcoholic beverages

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|--|---|------------------------------|---------------------|
| Lemon juice, fresh | B ⁹ C Ca | Pineapple juice | B ⁹ C Ca |
| Coffee, substitute, instant | B ⁶ B ⁹ Fe Ca Mg Se | Sport drink | |
| Carrot, fresh juice | A B ⁶ B ⁹ Ca | Non-alcoholic beer | B ⁹ Ca |
| Tomato, fresh juice | C B ⁹ Ca | Grapefruit juice | B ⁹ C Ca |
| Tap water | Ca | Raspberries juice | C Ca |
| Mineral water | Ca | Soft drink, tonic water type | |
| Sparkling water, bottled | Ca | Carbonated drink, lemon | |
| Soft drink, carbonated, orange flavoured | C | Apple juice | Ca |
| Orange juice | B ⁶ B ⁹ C | Cranberry juice | Ca C |
| Soy milk | B ¹² B ⁹ D Ca FAT | Lemonade | B ⁹ |

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Food list

3



EXTRAS

Non-alcoholic beverages

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---------------------------------------|-------------------|--|-----------------------------------|
| Fruit juice | Ca C | Tea, without sugar | |
| Soda | Ca | Soluble coffee, powder | B ⁹ |
| Infusion, tea, herbal | B ⁹ | Coffee, brewed | B ⁹ |
| Coffee infusion, with milk | B ⁹ Ca | Tea infusion, with milk | B ⁹ Ca |
| Coffee, powder | Fe Ca Mg Se | Energy drink | B ⁶ B ¹² Ca |
| Coffee, seed or powder, decaffeinated | | Soft drink, orange flavoured, non carbonated | |
| Coffee, brewed, decaffeinated | | Soluble cocoa, with sugar, powder, light | B ⁹ Ca Mg |

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Food list

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EXTRAS

Alcoholic beverages

| FOOD | NUTRIENT CONTENT | FOOD | NUTRIENT CONTENT |
|---------------------------|------------------|---------------|------------------|
| White wine | B9 Ca | Rum | |
| Wine, rose | B9 Ca | Tequila | |
| Red wine | B9 Ca | Vodka | |
| Sparkling wine, cava type | B9 Ca | Whisky | |
| Beer | B9 Ca | Sidra | B9 Ca |
| Beer, low alcohol | B9 Ca | Sangria | B9 Ca |
| Cognac | | Fruit liqueur | |
| Gin | | | |

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SAMPLE REPORT

Together
we create the future
of personalizing medicine.

