



# Foods Tested With the PinnerTest

Only foods that have been consumed within six months prior to taking the PinnerTest will show up in the results. I've created this checklist of the 200 foods included in the test so you can easily pinpoint what foods you may want to eat prior to taking the test so that you can get the most out of it.

## Grains:

\_barley  
\_buckwheat  
\_corn  
\_kamut  
\_millet  
\_oat  
\_quinoa  
\_rice  
\_rye  
\_spelt  
\_wheat

## Nuts & Seeds:

\_almond  
\_brazil  
\_cashew  
\_chestnut  
\_coconut  
\_flaxseed  
\_hazelnut  
\_hemp  
\_macadamia  
\_pine nut  
\_pistachio  
\_sesame seed  
\_sunflower \_seed  
\_walnut

## Meat:

\_beef  
\_chicken  
\_duck  
\_lamb  
\_pork  
\_rabbit  
\_quail  
\_turkey

## Herbs & Spices:

\_allspice  
\_anise seed  
\_basil  
\_capers  
\_cardamom  
\_carob  
\_chili powder  
\_chive  
\_cilantro  
\_cinnamon  
\_clove  
\_coriander  
\_cumin  
\_dill  
\_garlic  
\_ginger  
\_lavender  
\_mint  
\_mustard seed  
\_nutmeg  
\_oregano  
\_paprika  
\_peppercorn  
\_rosemary  
\_saffron  
\_sage  
\_tarragon  
\_thyme  
\_turmeric  
\_vanilla

## Dairy/Eggs:

\_cow's milk  
\_egg white  
\_egg yolk  
\_goat's milk  
\_sheep's milk

## Fruits:

\_acai berry  
\_apple  
\_apricot  
\_avocado  
\_banana  
\_blackberry  
\_blueberry  
\_cantaloupe  
\_cherry  
\_cranberry  
\_current  
\_date  
\_fig  
\_grape  
\_grapefruit  
\_guava  
\_kiwi  
\_lemon  
\_lime  
\_mango  
\_lychee  
\_nectarine  
\_olive  
\_orange  
\_papaya  
\_peach  
\_pear  
\_pineapple  
\_plum  
\_pomegranate  
\_raspberry  
\_rhubarb  
\_strawberry  
\_watermelon

## Fish/Seafood:

\_anchovy  
\_bluefish  
\_clam  
\_cod  
\_crab  
\_eel  
\_haddock  
\_herring  
\_lobster  
\_mackerel  
\_mussel  
\_octopus  
\_oyster  
\_red snapper  
\_salmon  
\_sardine  
\_sea bass  
\_shrimp  
\_sole  
\_squid  
\_sword fish  
\_tilapia  
\_trout  
\_tuna

## Legumes:

\_black bean  
\_chickpea  
\_fava bean  
\_kidney bean  
\_lentils  
\_peanut  
\_pinto bean  
\_soybean

## Vegetables:

\_artichoke  
\_arugula  
\_asparagus  
\_beet  
\_bell pepper  
\_broccoli  
\_brussel  
\_sprouts  
\_cabbage  
\_carrot  
\_cauliflower  
\_celery  
\_chard  
\_cucumber  
\_eggplant  
\_endive  
\_fennel  
\_grape leaf  
\_kale  
\_leek  
\_lettuce  
\_mushrooms  
\_okra  
\_onion  
\_parsley  
\_pea  
\_potato  
\_pumpkin  
\_radicchio  
\_radish  
\_spinach  
\_butternut  
\_squash  
\_string bean  
\_sweet potato  
\_tomato  
\_turnip  
\_watercress  
\_zucchini

## Drinks:

\_black tea  
\_chamomile  
\_chicory  
\_cocoa bean  
\_coffee  
\_cola nut  
\_ginseng  
\_hibiscus  
\_hops  
\_jasmine  
\_roobios

## Others:

\_agar  
\_agave  
\_aloe vera  
\_amaranth  
\_aspartame  
\_baking powder  
\_baking soda  
\_cane sugar  
\_canola oil  
\_fructose  
\_gluten (gliadin)  
\_honey  
\_maple syrup  
\_pectin  
\_saccharin  
\_sucralose  
\_tapioca  
\_yeast