

1 2 & 2 5 B A S I C F O O D S I g E

25 BASIC

Almond
Apple
Banana
Barley
Beef
Blue mussel
Buckwheat

Celery
Corn
Egg, whole
Garlic
Hazelnut
Lentil
Milk, cow's

Navy bean
Orange
Peach
Peanut
Sesame seed
Shrimp
Soybean

Strawberry
Tomato
Tuna
Wheat

12 BASIC

Almond
Beef
Egg, whole
Milk, cow's
Orange
Peanut

Sesame
Shrimp
Soybean
Tomato
Tuna
Wheat