

# WE TEST YOU FOR THE FOLLOWING

## FRUITS

- 1 Apples
- 2 Oranges
- 3 Banana
- 4 Strawberry
- 5 Watermelon
- 6 Mango
- 7 Lemon
- 8 Kiwifruit
- 9 Grapes
- 10 Peaches
- 11 Pears
- 12 Mandarines
- 13 Pineapple
- 14 Passionfruit
- 15 Cherries
- 16 Plums
- 17 Pawpaw
- 18 Apricot
- 19 Sultanas
- 20 Raisins
- 21 Grapefruit
- 22 Rockmelon
- 23 Honey Dew Melon
- 24 Prunes
- 25 Dates
- 26 Lychee
- 27 Nectarines
- 28 Limes

## SEAFOOD

- 29 Fish
- 30 Shellfish
- 31 Calamari
- 32 Salmon (tinned)
- 33 Tuna (tinned)
- 34 Fish Oil Capsules

## DRINKS

- 35 Beer
- 36 Wine
- 37 Port
- 38 Vodka
- 39 Whiskey
- 40 Bourbon
- 41 Rum
- 42 Gin
- 43 Brandy
- 44 Tea
- 45 Coffee
- 46 Ovaltine
- 47 Milo
- 48 Choc Quik
- 49 Cocoa (Cadbury)
- 50 Ginger Ale
- 51 Coke
- 52 Diet Coke
- 53 Pepsi Max
- 54 Sprite-Lemonade
- 55 Fanta (Orange)
- 56 Dandelion Tea
- 57 Chamomile Tea
- 58 Peppermint Tea
- 59 Green Tea
- 60 Ribena
- 61 Red Cordial
- 62 Cranberry Juice

## CONDIMENTS

- 63 Apple Cider Vinegar
- 64 Malt Vinegar
- 65 Salt (refined table)
- 66 Celtic Salt (sea salt)
- 67 Rock Salt (McCormick)
- 68 Herbemare Vege Salt
- 69 Pepper (black and white)
- 70 Cayenne Pepper
- 71 Tomato Sauce (Fountain)
- 72 Tomato Paste (Leggo's)
- 73 B.B.Q. Sauce (MasterFoods)
- 74 Soy sauce
- 75 Worcester sauce
- 76 Horseradish sauce
- 77 Mustard
- 78 Praise Traditional Mayo
- 79 Gravox
- 80 Vegemite
- 81 Promite
- 82 Nutella
- 83 Beef Stock (Magi)
- 84 Chicken Stock (Magi)
- 85 Chicken Stock (Massel)
- 86 Beef Stock (Massel)
- 87 Vegetable Stock (Massel)
- 88 Vanilla (pure)
- 89 Curry Powder
- 90 Mint Sauce
- 91 Ginger
- 92 Chilli
- 93 Garlic
- 94 Mixed Spice
- 95 Cinnamon
- 96 Nutmeg

## DAIRY FOODS

- 97 Butter
- 98 Margarine (Flora)
- 99 Margarine (Soya)
- 100 Nuttalex Margarine
- 101 Cream
- 102 Cows Yoghurt
- 103 Soy Yoghurt
- 104 Cows Cheese
- 105 Goats Cheese
- 106 Soy Cheese
- 107 So-Good
- 108 Vitasoy
- 109 Aussie Soy
- 110 So Natural
- 111 Tofu
- 112 Goats Milk
- 113 Rice Milk (Rice Dream)
- 114 Rice Milk (So-Natural)
- 115 Carnation Milk
- 116 Condensed Milk
- 117 Skim Milk
- 118 Full Cream Milk
- 119 Ice Cream (Pauls Vanilla)
- 120 Eggs

## SEEDS

- 121 Sesame
- 122 Sunflower
- 123 Pumpkin
- 124 Linseed (flax seed oil)

## VEGETABLES

- 125 Potato
- 126 Tomato
- 127 Capsicum
- 128 Eggplant
- 129 Cabbage
- 130 Cauliflower
- 131 Brussell Sprouts
- 132 Mushroom
- 133 Broccoli
- 134 Silverbeet
- 135 Zucchini
- 136 Celery
- 137 Lettuce
- 138 Rocket
- 139 Pumpkin
- 140 Peas
- 141 Carrot
- 142 Onion
- 143 Beetroot
- 144 Cucumber
- 145 Turnip
- 146 Button Squash
- 147 Snow Peas
- 148 Mung Beans
- 149 Beans
- 150 Asparagus
- 151 Alfalfa sprouts
- 152 Sweet Potato
- 153 Avocado
- 154 Corn
- 155 Shallots
- 156 Parsley
- 157 Buckchoy
- 158 Choysum
- 159 Wombok
- 160 Leeks
- 161 Olives

## MEATS / FATS

- 162 Beef
- 163 Pork
- 164 Lamb
- 165 Chicken
- 166 Bacon
- 167 Ham
- 168 Turkey
- 169 Canola Oil
- 170 Olive Oil
- 171 Grape Seed Oil
- 172 Sunflower (Crisco)

## FOOD COLOURINGS

- 173 Red
- 174 Blue
- 175 Green
- 176 Yellow

## NUTS

- 177 Almonds
- 178 Cashews
- 179 Hazel
- 180 Brazil
- 181 Pistachio
- 182 Macadamia
- 183 Walnut
- 184 Pecans
- 185 Pine Nuts

## DRIED HERBS

- (McCORMICK)
- 186 Mixed Herbs
  - 187 Rosemary
  - 188 Basil
  - 189 Chives
  - 190 Coriander
  - 191 Oregano
  - 192 Season-All

## GRAINS / CEREALS

- 193 White Bread
- 194 Wholemeal Bread
- 195 Multigrain Bread
- 196 Rye Flour
- 197 White Flour
- 198 Wholemeal Flour
- 199 Cornflour [wheat free]
- 200 Mountain Rice Bread
- 201 Bi Carb Soda
- 202 Corn Thins
- 203 Rice Thins
- 204 Lavash Bread [Bazzar]
- 205 White Rice
- 206 Brown Rice
- 207 Lentils
- 208 Chick Peas
- 209 Kidney Beans
- 210 Split Peas
- 211 Rolled Oats
- 212 Oat Bran
- 213 Coconut inc. milk
- 214 Baked Beans (Heinz)
- 215 Spaghetti (Heinz)
- 216 Pasta (Durham Wheat)
- 217 Hokkien Noodles
- 218 Rice Noodles
- 219 Cornflakes (Kellogs)
- 220 Rice Bubbles
- 221 Oatbribs
- 222 Sultana Bran
- 223 Vita Brits
- 224 Weet Bix
- 225 Nutrigrain
- 226 Crunchy Nut
- 227 Just Right

## SUGARS

- 228 White Sugar
- 229 Raw Sugar
- 230 Brown Sugar
- 231 Manuka Honey
- 232 Stevia
- 233 Splenda
- 234 Honey
- 235 Maple Syrup
- 236 Golden Syrup
- 237 Carob
- 238 Chocolate (Darrell Lea)
- 239 Chocolate (Lindt)
- 240 Chocolate (Nestle)
- 241 Chocolate (Cadbury)
- 242 Chocolate (Dove)
- 243 Liquorice

## CHEMICALS

- 244 Fly Spray
- 245 Aeroguard
- 246 Newspaper Ink
- 247 Bleach
- 248 Sard Wonder Soaker
- 249 Nappisan
- 250 Talcum Powder
- 251 Morning Fresh
- 252 Palmolive Dish Liquid
- 253 Dawn Dish Liquid
- 254 Pine-O-Cleen
- 255 Domestos
- 256 Omo
- 257 Dynamo
- 258 Bio Zet
- 259 Cold Power
- 260 Radiant
- 261 Cuddly Fabric Softener
- 262 Fluffy Fabric Softener

## BATHROOM CHEMICALS

- 263 Baby Shampoo (Johnsons)
- 264 Head and Shoulders
- 265 Pantene all
- 266 Wella Balsam all
- 267 Palmolive Shower Milk
- 268 Lux Body Wash
- 269 Mum Deodorant
- 270 Dove Deodorant
- 271 Rexona Sport Deodorant
- 272 Crystal Stick Deodorant
- 273 Body Choice Natural Deod
- 274 Dove Soap
- 275 Sunlight Personal Soap
- 276 Grants Herbal Toothpaste
- 277 McLeans (all)
- 278 Colgate (all)
- 279 Sensodyne
- 280 Gillette Shaving Foam
- 281 Nivea Shaving Gel
- 282 UV Tripplegard Sunscreen
- 283 Banana Boat Sunscreen

## METALS

- 284 Mercury
- 285 Silver
- 286 Aluminium
- 287 Gold

## HAIR/FIBRES

- 288 Mixed Feathers
- 289 Wool
- 290 Cotton
- 291 Polyester
- 292 Linen

## OTHERS

- 293 Panadol paracetamol
- 294 Herron paracetamol
- 295 Panadine
- 296 Aspro
- 297 Nurofen
- 298 Codral (cold & flu)
- 299 Inner Health Plus
- 300 Cigarette Smoke