

96 Asian Foods 96種亞洲食物

| Dairy 乳製品類 | Vegetables 蔬菜類 | Fruits 生果類 | Legumes/Nuts/Grains 豆類/堅果類/穀類 | Spices 調味料 |
|--------------------------|-----------------------|----------------------|-------------------------------|---------------------|
| Casein 酪蛋白 | Asparagus 蘆筍 | Apple 蘋果 | Almond 杏仁 | * Chili, Cayenne 辣椒 |
| Cow's Milk 牛奶 | * Bamboo shoots 竹筍 | Banana 香蕉 | * Almond 杏仁 | * Curry Powder 咖喱粉 |
| Whey 乳清蛋白 | * Bitter Melon 苦瓜 | * Cantaloupe 哈蜜瓜(黃色) | * Bean, Red 小紅豆 | * Ginger 薑 |
| Yogurt 乳酪 | Broccoli 西蘭花 | * Cherry 櫻桃 | * Cashew Nut 腰果 | * Mustard 黃芥末 |
| | Cabbage 高麗菜, 白菜 | Coconut 椰子 | Corn 粟米 | * Pepper, Black 黑胡椒 |
| Seafood 海鮮類 | Carrot 紅蘿蔔 | Grape Mix 葡萄 | Gluten, Wheat 小麥麩質 | * Vanilla 香草 |
| * Abalone 鮑魚 | Cauliflower 椰菜花 | Grapefruit 西柚 | * Job's Tears 薏仁 | * Woo-hsiang 五香粉 |
| Clam 蜆 | Celery 芹菜 | * Guava 番石榴 | Kidney Bean 腰豆, 大紅豆 | Powder |
| Codfish 鱈魚 | Cucumber 黃瓜, 青瓜 | * Honeydew 蜜瓜(綠色) | Mung Bean 綠豆 | Misc 其它 |
| Crab 蟹 | * Eggplant 茄子 | * Kiwi 奇異果 | Oat 燕麥 | Baker's Yeast 麵包酵母 |
| * Cuttlefish 墨魚 | Garlic 大蒜 | Lemon 檸檬 | Peanut 花生 | Brewer's Yeast 啤酒酵母 |
| Lobster 龍蝦 | Green Pepper 青椒 | * Lain Woo 蓮霧 | Rice 米 | Cocoa Bean 可可豆 |
| Oyster 蠔 | * Kelp 海帶, 海苔 | * Mango 芒果 | Sesame 芝麻 | Coffee Bean 咖啡豆 |
| Salmon 鮭魚 | * Leeks 韭菜 | Orange 橙 | Soy 大豆, 黃豆 | Honey 蜂蜜 |
| * Sea Bass 盲鱧 | Lettuce 高莖, 生菜 | Papaya 木瓜 | Sunflower 葵花子 | * Woo-long Tea 烏龍茶 |
| * Sea Perch 鱈魚 | Mushroom 蘑菇 | Peach 水蜜桃 | Walnut 核桃 | |
| Shrimp 蝦 | Olive, ripe 橄欖 | Pineapple 菠蘿, 鳳梨 | | |
| Tuna 鮪魚 | Onion 洋蔥 | Strawberry 草莓 | | |
| | Radish 白蘿蔔 | * Watermelon 西瓜 | | |
| Meat/ Fowl 肉類/家畜類 | Spinach 菠菜 | | | |
| Beef 牛肉 | Sweet Potato 番薯 | | | |
| Chicken 雞肉 | * Taro 芋頭 | | | |
| * Duck 鴨肉 | Tomato 番茄 | | | |
| * Egg, Whole 雞蛋 | * Vegetable Sponge 絲瓜 | | | |
| * Goose 鵝肉 | * Water Spinach 空心菜 | | | |
| Lamb 羊肉 | White Potato 馬鈴薯 | | | |
| Pork 豬肉 | | | | |

* Only found in Asian Food Panel 亞洲測試獨有之食物



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96 Standard Foods

| Dairy | Vegetables | Legumes/Nuts/Grains | Fruits | Misc |
|----------------------|--------------------|---------------------|------------------|----------------------|
| Casein | Asparagus | Almond | Apple | Cocoa Bean |
| * Cheese, Cheddar | * Avocado | * Almond | * Apricot | Coffee Bean |
| * Cheese, Cottage | * Beet | * Amaranth Flour | Banana | Honey |
| * Cheese, Mozzarella | Broccoli | * Barley | * Blueberry | * Sugar Cane |
| Lactalbumin | Cabbage, White | Bean, Kidney | * Cranberry | Yeast, Baker's |
| Milk | Carrot | * Bean, Lima | Grape, Red | Yeast, Brewer's |
| * Milk, Goat | Cauliflower | Bean, Mung | Grapefruit | |
| Yogurt | Celery | * Bean, Pinto | Lemon | Meat/ Fowl |
| | Cucumber | Bean, Soy | Orange | Beef |
| Seafood | Garlic | * Buckwheat | Papaya | Chicken |
| Clam, Manila | Lettuce | Coconut | Peach | * Egg White, Chicken |
| Cod, Atlantic | Mushroom | Corn | * Pear | * Egg Yolk, Chicken |
| Crab, Dungeness | Olive, Black | * Filbert | Pineapple | Lamb |
| * Halibut | Onion, White | * Gliadin, Wheat | * Plum | Pork |
| Lobster, American | Pepper, Green Bell | Gluten, Wheat | * Raspberry, Red | * Turkey |
| Oyster | Potato, Sweet | * Lentil | Strawberry | |
| * Red Snapper | Potato, White | Oat | | |
| Salmon, Pacific | * Pumpkin | * Pea, Green | | |
| Shrimp, Western | Radish | Peanut, Runner | | |
| * Sole | Spinach, Green | * Pecan | | |
| Tuna, Yellowfin | * Squash, Zucchini | Rice, White | | |
| | Tomato, Red | * Rye | | |
| | | Sesame | | |
| | | * Spelt | | |
| | | Sunflower | | |
| | | Walnut | | |
| | | * Wheat, Whole | | |

* Only found in Standard Food Panel



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