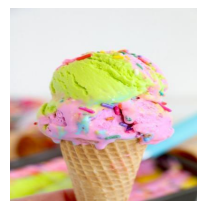
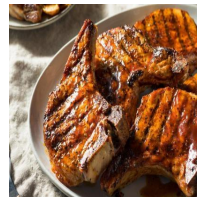


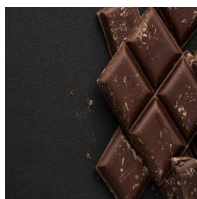
Lactose rich food



Histamine rich food



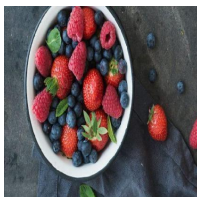
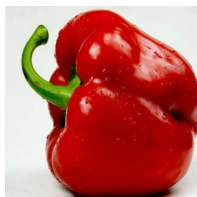
Caffeine rich food



Gluten rich food



Salicylate rich food



Ovomucoid rich food

