

Food Sensitivity Tests

- **Immunoglobulin G (IgG):** One of the most popular tests, the IGG test is supposed to measure whether a person's immune system reacts to certain foods by making an antibody called Immunoglobulin G (IgG). But the truth is that the presence of the IgG antibody indicates *exposure* to a food, which makes sense if you have eaten the food. The presence of IgG antibodies does not indicate anything out of the ordinary. The IgG test has never been scientifically proven to be able to accomplish what it reports to do. You can read what the American Academy of Allergy, Asthma and Immunology has to say about IgG tests [here](#).
- **Antigen Leukocyte Antibody Test (ALCAT):** The test analyzes the responses of the patient's white blood cells (leukocytes) when exposed to foods and other test substances. ALCAT test system is relies on unproven statements that lack scientific and clinical proofs of efficacy. Wüthrich B. Unproven techniques in allergy diagnosis. *J Investig Allergol Clin Immunol.* 2005;15(2):86-90.
- **MRT (LEAP)**
The MRT/LEAP test is one that has actually been done by registered dietitians who practice as integrative or functional dietitians for quite some time. But in 2016, the Commission of Dietetic Registration (CDR) which is the credentialing agency for the Academy of Nutrition and Dietetics discontinued it's support for the test due to lack of evidence for using it to diagnose food intolerances. You can read more about the CDR's decision [here](#).