What is claimed is:

1. An irritable bowel syndrome (IBS) test kit panel consisting essentially of:

a plurality of distinct IBS trigger food preparations immobilized to an individually addressable solid carrier;

wherein the plurality of distinct IBS trigger food preparations each have an IBS raw p-value of ≤ 0.07 or an IBS false discovery rate (FDR) multiplicity adjusted p-value of ≤ 0.10; and

wherein the IBS test kit panel has at least ten distinct IBS trigger food preparations.

2. The test kit panel of claim 1, wherein the plurality of distinct IBS trigger food preparations each have an IBS raw p-value of ≤ 0.05 or an IBS FDR multiplicity adjusted p-value of ≤ 0.08.

3. The test kit panel of claim 1, wherein the FDR multiplicity adjusted p-value is adjusted for at least one of age or gender.

4. The test kit panel of claim 1, wherein the plurality of distinct IBS trigger food preparations is crude aqueous extracts or processed aqueous extracts.

5. The test kit panel of claim 1, wherein the solid carrier is selected from the group consisting of a microwell plate, a microfluidic device, a dipstick, a membrane-bound array, a bead, an adsorptive film and a sensor.