



**GB**  
English



**E**  
Spanish

In the whole European Union the following ingredients must always be indicated on packed foods without exception.

- This is not valid for the following countries:  
Russia, Turkey.

These ingredients are marked **blue** in the dictionary.

- Cereals containing gluten (wheat, barley, rye, oats, spelt, kamut or their hybridised strains) and products thereof
- Crustaceans and products thereof
- Eggs and products thereof
- Fish and products thereof
- Peanuts and products thereof
- Soybeans and products thereof
- Milk and products thereof (including lactose)
- Nuts i. e. Almond [*Amygdalus communis* L.], Hazelnut [*Corylus avellana*], Walnut [*Juglans regia*], Cashew [*Anacardium occidentale*], Brazil nut [*Bertholletia excelsa*], Macadamia nut and Queensland nut [*Macadamia ternifolia*] and products thereof
- Celery and products thereof
- Mustard and products thereof
- Sesame seeds and products thereof
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO<sub>2</sub>.
- Lupin and products thereof
- Molluscs and products thereof

You can create your personal allergy card with the help of this dictionary.

### Soy alergico contra ...

<i>cooked</i>	<b>cocinado</b>
<i>dry</i>	<b>seco</b>
<i>fresh</i>	<b>fresco</b>
<i>raw</i>	<b>crudo</b>
(baker's) yeast	<b>levadura</b>
alcohol	<b>alcohol</b>
almond	<b>almendra</b>
anchovy	<b>anchoa</b>
anise; aniseed	<b>anis</b>
apple	<b>manzana</b>
apricot	<b>albaricoque</b>
avocado	<b>aguacate</b>
banana	<b>plátano</b>
barley	<b>cebada</b>
basil	<b>albahaca</b>
bean	<b>alubia</b>
beef	<b>carne de vaca</b>
beer	<b>cerveza</b>
brazil nut	<b>castañas de Pará</b>
broccoli	<b>brócoli</b>
buckwheat	<b>trigo sarraceno</b>
cantaloupe	<b>melón</b>
caraway	<b>comino</b>
cardamom	<b>cardamomo</b>
carrot	<b>zanahoria</b>
cashew nut	<b>anacardos</b>
cayennepepper	<b>guindilla</b>
celery	<b>apio</b>
cheese	<b>queso</b>
cherry	<b>cereza</b>
chicken	<b>carne de gallina</b>
chicory	<b>achicoria</b>
chilipepper	<b>pimienta de cayena</b>
chocolate	<b>chocolate</b>
cinnamon	<b>canela</b>
cocoa powder	<b>cacao</b>
coconut	<b>coco</b>
cod	<b>bacalao</b>
coriander	<b>coriandro; cilantro</b>
cornflour; cornstarch	<b>maicena</b>

crab	<b>cangrejo</b>
crab	<b>crustáceos</b>
cucumber	<b>pepino</b>
curry	<b>curry</b>
date	<b>dátil</b>
dill	<b>eneldo</b>
egg	<b>huevo</b>
escargot	<b>caracol de viña</b>
fennel seed	<b>semilla del hinojo</b>
fig	<b>higos</b>
fish	<b>pescado</b>
flour	<b>harina</b>
garlic	<b>ajo</b>
gherkin	<b>pepino</b>
ginger	<b>jengibre</b>
gluten	<b>gluten</b>
grape	<b>uva</b>
grapefruit	<b>toronja</b>
haddock	<b>abadejo</b>
hazelnut	<b>avellana</b>
herb	<b>especias</b>
herring	<b>arenque</b>
honey	<b>miel</b>
kamut	<b>kamut</b>
kiwi	<b>kiwi</b>
lemon	<b>limón</b>
lentil	<b>lenteja</b>
lobster	<b>bogavante</b>
lovage	<b>ligústico</b>
macadamia nut	<b>nueces macadamia</b>
mackerel	<b>caballa</b>
mango	<b>mango</b>
marjoram	<b>mejorana</b>
marzipan	<b>mazapán</b>
meat	<b>carne</b>
melon	<b>melón</b>
milk (cow)	<b>leche</b>
mugwort	<b>artemisia</b>
mushroom	<b>chamifión; zeta</b>
mussel	<b>almeja; mejillón</b>
mustard	<b>mostaza</b>
mutton	<b>carne de cordero</b>
nut	<b>nuez</b>
nutmeg	<b>nuez moscada</b>
oats	<b>avena</b>
onion	<b>cebolla</b>
orange	<b>naranja</b>
oregano	<b>orégano</b>
oyster	<b>ostra</b>
papaya; pawpaw	<b>papaya</b>
paprika	<b>pimentón</b>
parsley	<b>perejil</b>
pea	<b>guisante</b>
peach	<b>melocotón</b>
peanut	<b>cacahuetes</b>

pear	<b>pera</b>
pecan nut	<b>pacanas</b>
pepper	<b>pimienta</b>
peppermint	<b>hierbabuena</b>
perch	<b>cebada</b>
pineapple	<b>piña</b>
pistachio	<b>pistacho</b>
plaice	<b>platija</b>
plum	<b>ciruela</b>
poppy; poppy seed	<b>amapola</b>
pork	<b>carne de cerdo</b>
potato	<b>patata</b>
prawn	<b>gamba</b>
quince	<b>membrillo</b>
rice	<b>arroz</b>
rye	<b>centeno</b>
sage	<b>salvia</b>
salmon	<b>salmón</b>
sesame seeds	<b>granos de sésamo</b>
shrimp	<b>gamba</b>
soybeans; soya bean	<b>soja</b>
spice	<b>especia</b>
spinach	<b>espinaca</b>
stinging nettle	<b>ortiga</b>
strawberry	<b>fresa</b>
sulphites	<b>sulfitos</b>
sulphur dioxide	<b>anhidrido sulfuroso</b>
sunflower seed	<b>semilla de girasol</b>
sweet chestnut	<b>castaño</b>
tarragon	<b>estragón</b>
thyme	<b>tomillo</b>
tomato	<b>tomate</b>
trout	<b>trucha</b>
tuna fish	<b>atún</b>
vanilla	<b>vainilla</b>
walnut	<b>nueces de nogal</b>
wheat	<b>trigo</b>
wine	<b>vino</b>
yeast	<b>levadura</b>