



GB

English



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Italian

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

- o 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*], Pecan nut [*Carya illinoensis* (Wangenh.) K. Koch], Pistachio nut [*Pistacia vera*], 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 SO₂.
- Lupin and products thereof
- Molluscs and products thereof

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

Io sono allergico a ...

<i>cooked</i>	cotto
<i>dry</i>	essiccato
<i>fresh</i>	fresco
<i>raw</i>	crudo
(baker's) yeast	lievito
alcohol	alcol
almond	mandorla
anchovy	acciughe
anise; aniseed	anice
apple	mela
apricot	albicocca
avocado	avocado
banana	banana
barley	orzo
basil	basilico
bean	fagiolo
beef	carne di manzo
beer	birra
brazil nut	noci del Brasile
broccoli	broccoli
buckwheat	grano saraceno
cantaloupe	melone
caraway	comino
cardamom	cardamomo
carrot	carota
cashew nut	noci di acagiù
cayennepepper	chili
celery	sedano
cheese	formaggio
cherry	ciliege
chicken	carne di pollo
chicory	cicoria
chilipepper	peperoncino rosso
chocolate	cioccolato
cinnamon	cannella
cocoa powder	cacao
coconut	noce di cocco
cod	merluzzo
coriander	coriandolo
cornflour; cornstarch	farina di granoturco

crab	granchio
crab	gambero
cucumber	 cetriolo
curry	curry
date	dattero
dill	aneto
egg	uova
escargot	(chiocciola) lumaca
fennel seed	semi di finocchio
fig	fico
fish	pesce
flour	farina
garlic	aglio
gherkin	 cetriolo
ginger	zenzero
gluten	glutine
grape	uva
grapefruit	pompelmo
haddock	eglefino
hazelnut	nocciolo
herb	ebe; erbetto
herring	aringa
honey	miele
kamut	kamut
kiwi	kiwi
lemon	limone
lentil	lenticchie
lobster	gambero di mare; astice
lovage	levistico
macadamia nut	noci del Queensland
mackerel	sgombro
mango	mango
marjoram	maggiorana
marzipan	marzapane
meat	carne
melon	melone
milk (cow)	latte
mugwort	artemisia
mushroom	champignon
mussel	cozza; conchiglia
mustard	senape
mutton	carne di montone; carne di pecora; castrato
nut	noci
nutmeg	noce moscata
oats	avena
onion	cipolla
orange	arancia
oregano	origano
oyster	ostrica
papaya; pawpaw	papaia
paprika	peperone
parsley	prezzemolo

pea	piselli
peach	pesca
peanut	arachidi
pear	pera
pecan nut	noci pecan
pepper	pepe; peperone
peppermint	menta
perch	persico
pineapple	ananas
pistachio	pistacchi
plaiçe	sogliola
plum	prugne
poppy; poppy seed	papavero
pork	carne di maiale
potato	patate
prawn	gamberetto
quince	mela cotogna
rice	riso
rye	segale
sage	salvia
salmon	salmone
sesame seeds	semi di sesamo
shrimp	gamberetto
soybeans; soya bean	soia
spelt	farro
spice	spezie
spinach	spinaci
stinging nettle	ortica
strawberry	fragola
sulphites	solfiti
sulphur dioxide	anidride solforosa
sunflower seed	semi di girasole
sweet chestnut	castagne; marroni
tarragon	dragoncello; estragone
thyme	timo
tomato	pomodoro
trout	trota
tuna fish	tonno
vanilla	vaniglia
walnut	noci comuni
wheat	grano
wine	vino
yeast	lievito