



GB
English



LV
Latvian

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 SO₂.
- Lupin and products thereof
- Molluscs and products thereof

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

Man ir alerģija no ...

<i>cooked</i>	cepts
<i>dry</i>	sauss
<i>fresh</i>	svaigs
<i>raw</i>	jēls
(baker's) yeast	raugs
alcohol	alkohols
almond	mandeles
anchovy	anšovi
anise; aniseed	aniss
apple	ābols
apricot	aprikozes
avocado	avokādo
banana	banāns
barley	mieži
basil	baziliks
bean	pupas
beef	liellopu gaļa
beer	alus
brazil nut	Brazīlijas rieksti
broccoli	brokolis
buckwheat	griķi
cantaloupe	melone
caraway	ķimenes
cardamom	kardemons
carrot	burkāns
cashew nut	cepti kastāņi
cayennepepper	kajēnas pipari
celery	selerija
cheese	siers
cherry	ķirši
chicken	vista
chicory	cigoriņi
chilipepper	cili pipari
chocolate	šokolāde
cinnamon	kanēlis
cocoa powder	kakao
coconut	kokosrieksts
cod	menca
coriander	koriandrs
cornflour; cornstarch	kukurūza

crab	krabis
crab	vēzis
cucumber	gurķis
curry	karijs
date	datele
dill	dilles
egg	ola
escargot	vingliemezis
fennel seed	fenkhela sēklas
fig	vīģe
fish	zivs
flour	milti
garlic	ķiploki
gherkin	gurķis
ginger	ingvers
gluten	augu lime
grape	viņogas
grapefruit	greipfrūts
haddock	pikša
hazelnut	lazdu rieksti
herb	zālītes
herring	siļķes
honey	medus
kamut	kvieši
kiwi	kivi
lemon	citrons
lentil	lēcas
lobster	omārs
lovage	?
macadamia nut	austrālijas rieksti
mackerel	skumbrija
mango	mango
marjoram	majorāns
marzipan	marcipāns
meat	gaļa
melon	melone
milk (cow)	piens (govs)
mugwort	vībotne
mushroom	šampinjons
mussel	mīdijas
mustard	sinepes
nut	jērs
nutmeg	rieksts
oats	nutmeg
onion	siļķes
orange	apelsīns
oregano	oregano
oyster	austeres
papaya; pawpaw	papaja
paprika	paprika
parsley	pētersīlis
pea	zirņi
peach	persiks
peanut	zemes rieksti

pear	bumbieris
pecan nut	pekanrieksts
pepper	(melnie) pipari
peppermint	piparmētra
perch	asaris
pineapple	ananāns
pistachio	pistācijas
plaice	bute
plum	plūme
poppy; poppy seed	magones
pork	cūka
potato	kartupelis
prawn	garnele
quince	cidonija
rice	risi
rye	raugs
sage	salvija
salmon	lasis
sesame seeds	sezams
shrimp	garnele
soybeans; soya bean	sojas pupas
spelt	kvieši
spice	asās garšvielas
spinach	spināti
stinging nettle	nātre
strawberry	zemene
sulphites	sulfits
sulphur dioxide	sēra dioksīds
sunflower seed	saulespuķu sēklas
sweet chestnut	kastāņi
tarragon	estragons
thyme	timāns
tomato	tomāts
trout	forele
tuna fish	tuncis
vanilla	vanija
walnut	valrieksti
wheat	kvieši
wine	vīns
yeast	raugs