



GB

English



N

Norwegian

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*], 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.

Jeg er allergisk mot ...

<i>cooked</i>	kokt
<i>dry</i>	tørket
<i>fresh</i>	frisk
<i>raw</i>	rå
alcohol	alkohol
almond	mandel
anchovy	ansjos
anise; aniseed	anis
apple	eple
apricot	aprikos
avocado	avocado
banana	banan
barley	bygg
basil	basilikum
bean	bønne
beef	oksekjøtt
beer	øl
brazil nut	paranøtt
broccoli	brokkoli
buckwheat	bokhvete
cantaloupe	melon
caraway	karve
cardamom	kardemomme
carrot	gulrot
cashew nut	cashewnød
cayennepepper	chilipepper
celery	selleri
cheese	ost
cherry	kirsebær
chicken	hønskjøtt; kylling
chicory	sikori(salat)
chilipepper	chilipepper
chocolate	sjokolade
cinnamon	kanel
cocoa powder	kakao
coconut	kokosnøtt
cod	torsk
coriander	korander
cornflour; cornstarch	maismel
crab	krabbe

crab	kreps
cucumber	agurk
curry	karri
date	daddel
dill	dill
egg	egg
escargot	vinbergssnegle
fennel seed	fennikel; fennikel frø
fig	fiken
fish	fisk
flour	mel
garlic	hvitløk
gherkin	agurk
ginger	ingefær
gluten	gluten
grape	drue
grapefruit	grapefrukt
haddock	kolje
hazelnut	hasselnøtt
herb	krydder
herring	sild
honey	honning
kamut	kamut
kiwi	kiwi
lamb	lam
lemon	sitron
lentil	linse
lobster	hummer
lovage	løvstikke
macadamia nut	macadanianøtt
mackerel	makrell
mango	mango
marjoram	merian
marzipan	marsipan
meat	kjøtt
melon	melon
milk (cow)	melk (ku)
mugwort	burot
mushroom	champignon
mussel	blåskjell; musling
mustard	sennep
mutton	fårekjøtt
nut	nøtt
nutmeg	muskatnøtt
oats	havre
onion	løk
orange	appelsin
oregano	oregano
oyster	østers
papaya; pawpaw	papaya
paprika	paprika
parsley	persille
pea	ert
peach	fersken
peanut	peanøtt

pear	pære
pecan nut	pekannøtt
pepper	paprika; pepper
peppermint	peppermynte
perch	abbor
pineapple	ananas
pistachio	pistasier
plaice	rødspette
plum	plomme
poppy; poppy seed	valmuefrø
pork	svinekjøtt
potato	potet
prawn	reke
quince	kvede
rice	ris
rye	rug
sage	salvie
salmon	laks
sesame seeds	sesam
shrimp	reke
soybeans; soya bean	sojabønner
spelt	spelt
spice	krydder
spinach	spinat
stinging nettle	brennesle
strawberry	jordbær
sulphites	sulfit
sulphur dioxide	svoveldioksyd
sunflower seed	solsikkefrø
sweet chestnut	spiselig kastanje
tarragon	estragon
thyme	timian
tomato	tomat
trout	ørret
tuna fish	tunfisk
vanilla	vanilje
walnut	valnøtt
wheat	hvetemel
wine	vin
yeast	gjær

