



GB

English



P

Portuguese

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.

Eu sou alérgico a ...

<i>cooked</i>	cosido
<i>dry</i>	seco
<i>fresh</i>	fresco
<i>raw</i>	cru
(baker's) yeast	fermento
alcohol	álcool
almond	amêndoas
anchovy	anchova
anise; aniseed	aniz
apple	maçã
apricot	alperce
avocado	abacate
banana	banana
barley	cevada
basil	manjeriçã
bean	feijão
beef	vaca (carne)
beer	cerveja
brazil nut	castanhas do Pará
broccoli	bróculos
buckwheat	trigo mourisco
cantaloupe	melão
caraway	cominto
cardamom	cardamomo
carrot	cenoura
cashew nut	castanhas de caju
cayennepepper	pimentão; pipirí
celery	aipo
cheese	queijo
cherry	cereja
chicken	galinha (carne)
chicory	chicória
chilipepper	pimenta de caiena
chocolate	chocolate
cinnamon	canela
cocoa powder	cacau
coconut	coco
cod	bacalhau
coriander	coentro
cornflour; cornstarch	farinha do milho

crab	caranguejo
crab	crustáceos
cucumber	pepino
curry	caril
date	tâmara
dill	endro
egg	ovo
escargot	caracol de Borgonha
fennel seed	funcho
fig	figo
fish	peixe
flour	farinha
garlic	alho
gherkin	pepino
ginger	gengibre
gluten	glúten
grape	uva
grapefruit	toranja
haddock	bacalhau fresco
hazelnut	avelã
herb	ervas aromáticas
herring	arenque
honey	mel
kamut	kamut
kiwi	quivi
lemon	limão
lentil	lentilha
lobster	lagosta
lovage	levístico
macadamia nut	nozes de macadâmia
mackerel	cavala
mango	mango
marjoram	manjerona
marzipan	maçapão
meat	carne
melon	melão
milk (cow)	leite
mugwort	artemísia
mushroom	cogumelo
mussel	mexilhão
mustard	mostarda
mutton	ovelha (carne)
nut	noz
nutmeg	noz-moscada
oats	aveia
onion	cebola
orange	aranja;laranja
oregano	orégão
oyster	ostra
papaya; pawpaw	papaia
paprika	pimentão
parsley	salsa
pea	ervilha
peach	pêssego
peanut	amendoim

pear	pêra
pecan nut	nozes pécan
pepper	pimentão; pimenta
peppermint	hortelã-pimenta
perch	perca
pineapple	ananás
pistachio	pistácios
plaice	solha
plum	ameixa
poppy; poppy seed	papoila
pork	porco (carne)
potato	batata
prawn	camarão
quince	marmelo
rice	arroz
rye	centeio
sage	salva; chá salvaman-sa
salmon	salmão
sesame seeds	sementes de sésamo
shrimp	camarão
soybeans; soya bean	soja
spelt	espelta
spice	especiaria
spinach	espinafre
stinging nettle	urtiga
strawberry	morango
sulphites	sulfitos
sulphur dioxide	dioxido de enxofre
sunflower seed	semente de girassól
sweet chestnut	castanha doce
tarragon	estragão
thyme	tomilho; timo
tomato	tomate
trout	truta
tuna fish	atum
vanilla	baunilha
walnut	nozes
wheat	trigo
wine	vinho
yeast	fermento