

**GB**

English

**S**

Swedish

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*], 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 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.

### Jag är allergisk mot ...

<i>cooked</i>	<b>kokt</b>
<i>dry</i>	<b>torkad</b>
<i>fresh</i>	<b>fräsch</b>
<i>raw</i>	<b>rå</b>
(baker's) yeast	<b>jäst; botten-sats; drägg</b>
alcohol	<b>alkohol</b>
almond	<b>mandel</b>
anchovy	<b>ansjovis</b>
anise; aniseed	<b>anis</b>
apple	<b>äpple</b>
apricot	<b>aprikos</b>
avocado	<b>avocado</b>
banana	<b>banan</b>
barley	<b>korn</b>
basil	<b>basilika</b>
bean	<b>böna</b>
beef	<b>nötkött; oxkött</b>
beer	<b>öl</b>
brazil nut	<b>paranöt</b>
broccoli	<b>broccoli</b>
buckwheat	<b>bovete</b>
cantaloupe	<b>melon</b>
caraway	<b>kummin</b>
cardamom	<b>kardemumma</b>
carrot	<b>morot; karott</b>
cashew nut	<b>cashewnöt</b>
cayennepepper	<b>chilipeppar</b>
celery	<b>selleri</b>
cheese	<b>ost</b>
cherry	<b>körsbär</b>
chicken	<b>kyckling</b>
chicory	<b>cikoria</b>
chilipepper	<b>chilipeppar</b>
chocolate	<b>choklad</b>
cinnamon	<b>kanel</b>
cocoa powder	<b>kakao</b>
coconut	<b>kokosnöt</b>
cod	<b>kabeljo; torsk</b>
coriander	<b>koriander</b>

cornflour; cornstarch	<b>majsmjöl</b>
crab	<b>krabba; räk</b>
crab	<b>kräfta</b>
cucumber	<b>gurka</b>
curry	<b>curry</b>
date	<b>dadel</b>
dill	<b>dill</b>
egg	<b>ägg-; ett</b>
escargot	<b>vinbergssnäcka</b>
fennel seed	<b>fänkål</b>
fig	<b>fikon</b>
fish	<b>fisk</b>
flour	<b>mjöl</b>
garlic	<b>vitlök</b>
gherkin	<b>gurka</b>
ginger	<b>ingefära</b>
gluten	<b>blåväppling; gluten</b>
grape	<b>druva; vindruva</b>
grapefruit	<b>grapefrukt</b>
haddock	<b>kolja</b>
hazelnut	<b>hasselnöt</b>
herb	<b>kryddor</b>
herring	<b>strömming; sill</b>
honey	<b>honung</b>
kamut	<b>kamut</b>
kiwi	<b>kiwi</b>
lemon	<b>citron</b>
lentil	<b>linser</b>
lobster	<b>hummer</b>
lovage	<b>libbsticka</b>
macadamia nut	<b>makadamianöt</b>
mackerel	<b>makrill</b>
mango	<b>mango</b>
marjoram	<b>mejram</b>
marzipan	<b>marsipan; mandel-massa</b>
meat	<b>kött</b>
melon	<b>melon</b>
milk (cow)	<b>mjölk (ko)</b>
mugwort	<b>gråbo</b>
mushroom	<b>champinjon</b>
mussel	<b>muslla</b>
mustard	<b>senap</b>
mutton	<b>fårkött</b>
nut	<b>nöt</b>
nutmeg	<b>muskot; muskotnöt</b>
oats	<b>havre</b>
onion	<b>lök</b>
orange	<b>apelsin; orange</b>
oregano	<b>oregano</b>
oyster	<b>ostron</b>
papaya; pawpaw	<b>papaya</b>
paprika	<b>paprika</b>
pea	<b>ärta</b>
peach	<b>persika</b>

peanut	<b>jordnöt</b>
pear	<b>päron</b>
pecan nut	<b>pekannöt</b>
pepper	<b>paprika; peppar</b>
peppermint	<b>pepparmint; peppar-mynta</b>
perch	<b>aborre</b>
pineapple	<b>ananas</b>
pistachio	<b>pistasch; pistacie</b>
plaice	<b>rödspätta</b>
plum	<b>plommon</b>
poppy; poppy seed	<b>vallmo</b>
pork	<b>fläskkött</b>
potato	<b>potatis</b>
prawn	<b>räka</b>
quince	<b>kvitten(frukt)</b>
rice	<b>ris</b>
rye	<b>råg</b>
sage	<b>salvia; kryddsalvia</b>
salmon	<b>lax</b>
sesame seeds	<b>sesam</b>
shrimp	<b>räka</b>
soybeans; soya bean	<b>sojaböna</b>
spelt	<b>spält</b>
spice	<b>kryddor</b>
spinach	<b>spenat</b>
stinging nettle	<b>brännässla</b>
strawberry	<b>jordgubbe</b>
sulphites	<b>sulfit</b>
sulphur dioxide	<b>svaveldioxid</b>
sunflower seed	<b>solrosfrö</b>
sweet chestnut	<b>äkta; kastanj</b>
tarragon	<b>dragon</b>
thyme	<b>timjan; trädgårdstimjan</b>
tomato	<b>tomat</b>
trout	<b>forell</b>
tuna fish	<b>tonfisk</b>
vanilla	<b>vanilj</b>
walnut	<b>valnöt</b>
wheat	<b>vete</b>
wine	<b>vin</b>
yeast	<b>jäst; botten-sats; drägg</b>