



**N**  
norsk



**F**  
fransk

I hele EU-området skal følgende ingredienser **alltid** nevnes på emballasjen til dagligvarer:

- o Dette gjelder ikke for følgende land: Russland, Tyrkia.

Disse ingredienser er markert i ordlisten med **blå** skrift.

- 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>.

Du kan bruke ordlisten til å lage ditt eget allergikort.

## Je suis allergique à ...

<i>frisk</i>	<b>frais / fraîche</b>
<i>kokt</i>	<b>cuit</b>
<i>rå</i>	<b>cru</b>
<i>tørket</i>	<b>sec</b>
abbor	<b>perchaude</b>
agurk	<b>concombre</b>
alkohol	<b>alcool</b>
ananas	<b>ananas</b>
anis	<b>anis</b>
ansjos	<b>anchois</b>
appelsin	<b>orange</b>
aprikos	<b>abricot</b>
avocado	<b>avocat</b>
banan	<b>banane</b>
basilikum	<b>basilic</b>
blåskjell	<b>moule</b>
bokhvete	<b>sarrasin</b>
bønne	<b>haricot</b>
brennesle	<b>ortie</b>
brokkoli	<b>brocoli</b>
burot	<b>armoise</b>
bygg	<b>orge</b>
cashewnød	<b>noix de cajou</b>
champignon	<b>champignon</b>
chilipepper	<b>chili</b>
daddel	<b>datte</b>
dill	<b>aneth</b>
drue	<b>raisin</b>
egg	<b>oeuf</b>
eple	<b>pomme</b>
ert	<b>pois</b>
estragon	<b>herbe dragonne; estragon</b>
fårekjøtt	<b>viande de mouton</b>
fennikel frø	<b>fenouil semence</b>
fersken	<b>pêche</b>
fiken	<b>figue</b>
fisk	<b>poisson</b>
gjær	<b>levure</b>
gluten	<b>gluten</b>

grapefrukt	<b>pamplemousse</b>
gulrot	<b>carotte</b>
hasselnøtt	<b>noisette</b>
havre	<b>avoine</b>
honning	<b>miel</b>
hønskjøtt	<b>poulet</b>
hummer	<b>homard</b>
hvetemel	<b>blé</b>
hvitløk	<b>ail</b>
ingefær	<b>gingembre</b>
jordbær	<b>fraise</b>
kakao	<b>cacao</b>
kamut	<b>kamut</b>
kanel	<b>cannelle</b>
kardemomme	<b>cardamome</b>
karri	<b>curry</b>
karve	<b>cumin</b>
kirsebær	<b>cerise</b>
kiwi	<b>kiwi</b>
kjøtt	<b>viande</b>
kokosnøtt	<b>noix de coco</b>
kolje	<b>églefin</b>
koriander	<b>coriandre</b>
krabbe	<b>crabe</b>
kreps	<b>crabe; écrevisse</b>
krydder	<b>épice; herbes</b>
kvede	<b>coing</b>
kylling	<b>poulet</b>
laks	<b>saumon</b>
lam	<b>agneau</b>
linse	<b>lentilles</b>
løk	<b>oignon</b>
løvstikke	<b>livèche</b>
macadanianøtt	<b>noix de Macadamia</b>
maismel	<b>farine de maïs</b>
makrell	<b>maquereau</b>
mandel	<b>amande</b>
mango	<b>mangue</b>
marsipan	<b>massepain</b>
mel	<b>farine</b>
melk (ku)	<b>lait (vache)</b>
melon	<b>melon</b>
merian	<b>marjolaine</b>
muskatnøtt	<b>noix muscade</b>
musling	<b>palourde</b>
nøtt	<b>fruits à coques</b>
oksekjøtt	<b>boeuf</b>
øl	<b>bière</b>
oregano	<b>origan</b>
ørret	<b>truite</b>
ost	<b>fromage</b>
østers	<b>huître</b>
pære	<b>poire</b>
papaya	<b>papaye</b>
paprika	<b>piment</b>

paranøtt	<b>noix du Brésil</b>
peanøtt	<b>arachides</b>
pekannøtt	<b>noix de pécan</b>
pepper	<b>poivre</b>
peppermynthe	<b>menthe</b>
persille	<b>persil</b>
pistasier	<b>pistaches</b>
plomme	<b>prune</b>
potet	<b>pomme de terre</b>
reke	<b>crevette</b>
ris	<b>riz</b>
rødspette	<b>plie</b>
rug	<b>seigle</b>
salvie	<b>sauge</b>
selleri	<b>céleri</b>
sennep	<b>moutarde</b>
sesam	<b>graines de sésame</b>
sikori(salat)	<b>chicorée</b>
sild	<b>hareng</b>
sitron	<b>citron</b>
sjokolade	<b>chocolat</b>
sojabønner	<b>soja</b>
solsikkefrø	<b>graine de tournesol</b>
spelt	<b>épeautre</b>
spinat	<b>épinard</b>
spiselig kastanje	<b>marron</b>
sulfitt	<b>sulfites</b>
svinekjøtt	<b>porc</b>
svoveldioksyd	<b>anhydride sulfureux</b>
timian	<b>thym</b>
tomat	<b>tomate</b>
torsk	<b>cabillaud</b>
tunfisk	<b>thon</b>
valmuefrø	<b>pavot</b>
valnøtt	<b>noix</b>
vanilje	<b>vanille</b>
vin	<b>vin</b>
vinbergssnegle	<b>escargot</b>