



N
norsk



GB
engelsk

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 SO₂.

Du kan bruke ordlisten til å lage ditt eget allergikort.

I'm allergic to ...

<i>frisk</i>	fresh
<i>kokt</i>	cooked
<i>rå</i>	raw
<i>tørket</i>	dry
abbor	perch
agurk	cucumber; gherkin
alkohol	alcohol
ananas	pineapple
anis	anise; aniseed
ansjos	anchovy
appelsin	orange
aprikos	apricot
avocado	avocado
banan	banana
basilikum	basil
blåskjell	(sea) mussel
bokhvete	buckwheat
bønne	bean
brennesle	stinging nettle
brokkoli	broccoli
burot	mugwort
bygg	barley
cashewnød	cashew nut
champignon	mushroom
chilipepper	cayennepepper; chilipepper
daddel	date
dill	dill
drue	grape
egg	egg
eple	apple
ert	pea
estragon	tarragon
fårekjøtt	mutton
fennikel frø	fennel seed
fersken	peach
fiken	fig
fisk	fish
gjær	yeast
gluten	gluten

grapefrukt	grapefruit
gulrot	carrot
hasselnøtt	hazelnut
havre	oats
honning	honey
hønseskjøtt	chicken
hummer	lobster
hvetemel	wheat
hvitløk	garlic
ingefær	ginger
jordbær	strawberry
kakao	cocoa powder
kamut	kamut
kanel	cinnamon
kardemomme	cardamom
karri	curry
karve	caraway
kirsebær	cherry
kiwi	kiwi
kjøtt	meat
kokosnøtt	coconut
kolje	haddock
koriander	coriander
krabbe	crab
kreps	crab
krydder	spice; herb
kvete	quince
kylling	chicken
laks	salmon
lam	lamb
linse	lentil
løk	onion
løvstikke	lovage
macadanianøtt	macadamia nut
maismel	cornflour
makrell	mackerel
mandel	almond
mango	mango
marsipan	marzipan
mel	flour
melk (ku)	milk (cow)
melon	melon
merian	marjoram
muskatnøtt	nutmeg
musling	mussel
nøtt	nut
oksekjøtt	beef
øl	beer
oregano	oregano
ørret	trout
ost	cheese
østers	oyster
pære	pear
papaya	papaya; pawpaw
paprika	paprika

paprika	pepper
paranøtt	brazil nut
peanøtt	peanut
pekannøtt	pecan nut
pepper	pepper
peppermynte	peppermint
persille	parsley
pistasier	pistachio
plomme	plum
potet	potato
reke	prawn; shrimp
ris	rice
rødspette	plaice
rug	rye
salvie	sage
selleri	celery
sennep	mustard
sesam	sesame seeds
sikori(salat)	chicory
sild	herring
sitron	lemon
sjokolade	chocolate
sojabønner	soybeans; soya bean
solsikkefrø	sunflower seed
spelt	spelt
spinat	spinach
spiselig kastanje	sweet chestnut
sulfit	sulphites
svinekjøtt	pork
svoveldioksyd	sulphur dioxide
timian	thyme
tomat	tomato
torsk	cod
tunfisk	tuna fish
valmuefrø	poppy; poppy seed
valnøtt	walnut
vanilje	vanilla
vin	wine
vinbergssnegle	escargot