



N
norsk



LV
lettisk

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.

Man ir alergija no ...

<i>frisk</i>	svaigs
<i>kokt</i>	cepts
<i>rå</i>	jēls
<i>tørket</i>	sauss
abbor	asaris
agurk	gurķis
alkohol	alkohols
ananas	ananās
anis	aniss
ansjos	anšovi
appelsin	apelsins
aprikos	aprikozēs
avocado	avokādo
banan	banāns
basilikum	baziliks
blåskjell	mīdijas
bokhvete	griķi
bønne	pupas
brennesle	nātre
brokkoli	brokolis
burrot	vībotne
bygg	mieži
cashewnød	cepti kastāņi
champignon	šampinjons
chilipepper	kajēnas pipari
daddel	datele
dill	dilles
drue	vinogās
egg	ola
eple	ābols
ert	zirņi
estragon	estragons
fårekjøtt	jērs
fennikel frø	fenkhela sēklas
fersken	persiks
fiken	vīge
fisk	zivs
gjær	raugs
gluten	augu lime
grapefrukt	greipfrūts

gulrot	burkāns
hasselnøtt	lazdu rieksti
havre	auzas
honning	medus
hønseskjøtt	vista
hummer	omārs
hvetemel	kvieši
hvittløk	ķiploki
ingefær	ingvers
jordbær	zemene
kakao	kakao
kamut	kvieši ?
kanel	kanēlis
kardemomme	kardemons
karri	karijs
karve	ķimenes
kirsebær	ķirši
kiwi	kivi
kjøtt	gaļa
kokosnøtt	kokosrieksts
kolje	pikša
koriander	koriandrs
krabbe	krabis
kreps	vēzis
krydder	asās garšvielas; zālītes
kvete	cidonija
kylling	vista
laks	lasis
lam	jera gala
linse	lēcas
løk	sīpoli
løvstikke	?
macadanianøtt	austrālijas rieksti
maismel	kukurūza
makrell	skumbrija
mandel	mandeles
mango	mango
marsipan	marcipāns
mel	milti
melk (ku)	piens (govs)
melon	melone
merian	majorāns
muskatnøtt	muskatrieksts
musling	mīdijas
nøtt	rieksts
oksekjøtt	liellopu gaļa
øl	alus
oregano	oregano
ørret	forele
ost	siers
østers	austeres
pære	bumbieris
papaya	papaja
paprika	paprika

paprika	pipari
paranøtt	Brazīlijas rieksti
peanøtt	zemes rieksti
pekannøtt	pekanrieksts
pepper	melnie pipari
peppermynte	piparmētra
persille	pētersilis
pistasier	pistācijas
plomme	plūme
potet	kartupelis
reke	garnele
ris	risi
rødspette	bute
rug	raugs
salvie	salviņa
selleri	selerija
sennep	sinepes
sesam	sezams
sikori(salat)	cigoriņi
sild	siļķes
sitron	citrons
sjokolade	šokolāde
sojabønner	sojas pupas
solsikkefrø	saulespuķu sēklas
spelt	kvieši
spinat	spināti
spiselig kastanje	kastaņi
sulfitt	sulfīts
svinekjøtt	cūka
svoveldioksyd	sēra dioksīds
timian	timāns
tomat	tomāts
torsk	menca
tunfisk	tuncis
valmuefrø	magones
valnøtt	valrieksti
vanilje	vaniļa
vin	vīns
vinbergssnegle	vīngliemezis