

Food intolerances (allergens) to be eliminated from the diet.

Agar	Boletus	Chinese cabbage	Edible crab
Alaska pollock	Brazil nut	Chinese cabbage	Eel
Almonds	Broad bean	Chive	Egg white
Anchovy	Brussels sprouts	Cinnamon	Egg yolk
Anise	Buckwheat	Clam	Endive
Apple	Buffalo milk	Cocoa	Fennel
Apricots	Camenbert cheese	Coconuts	Fig
Artichoke	Cane sugar	Cod	Flax seed
Arugula	Cardamom	Coffee	Garlic
Asparagus	Carnation	Corn	Gelatin
Aubergine	Carp	Corn bran	Ginger
Avocado	Casein	Cottage cheese	Gluten
Bamboo shoots	Cashews	Cow whey	Goat's milk
Banana	Catfish	Cranberry	Goat's milk cheese
Barley	Caviar	Crawfish	Goose
Bass	Cayenne pepper	Crayfish	Gooseberry
Bay Leaf	Celery	Cream	Gouda cheese
Beef	Chamomile	Cream cheese	Grape
Beetroot	Chanterelles (chanterelles)	Crimson	Grapefruit
Berry	Chard	Cucumber	Green beans
Black olives	Cheddar cheese	Cumin	Green broccoli sprouts
Black pepper	Cherry	Currant	Green olive
Black tea	Chestnuts	Curry powder	Green pea
Blackberry	Chicken	Dates	Green pepper
Blackcurrant	Chicken egg	Deer	Green tea
Blue cheese	Chickpea	Dill	Haddock
Boiled milk	Chicory	Duck meat	Hake
Boiled rice	Chilli pepper	Durum wheat (semolina)	Halibut

Hazelnut	Mango	Parmesan	Raw (cow's) milk
Herring	Maple syrup	Parsley	Raw cauliflower
Honey	Marche	Parsnips	Red cabbage
Hop	Marjoram	Passionfruit	Rhubarb
Horse meat	Melon	Peach	Rice
Horseradish	Millet	Peanuts	Rice, red
Hot pepper	Mirabelle	Pears	Roe Deer
Hot pepper powder	Mozzarella (cow's milk)	Pecans	Rooibos tea
Iceberg lettuce	Mozzarella, buffalo	Peppermint	Rosehip
Kale	Mung bean	Pike	Rosemary
Kidney beans	Mushroom, Shitake type	Pimento	Rye
Kiwi	Mushrooms	Pine nut	Sage
Kohlrabi	Mussels	Pistachio	Salmon
Lamb meat	Mustard	Plum	Salmon roe
Lamb's lettuce	Mutton	Pomegranate	Sardine
Leek	Nectarine	Pomelo	Sauerkraut
Lemon	Nettle	Poppy seed	Savoy cabbage
Lemongrass	Nutmeg	Pork meat	Scallops
Lentils	Oat	Potato	Seeds of coriander
Lettuce	Octopus	Pumpkin	Sesame
Lime	Onion	Pumpkin seed	Sheep's milk
Lime tea	Orange	Quinoa	Sheep's milk cheese
Liquorice	Oregano	Radish	Slug
Lobster	Oyster	Rainbow trout	Sola
Lychee	Oyster mushroom	Raisin	Soy milk
Mackerel	Papaya	Rape seed	Soya
Malt	Paprika	Raspberry	Spelt

Spinach	Thyme	Vanilla	White pepper
Squid	Tofu	Verbena	Wild rice
Strawberry	Tomato	Walnut	Wine vinegar
Sunflower seed	Tuna	Watercress	Yeast
Sweet basil	Turbot	Watermelon	Yoghurt
Sweet potatoes	Turkey meat	Wheat	Zucchini
Tangerine	Turmeric	White beans	
Tapioca	Turnip	White cabbage	

is valid from 28.12.2020