



Full List of Food Items

Grains, Seeds, Pulses & Legumes

Amaranth
Barley
Barley Flour
Bread (Rye)
Bread (Wheat)
Buckwheat
Carob
Castor Bean
Chickpea
Cocoa Bean
Corn Meal
Dinkel Flour (Spelt)
Flax Seed
Gluten
Kamut (Khorasan Wheat)
Lentils
Linseed
Maize
Millet
Oat Flour
Oats
Pine Nut
Poppy Seed
Pumpkin Seed
Quinoa
Rape Seed
Red Kidney Beans
Rice
Rice Flour
Rye
Rye Flour
Semolina
Sesame Seed
Soya Bean
Sunflower Seed
Tapioca
Triticale
Wheat
Wheat Flour
White Bean

Egg Products

Conalbumin (protein)
Egg White
Egg Yolk
Lysozyme (enzyme)
Ovalbumin (protein)
Ovomucoid (protein)

Dairy Products

A-Lactalbumin (whey protein)
B-Lactoglobulin (whey protein)
Boiled Milk
Bovine Lactoferrin (protein)
Bovine Serum Albumin (protein)
Butter
Butter Fat
Casein (Protein)
Cheddar Cheese
Cow's Milk
Cow's Milk Whey
Goat's Milk
Mare's Milk
Milk Fat
Milk Lactose
Milk Powder
Mould Cheese
Sheep's Milk
Sheep's Milk Whey

Seafood & Fish

Anchovy
Blue Mussel
Clam
Cod
Crab
Crayfish
Eel
Hake
Halibut
Herring
Lobster
Mackerel
Octopus
Oyster
Pacific Squid
Plaice
Salmon
Sardine
Scallop
Shrimp
Sole
Squid
Swordfish
Trout
Tuna

Nuts

Almond
Brazil nuts
Cashew
Chestnut
Chufas
Hazelnut
Macadamia
Peanut
Pecan
Pistachio
Sweet Chestnut
Walnut

Plant Products - herbs and spices

Algae
Anise
Basil
Bay Leaf
Black Pepper
Cacao
Chamomile
Caraway
Cardamon
Cayenne Pepper
Cinnamon
Clove
Coriander
Cumin
Dandelion
Dill
Eucalyptus
Fennel Seed
Fenugreek
Green Pepper
Guar Gum
Gum Arabic
Hemp Flour
Hops
Laurel
Lemon Verbena
Mace
Mint
Mustard
Nettle
Nutmeg
Olive
Oregano
Paprika
Parsley
Rosemary
Sage
Sugarbeet
Sunflower
Tarragon
Thyme
Turmeric
Vanilla
Yeast

Vegetables

Asparagus
Aubergine
Beetroot/Red Beet
Bell Peppers
Broad Bean
Broccoli
Brussel Sprouts
Cabbage (Red/White/Green)
Carrot
Cauliflower
Celery
Chickory
Chilli Pepper
Courgette
Fennel
Garlic
Ginger
Green Bean
Kohl Rabi
Leek
Mushroom
Onion
Parsnip
Pea
Potato
Pumpkin
Runner Bean
Spinach
Swede
Sweet Potato
Sweetcorn

Meat and Meat Products

Beef
Chicken
Duck
Elk/Moose Meat
Gelatine
Horse Meat
Lamb
Pork
Rabbit
Snail
Turkey
Veal
Venison

Fruit & Salad

Apple
Apricot
Avocado
Banana
Blackberry
Blackcurrants
Blueberry
Cherry
Coconut
Cranberry
Cucumber
Date
Dried Allspice Berries
Endives
Fig
Grapes
Grapefruit
Guava
Jujube Fruit
Kiwi
Lemon
Lettuce (7 varieties)
Lime
Mandarin
Mango
Melon (Honeydew)
Melon (Galia)
Orange
Papain (Papaya Enzyme)
Papaya
Passion Fruit
Peach
Pear
Persimmon
Pineapple
Plum
Radish
Raspberry
Redcurrant
Strawberry
Tomato
Watermelon

Drinks

Black Tea
Chamomile Tea
Coffee
Green Coffee Beans
Green Tea
Lime Blossom Tea
Mallow Tea
Mate Tea
Rooibush Tea
Rosehip Tea