









myfoodprofile advanced 1

 Gluten-containing cereals	 Nuts & seeds	 Fruits
Barley flour	Sesame	Rose hip
Durum wheat flour	Sunflower seeds	Strawberry
Gluten	Sweet chestnut	Watermelon
Oat bran	Walnut	
Rye flour	 Fruits	 Vegetables
Spelt flour	Apple	Artichoke
Wheat flour	Apricot	Asparagus
 Gluten-free cereals & alternative foods	Avocado	Bamboo shoots
Amaranth	Banana	Beetroot
Buckwheat flour	Blackberry	Bell pepper
Corn	Blueberry	Broccoli
Millet	Cherry	Brussel sprouts
Quinoa	Cranberry	Carrot
Rice	Currant mix (red currant, black currant)	Cassava root
 Legumes	Date fruit	Cauliflower
Bean mix (white bean, string bean, kidney bean)	Fig	Celery
Broad bean	Goji berry	Chard
Chickpea	Gooseberry	Chicory
Lentil	Grapefruit	Chinese cabbage
Mung bean	Grape mix (blue grape, white grape, raisin)	Corn salad
Pea	Kiwi	Cucumber
Soybean	Lemon	Eggplant
 Nuts & seeds	Lime	Fennel
Almond	Litchi	Green cabbage
Brazil nut	Mandarin	Hokkaido pumpkin
Cashew nut	Mango	Jerusalem artichoke
Chia seeds	Melon mix (honeydew melon, cantaloupe melon)	Kale
Coconut	Mulberry	Leek mix (leek, chives)
Cola nut	Nectarine	Lettuce mix (butterhead lettuce, iceberg lettuce)
Flax seeds	Orange	Mushroom mix 1 (oyster mushroom, champignon, shiitake mushroom, chanterelle)
Hazelnut	Papaya	Mushroom Mix 2 (bay bolete, cep)
Hemp seeds	Peach	Olive
Macadamia nut	Pear	Onion mix (onion, shallot)
Peanut	Pineapple	Potato
Pine nut	Plum	Radish
Pistachio	Pomegranate	Red cabbage
Poppy seeds	Raspberry	Rocket
	Rhubarb	Savoy cabbage

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 Vegetables	 Fish & seafood	 Herbs & spices
Snow pea	Anchovy	Cumin
Spinach	Carp	Curry
Sweet potato	Caviar	Dill
Tomato	Codfish	Garlic
Turnip cabbage	Crab	Ginger
Vine leaf	Crayfish	Hops
Zucchini	Eel	Horseradish
 Milk products & egg	Gilthead seabream	Liquorice root
Beta-Lactoglobulin	Haddock	Marjoram
Butter	Herring	Mint mix (peppermint, mint)
Camembert	Lobster	Mustard seeds
Casein	Mackerel	Nutmeg
Cottage cheese	Monkfish	Oregano
Cow's milk	Ocean perch	Parsley
Curd cheese	Octopus	Pepper (black, white)
Egg white (chicken)	Oyster	Rosemary
Egg yolk (chicken)	Pike	Saffron
Emmental cheese	Salmon	Sage
Goat's milk/goat's cheese	Sardine	Tarragon
Kefir	Sea bass	Thyme
Mozzarella	Shrimp/prawn	Vanilla
Processed cheese	Sole	 Various
Sheep's milk/sheep's cheese	<i>Spirulina</i> spp.	Agar-agar
Yogurt	Squid	Aloe vera
 Meat	Swordfish	Baking powder
Beef	Trout	Black tea
Chicken	Tuna	Carob powder
Duck	Turbot	Cocoa bean
Goat	Venus clam	Coffee
Goose	 Herbs & spices	Green tea
Guinea fowl	Anise	Honey
Horse	Basil	Rapeseeds
Lamb	Bay leaves	Safflower oil
Ostrich	Camomile	Yeast mix (baker's yeast, brewer's yeast)
Pork	Caper	
Quail	Cayenne pepper	
Rabbit	Chili	
Roe deer	Cinnamon	
Turkey	Clove	
	Coriander	