











# myfoodprofile basic 1

 <b>Gluten-containing cereals</b>	 <b>Vegetables</b>
Barley flour	Onion mix (onion, shallot)
Gluten	Potato
Oat bran	Sweet potato
Rye flour	Tomato
Spelt flour	 <b>Milk products &amp; egg</b>
Wheat flour	Beta-lactoglobulin
 <b>Gluten-free cereals &amp; alternative foods</b>	Casein
Buckwheat flour	Cow's milk
Corn	Egg white (chicken)
Millet	Egg yolk (chicken)
Rice	Goat's milk/goat's cheese
 <b>Legumes</b>	Sheep's milk/sheep's cheese
Bean mix (white bean, string bean, kidney bean)	 <b>Meat</b>
Lentil	Beef
Soybean	Chicken
 <b>Nuts &amp; seeds</b>	Pork
Almond	 <b>Fish &amp; seafood</b>
Flaxseed	Codfish
Hazelnut	Salmon
Peanut	Shrimp/prawn
Walnut	Tuna
 <b>Fruits</b>	 <b>Herbs &amp; spices</b>
Apple	Garlic
Banana	Mustard seeds
Citrus mix (lemon, orange)	 <b>Various</b>
Fig	Black tea
Grape mix (blue grape, white grape, raisin)	Cocoa bean
Kiwi	Coffee
 <b>Vegetables</b>	Honey
Cabbage mix (broccoli, green cabbage, savoy cabbage)	Yeast mix (baker's yeast, brewer's yeast)
Carrot	
Hokkaido pumpkin	
Leek mix (leek, chives)	
Mushroom mix 1 (oyster mushroom, champignon, shiitake mushroom, chanterelle)	