

myfoodprofile extended 1

 Gluten-containing cereals	 Fruits	 Milk products & egg
Barley flour	Grapefruit	Cow's milk
Gluten	Grape mix (blue grape, white grape, raisin)	Egg white (chicken)
Oat bran	Kiwi	Egg yolk (chicken)
Rye flour	Lemon	Goat's milk/goat's cheese
Spelt flour	Nectarine	Sheep's milk/sheep's cheese
Wheat flour	Orange	Yogurt
 Gluten-free cereals & alternative foods	Peach	 Meat
Amaranth	Pear	Beef
Buckwheat flour	Pineapple	Chicken
Corn	Plum	Lamb
Millet	Strawberry	Pork
Quinoa	Watermelon	Turkey
Rice	 Vegetables	 Fish & seafood
 Legumes	Artichoke	Anchovy
Bean mix (white bean, string bean, kidney bean)	Asparagus	Codfish
Chickpea	Beetroot	Crayfish
Lentil	Bell pepper	Salmon
Pea	Broccoli	Shrimp/prawn
Soybean	Carrot	Sole
 Nuts & seeds	Celery	Swordfish
Almond	Corn salad	Trout
Cashew nut	Cucumber	Tuna
Coconut	Eggplant	Venus clam
Flax seeds	Leek mix (leek, chives)	 Herbs & spices
Hazelnut	Lettuce mix (butterhead lettuce, iceberg lettuce)	Basil
Peanut	Mushroom mix 1 (oyster mushroom, champignon, shiitake mushroom, chanterelle)	Chili
Pistachio	Mushroom Mix 2 (bay bolete, cep)	Cinnamon
Poppy seeds	Olive	Garlic
Sesame	Onion mix (onion, shallot)	Horseradish
Sunflower seeds	Potato	Mint mix (peppermint, mint)
Walnut	Red cabbage	Mustard seeds
 Fruits	Spinach	Nutmeg
Apple	Sweet potato	Oregano
Apricot	Tomato	Parsley
Banana	Turnip cabbage	Pepper (black, white)
Cherry	Zucchini	Rosemary
Date fruit		Thyme
		Vanilla

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 Various
Black tea
Cocoa bean
Coffee
Honey
Yeast mix (baker's yeast, brewer's yeast)