










myfoodprofile mediterranean advanced 1

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

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 Vegetables	 Fish & seafood	 Herbs & spices
Tomato	Gilthead seabream	Dill
Turnip cabbage	Goose barnacle	Garlic
Vine leaf	Great scallop	Ginger
Zucchini	Grouper	Hops
 Milk products & egg	Herring	Horseradish
Beta-Lactoglobulin	Himantalia elongata	Liquorice root
Casein	Lobster	Marjoram
Cow's milk	Mackerel	Mint
Egg white (chicken)	Monkfish	Mustard seeds
Egg yolk (chicken)	Octopus	Nutmeg
Goat's milk	Oyster	Oregano
Mozzarella	Pike	Parsley
Sheep's milk	Prawn	Pepper (black, white)
 Meat	Razor clam	Rosemary
Beef	Red seabream	Saffron
Chicken	Salmon	Sage
Duck	Sardine	Tarragon
Goat	Sea bass	Thyme
Horse	Sole	Vanilla
Lamb	Spiny-dye murex	 Various
Ostrich	<i>Spirulina</i> spp.	Agar- agar
Pork	Squid	Aloe vera
Quail	Swordfish	Baker's yeast
Rabbit	Trout	Black tea
Red-legged partridge	Tuna	Brewer's yeast
Roe deer	Turbot	Carob powder
Turkey	Venus clam	Cocoa bean
 Fish & seafood	 Herbs & spices	Coffee
Anchovy	Anise	Green tea
Blue mussel	Basil	Honey
Carp	Bay leaves	Rapeseeds
Caviar	Camomile	Safflower oil
Cockle	Caper	Sugar cane
Codfish	Cayenne pepper	
Crab	Chili	
Cuttlefish	Cinnamon	
Eel	Clove	
European hake	Coriander	
Flounder	Cumin	
	Curry	