













myfoodprofile mediterranean basic 1

 Gluten-containing cereals	 Vegetables
Barley flour	Mushroom mix 1 (oyster mushroom, champignon, shiitake mushroom, chanterelle)
Gluten	Onion
Oat bran	Potato
Spelt flour	Spinach
Wheat flour	Tomato
 Gluten-free cereals & alternative foods	Zucchini
Buckwheat flour	 Milk products & egg
Corn	Cow's milk
Rice	Egg white (chicken)
 Legumes	Egg yolk (chicken)
Legumes mix (broad bean, kidney bean, chickpea, lentil)	Goat's milk
Pea	Sheep's milk
Soybean	 Meat
 Nuts & seeds	Beef
Nut mix (walnut, hazelnut, almond, peanut)	Chicken
 Fruits	Lamb
Apple	Pork
Banana	Turkey
Citrus mix (lemon, orange)	 Fish & seafood
Fruit mix (peach, apricot, cherry, plum)	Codfish
Grape (white, blue)	Salmon
Kiwi	Seafood mix (cuttlefish, squid, octopus)
Pear	Shellfish mix (blue mussel, venus clam)
Pineapple	Tuna
Strawberry	 Herbs & spices
Watermelon	Garlic
 Vegetables	Pepper mix (cayenne pepper, black pepper)
Bell pepper	 Various
Butterhead lettuce	Baking powder
Cabbage mix (broccoli, green cabbage, savoy cabbage)	Brewer's yeast
Carrot	Sustenance mix (coffee, cocoa bean, black tea)
Celery	
Eggplant	