











myfoodprofile vegetarian extended 1

 Gluten-containing cereals	 Fruits	 Milk products & egg
Barley flour	Apple	Camel's milk
Einkorn wheat	Apricot	Cow's milk
Emmer wheat	Avocado	Egg white (chicken)
Gluten	Banana	Egg yolk (chicken)
Kamut	Blueberry	Emmental cheese
Oat bran	Cherry	Goat's milk/goat's cheese
Spelt flour	Citrus mix (lemon, orange)	Mare's milk
Wheat flour	Goji berry	Mozzarella
 Gluten-free cereals & alternative foods	Grape mix (blue grape, white grape, raisin)	Sheep's milk/sheep's cheese
Amaranth	Kiwi	Yogurt
Buckwheat flour	Peach	 Fish & seafood
Corn	Pear	<i>Spirulina</i> spp.
Millet	Pineapple	Kelp
Quinoa	Plum	 Herbs & spices
Rice	Raspberry	Basil
Teff	Rhubarb	Caraway
 Legumes	 Vegetables	Chili
Bean mix (white bean, string bean, kidney bean)	Asparagus	Cinnamon
Chickpea	Beetroot	Coriander
Lentil	Bell pepper	Garlic
Lupin seeds	Cabbage mix (broccoli, green cabbage, savoy cabbage)	Ginger
Pea	Carrot	Hops
Soybean	Cassava root	Mint mix (peppermint, mint)
Tofu	Cauliflower	Mustard seeds
 Nuts & seeds	Celery	Oregano
Almond	Eggplant	Parsley
Cashew nut	Fennel	Rosemary
Chia seeds	Hokkaido pumpkin	Thyme
Coconut	Jackfruit	Vanilla
Flaxseed	Jerusalem artichoke	 Various
Hazelnut	Leek mix (leek, chives)	Agar-agar
Hemp seeds	Mushroom mix 1 (oyster mushroom, champignon, shiitake mushroom, chanterelle)	Black tea
Peanut	Onion mix (onion, shallot)	Carob powder
Pine nut	Potato	Cocoa bean
Pistachio	Spinach	Coffee
Sesame	Sweet potato	Maca
Sunflower seeds	Tomato	Mate
Walnut	Turnip cabbage	Rapeseed
		Yeast mix (baker's yeast, brewer's yeast)