

DAIRY & EGGS	Alpha-Lactalbumin Beta-Lactoglobulin Casein	Egg White Egg Yolk Milk (Buffalo)	Milk (Cow) Milk (Goat) Milk (Sheep)	
FISH / SEAFOOD	Anchovy Bass Carp Caviar Clam Cockle Cod Crab Cuttlefish	Eel Haddock Hake Herring Lobster Mackerel Monkfish Mussel Octopus	Oyster Perch Pike Plaice Salmon Sardine Scallop Sea Bream (Gilthead) Shrimp/Prawn	Sole Squid Swordfish Trout Tuna Turbot
FRUIT	Apple Apricot Avocado Banana Blackberry Blackcurrant Blueberry Cherry Cranberry Date	Fig Grape (Black/Red/White) Grapefruit Guava Kiwi Lemon Lime Lychee Mango Melon (Galia/Honeydew)	Mulberry Nectarine Olive Orange Papaya Peach Pear Pineapple Plum Pomegranate	Raisin Raspberry Redcurrant Rhubarb Strawberry Tangerine Watermelon
GRAINS	Amaranth Barley Buckwheat Corn (Maize) Couscous	Durum Wheat Gliadin Malt Millet Oat	Quinoa Rice Rye Spelt Tapioca	Wheat Wheat Bran
HERBS & SPICES	Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove	Coriander (Leaf) Cumin Curry (Mixed Spices)* Dill Garlic Ginger Ginseng Hops	Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White)	Peppermint Rosemary Saffron Sage Tarragon Thyme Vanilla
MEAT	Beef Chicken Duck Horse	Lamb Ostrich Partridge Pork	Quail Rabbit Turkey Veal	Venison Wild Boar
MISC	Agar Agar Aloe Vera Carob	Chestnut Cocoa Bean Coffee	Mushroom Tea (Black) Tea (Green)	Yeast (Baker's) Yeast (Brewer's)
NUTS / SEEDS	Almond Brazil Nut Cashew Nut Coconut	Flax Seed Hazelnut Macadamia Nut Peanut	Pine Nut Pistachio Rapeseed Sesame Seed	Sunflower Seed Tiger Nut Walnut
VEGETABLES	Artichoke Asparagus Aubergine Bean (Broad) Bean (Green) Bean (Red Kidney) Bean (White Haricot) Beetroot Broccoli Brussels Sprout	Cabbage (Red) Cabbage (Savoy/White) Caper Carrot Cauliflower Celery Chard Chickpea Chicory Cucumber	Fennel (Leaf) Leek Lentil Lettuce Marrow Onion Pea Pepper (Green/Red/Yellow) Potato Radish	Rocket Shallot Soya Bean Spinach Squash (Butternut/Carnival) Sweet Potato Tomato Turnip Watercress Yuca