



	Safe	Almost Safe	Be careful	Avoid it
Fruits	<p>Avocado Jackfruit Kumquat Lemon Lime Loganberry Plantain</p>	<p>Banana (ripe) Blueberry Cranberry Grapefruit Mandarin Orange Passion fruit Star fruit Strawberry</p>	<p>Apricot Blackberry Blood orange Boysenberry Cowberry Gooseberry Kaki Kiwi Lychee Mirabelle plum Nectarine Papaya Peach Physalis Pineapple Plum Pomegranate Raspberry Redcurrant Sour cherry Tamarillo</p>	<p>All dried fruits Apple Grapes Guava Honeydew melon Mango Nashi pear Pear Quince Raisin Rosehip Sharon fruit Sweet cherry Water melon</p>
Alcoholic Drinks	<p>Cachaca Gin Ouzo Sambuca Tequila Vodka Whiskey</p>	<p>Beer Cognac Guinness Malt beer Red wine Rum Sherry Vermouth Wheat beer White wine dry</p>	<p>Champagne Cider Egg liquer Rosé wine Sparkling wine White wine</p>	<p>Dessert wine Glogg Honey wine Port wine</p>
Non-alcoholic Drinks	<p>Coffee Espresso Maté Mineral water Rice milk Tap water Tea (black, fruit, green, herb, oolong, rooibos)</p>	<p>Carrot juice Lemon juice Mandarin juice (fresh) Soy drinks</p>	<p>All other fruit juices Almond milk Bitter lemon Coke Coke (light, zero) Energy drinks Ginger ale Iced coffee Lemonades Lemondes (light, zero) Oat milk Ovaltine Protein shakes (sweetened)</p>	<p>Appel juice Black current nectar Cherry juice Grape juice Grapefruit juice Ice tea Multivitamin juice Orange juice Pear juice Raspberry juice Redcurrant juice Smoothie Sour cherry juice Milk/soy drinks (sweetened) Tomato juice</p>



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Vegetables		Asparagus (cooked) Bamboo sprouts Celery Chanterelles Chinese spinach Corn salad Cress Daikon Endive Fennel Frisee Ginger Honey fungus Horseradish Iceberg lettuce Lettuce Lotus root Manioc Nori algae Olives Pak choi Potatoes Pumpkin Radish Rhubarb Rucola Spinach Spinach (cooked) Stem cabbage Swiss chard White turnips	Asparagus Black salsify (cooked) Button mushroom Carrots (cooked) Cep Chicory Chinese cabbage Corn Cucumber Dandelion greens Escarole Lettuce mixed Morel Okra Parsnip Red cabbage Watercress	Autumn turnip Beetroot Broccoli (cooked) Brussels sprouts (raw & cooked) Carrots Cauliflower (raw & cooked) Chick peas Eggplant Field beans Green beans Kale Lentils Mung Oyster mushrooms Paprika Peas Pickles Radicchio Radishes Ramson Red pepper Sauerkraut Soybean sprouts Sweet potatoes Turnips Water chestnut White cabbage Yellow capsicum Zucchini	Artichoke Beans Broccoli Cabbage Hot pepper Kidney beans Leeks Onions Red cabbage Savoy Shallots Shitake mushroom Spring onions Sunroot Tomatoes
Grains & Nuts	Bread & Pasta	Breads and pasta without wheat or gluten-free (e.g. rye bread, glas noodles, maize pasta, rice noodles)	Wheat-rye bread Spelt pasta	Bread and pasta made of wheat Baguette Crispbread Pita Pumpernickel Toast (white)	Wholemeal rye bread
	Cereals		Cornflakes		Breakfast cereals with honey or raisins
	Crop	Amaranth Barley Brown rice Buckwheat Corn Corn (can) Milo Oatmeal Popcorn Quinoa Rice white Rye	Spelt	Bulgur Couscous Wheat Wheat germs	
	Flour	Corn meal Rice flour	Wheat bran	Semolina Soy flour Wheat flour Whole-grain flour	



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Grains & Nuts	Legumes			Peanuts Soybeans	
	Nuts			All nuts (e.g. Almonds, Cashew nuts, Hazelnuts, Pecan nuts, ...)	
	Pastry	Polenta		Almost all pastry (e.g. sourdough, yeast dough, croissant, ...)	
	Seeds	Almost all seeds (e.g. chia seeds, sunflower seeds, sesame, ...)	Pumpkin seeds		
	Spread			Peanut butter	
	Starch	All kinds of starch (corn starch, potato flour, tapioca, ...)			
Fish & Seafood	<p>Almost all fish (fish natural, fish fingers, herring in tomato sauce, rollmop, ...)</p> <p>Almost all seafood (seafood natural, shrimp paste, ...)</p>			Herring salad	
Meat	All meat (beef, calf, chicken meat, deer duck, gobbler, goose, ham, kangaroo, lamb, sausage, ostrich, pork rabbit, turkey, ...)				



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Dairy products	Butter Buttermilk Cheese (appenzeller, blue cheese, brie cheese, butter cheese, camembert cheese, ...) Coffee cream Condensed milk Cream Crème Fraîche Curd Kefir Mascarpone Milk (unsweetened) Milk powder Ream Sour cream Whey Whey powder Yoghurt (natural)				Ice cream Milk products (sweetened) Yoghurt (sweetened)
Spices	Ingredient	Baking powder			
	Sauces	Fish sauce Maggi Mayonnaise Oyster sauce Worcestershire sau.		Cocktail sauce Guacamole Pesto (red, green) Soy sauce Tabasco Teriyaki	Barbeque sauce Chutney Hot mustard Ketchup Sweet & sour sauce
	Sweeteners	Dextrose Rice syrup	Brown sugar	High fructose corn syrup Molasses Sucrose	Agave nectar Fructose High fructose corn syrup HFCS55 Honey Maple syrup
	Vinegar	Cide vinegar Red wine vinegar Vinegar essence White wine vinegar		Distilled vinegar	Vinegar (balsamic)
	Seasonings	Most seasonings (Anise, Basil, Bay, Camomile, Cardamon, Chive, Cinnamon, Cloves, Cumin, Curcuma, Curry, ...)	Coriander	Cayenne pepper Chili powder Dill weed Garlic Paprika spicy Tomato paste	Chervil Hot chili pepper
Fats & oils	All fats All oils				



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Snacks & Sweets	<ul style="list-style-type: none"> Potato chips Prawn crackers Rice cake Rice pudding Tortilla chips 		<ul style="list-style-type: none"> Almond cookies Banana chips Bitter chocolate Brownies Butter cookies Cereal bar Cheesecake Choc Cream cake Gummi bears Lady finger Licorice Marshmallows Marzipan Milk chocolate Nougat Nougat cream Nutella Peanut puffs Pretzel Pretzel sticks Pudding Roasted almonds Wafers White chocolate Wine gum Zwieback 	<ul style="list-style-type: none"> Chewing gum (with and without sugar) Cough sweets Deserts with honey Fruit sorbet Fruitcake Gingerbread Ice Ice cream Stollen Tiramisu
Jams & Jellies			<ul style="list-style-type: none"> Almost all jams and jellies 	<ul style="list-style-type: none"> Apple puree
Others	<ul style="list-style-type: none"> Eggs French fries Gelatine Gnocchi Royal jelly Seitan Tofu 		<ul style="list-style-type: none"> Bolognese Cocoa powder Coconut milk Lasagne Pizza Vanilla sauce 	<ul style="list-style-type: none"> Coconut creme Fried onion