



GB

English



IS

Icelandic

In the whole European Union the following ingredients must always be indicated on packed foods without exception.

- This is not valid for the following countries: Russia, Turkey.

These ingredients are marked **blue** in the dictionary.

- Cereals containing gluten (wheat, barley, rye, oats, spelt, kamut or their hybridised strains) and products thereof
- Crustaceans and products thereof
- Eggs and products thereof
- Fish and products thereof
- Peanuts and products thereof
- Soybeans and products thereof
- Milk and products thereof (including lactose)
- Nuts i. e. Almond [*Amygdalus communis* L.], Hazelnut [*Corylus avellana*], Walnut [*Juglans regia*], Cashew [*Anacardium occidentale*], Brazil nut [*Bertholletia excelsa*], Macadamia nut and Queensland nut [*Macadamia ternifolia*] and products thereof
- Celery and products thereof
- Mustard and products thereof
- Sesame seeds and products thereof
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO₂.
- Lupin and products thereof
- Molluscs and products thereof

You can create your personal allergy card with the help of this dictionary.

Eg hef ofnæmi gegn ...

<i>cooked</i>	soðinn
<i>dry</i>	þurrkaður
<i>fresh</i>	ferskur
<i>raw</i>	hrár
(sea) mussel	skelfiskur
alcohol	hreinsaður vínandi
almond	mandla
anchovy	ansjósa
anise; aniseed	anis
apple	epli
apricot	aprikósa
avocado	avokató
banana	banani
barley	bygg
basil	ilmjurt
bean	baun
beef	nautakjöt
beer	bjór
brazil nut	parahneta
broccoli	spergilkál
buckwheat	bókhveiti
caraway	kúmen
cardamom	kardimomma
carrot	gulrót
cashew nut	kasjú-hneta
cayennepepper	chili-pípar
celery	seljurót
cheese	ostur
cherry	kirsuber
chicken	kjúklingur
chicory	síkoría; kaffibætir
chilipepper	chili-pípar
chocolate	súkkulaði
cinnamon	kanill
cocoa powder	kókó
coconut	kokoshneta
cod	þorskur
coriander	koríander
cornflour	mais
crab	krabbi

crab	krabbi
cucumber	agúrka
curry	karrí
date	daðla
dill	dill
egg	egg
escargot	vinbergs-snigill
fennel seed	fennikel
fig	fíkja
fish	fiskur
flour	hveiti
garlic	hvítlaukur
gherkin	agúrka
ginger	engifer
gluten	gluten
grape	vínber
grapefruit	greip
haddock	ýsa
hazelnut	heslihneta
herb	jurt; kryddjurtir; planta
herring	síld
honey	hunang
kamut	kamut
kiwi	kiwi
lamb	lambkjöt
lemon	sitróna
lentil	linsubaunir
lobster	humar
lovage	skessujurt
macadamia nut	macadamia-hneta
mackerel	makrill
mango	mangó
marjoram	merian
marzipan	marsipan
meat	kjöt
melon	melóna
milk (cow)	mjólk (kúa)
mugwort	búrót
mushroom	ætisveppur
mussel	skelfiskur
mustard	sinnep
mutton	kindakjöt
nut	hneta
nutmeg	múskathneta
oats	hafra
onion	laukur
orange	appelsína
oregano	oregano
oyster	ostra
papaya; pawpaw	papaya
paprika	paprika
parsley	steinselja
pea	baun
peach	ferskja

peanut	jarðhneta
pear	pera
pecan nut	pekanhneta
pepper	paprika
pepper	pipar
peppermint	piparmynta
perch	aborri
pineapple	ananas
pistachio	pistasiuhneta
plai	rauðspretta
plum	plóma
poppy; poppy seed	valmúafrae
pork	svínakjöt
potato	kartafla
prawn	rækja
quince	kveða
rice	hrísgrjón
rye	rúgur
sage	salvía
salmon	lax
sesame seeds	sesamfrae
shrimp	rækja
soybeans; soya bean	soyjabauinir
spelt	speldi-mjöl
spice	krydd
spinach	spínat
stinging nettle	brenninetla
strawberry	jarðarber
sulphites	sulfit
sulphur dioxide	súlfurdíoxid
sunflower seed	sólblómafrae
sweet chestnut	kastaníuhneta
tarragon	estragon
thyme	timian
tomato	tómatur
trout	silungur
tuna fish	túnfiskur
vanilla	vanilla
walnut	valhneta
wheat	hveiti
wine	vín
yeast	ger

