



# Food-Info Allergy Dictionary English – Nederlands



## allergy

allergen  
allergen-free  
allergic  
anaphylactic shock  
anti-histaminics

food allergy  
food hypersensitivity  
food intolerance  
histamine  
I am allergic to...  
intolerant  
protein

## dairy products

butter  
buttermilk  
casein  
cheese  
cow's milk  
cream  
goat milk  
kefir  
lactose  
lactose intolerance  
milk  
milk protein  
milk sugar  
sheep milk  
whey  
whey powder  
whipped cream  
yoghurt

## peanut

## tree nuts

almond  
apricot kernel  
Brazil nut  
cashew nut

## allergie

allergeen  
vrij van allergenen  
allergisch  
anafylactische shock  
anti-histaminica  
levensmiddelenallergie,  
voedselallergie  
voedselovergevoeligheid  
voedselintolerantie  
histamine  
ik ben allergisch voor...  
intolerant  
eiwit

## zuivelproducten

boter  
karnemelk  
caseïne  
kaas  
koemelk  
room  
geitenmelk  
kefir  
lactose  
lactoseintolerantie  
melk  
melkeiwit  
melksuiker  
schapenmelk  
whey  
weipoeder  
slagroom  
yoghurt

## pinda noten (geen pinda's)

amandel  
abrikozenpitten  
paranoot  
cashewnoot

chestnut  
coconut  
hazelnut  
kemiri nut  
macadamia nut  
nuts  
peanut oil, arachid oil  
peanut sauce, sateh sauce  
peanutbutter  
pecan nut  
pine nut  
pistachio  
walnut  
walnut oil

## soybean

lecithin  
soy oil  
soy protein  
soy sauce  
tempeh  
tofu, bean curd

## legumes

bean  
lentils  
lupin  
pea  
pulses

## gluten

amaranth  
barley  
bran  
buckwheat  
bulgur  
celiac disease  
corn, maize  
flour  
gliadin  
gluten intolerance  
glutenin

tamme kastanje  
kokosnoot  
hazelnoot  
kemirinoten  
macadamia(noot)  
noten  
pinda-olie  
saté, satésaus  
pindakaas  
pekanoot  
pijnboompitten  
pistachenoten  
walnoot  
walnootolie

## sojaboon

lecithine  
soja-olie  
soja-eiwit  
sojasaus, ketjap  
tempé  
tofu, tahoe

## peulvruchten

boon  
linzen  
lupine  
erwt  
peulvruchten

## gluten

amarant  
gerst  
zemelen  
boekweit  
bulgur, boelgoer  
coeliakie  
mais  
meel, bloem  
gliadine  
glutenintolerantie  
glutenine

kamut  
millet  
oats  
rice  
rye  
spelt  
starch  
tapioca  
triticale  
wheat

## seafood

anchovy  
carp  
cod  
crab  
fish  
flatfish  
haddock  
herring  
lobster  
mackerel  
mussels  
octopus  
oyster  
perch, bass  
plaice  
salmon  
shellfish  
shrimp  
sole  
swordfish  
trout  
tuna

## chicken egg

albumin  
conalbumin  
egg lecithin  
egg white  
egg yolk

kamoet, kamut  
gierst  
haver  
rijst  
rogge  
spelt  
zetmeel  
tapioca  
triticale  
tarwe

## vis en schelpdieren

ansjovis  
karper  
kabeljauw  
krab  
vis  
platvis  
schelvis  
haring  
kreeft  
makreel  
mosselen  
inktvis, octopus  
oester  
baars  
schol  
zalm  
schelpdieren  
garnaal  
tong  
zwaardvis  
forel  
tonijn

## kip ei

albumine  
conalbumine  
ei-lecithiine  
ei-wit, ei-eiwit  
eidooier, eigeel



# Food-Info Allergy Dictionary English – Nederlands



globulin  
lysozym  
mayonnaise  
ovo-albumin

## meat

beef  
ham  
hamburger  
lamb  
meat replacer  
minced meat  
muscle protein  
mutton  
pork  
salami  
sausage  
veal

## spices herbs

anise, aniseed  
basil  
black mustard  
caraway  
celery  
cinnamon  
coriander  
fennel  
garlic  
mustard  
mustard oil  
nutmeg  
onion  
parsley  
pepper  
peppermint  
sage  
thyme  
yellow mustard

globuline  
lysozym  
mayon(n)aise  
ovo-albumine

## vlees

rundvlees  
ham  
hamburger  
lamsvlees  
vleesvervanger  
gehakt  
spier eiwit, spiervlees  
schapenvlees  
varkensvlees  
salami  
worst  
kalfsvlees

## specerijen kruiden

anijs  
basilicum  
zwarte mosterd  
karwij  
selderij  
kaneel  
koriander  
venkel  
knoflook  
mosterd  
mosterdolie  
nootmuskaat  
ui  
peterselie  
peper  
pepermunt  
salie  
tijm  
gele mosterd

## chocolate

cocoa  
cocoa butter  
cocoa mass  
cocoa powder

## additives

azo-colours  
benzoate  
benzoic acid  
  
food colours  
glutamate, MSG  
preservatives  
salicylate  
sorbate  
sorbic acid  
sulphite  
sulphur dioxide  
tartrazine  
vanilla  
vanillin

## sugar sweetener

aspartame  
dextrose  
fructose  
fruit sugar  
glucose  
glucose syrup  
honey  
inulin  
invert sugar  
lactitol  
lactulose  
maltitol  
sorbitol  
sucrose  
xylitol

## chocolade

cacao  
cacaoboter  
cacaomassa  
cacaopoeder

## additieven

azo-kleurstoffen  
benzooat  
benzoëzuur  
(levensmiddelen)  
kleurstoffen  
glutamaat, ve-tsin  
conserveermiddelen  
salicylaat  
sorbaat  
sorbinezuur  
sulfiet  
zwaveldioxide  
tartrazine  
vanille  
vanilline

## suiker zoetstof

aspartaam  
druivensuiker  
fructose  
fruitsuiker, vruchtensuiker  
glucose  
glucosestroop  
honing  
inuline  
invertsuiker  
lactitol  
lactulose  
maltitol  
sorbitol  
saccharose  
xylitol

## fruit vegetables

apple  
avocado  
banana  
broccoli  
carrot  
cherry  
citrusfruit  
cucumber  
date  
fig  
grape  
grapefruit  
kiwi  
lemon  
lime  
mandarin  
orange  
orange juice  
peach  
pear  
plum  
spinach  
strawberry  
tomato

**yeast**  
yeast extract  
**sesame seed**  
sesame oil  
**alcohol**  
**sunflower seeds**  
**mushroom**  
**oyster mushroom**

## fruit groenten

appel  
avocado  
banaan  
broccoli  
wortel  
kers  
citrusvruchten  
komkommer  
dadel  
vijg  
druif  
grapefruit  
kiwi  
citroen  
limoen  
mandarijn  
sinaasappel  
sinaasappelsap  
perzik  
peer  
pruim  
spinazie  
aardbei  
tomaat

**gist**  
gist extract  
**sesamzaad**  
sesamolie  
**alcohol**  
**zonnebloempitten**  
**champignon, paddestoel**  
**oesterzwam**