













myfoodprofile mediterranean basic 1

 Gluten containing cereals	 Vegetables
Barley flour	Onion
Gluten	Potato
Oat bran	Spinach
Spelt flour	Tomato
Wheat flour	Zucchini
 Gluten free cereals & alternative foods	 Dairy & egg
Buckwheat flour	Cow's milk
Corn	Egg white (chicken)
Rice	Egg yolk (chicken)
 Legumes	Goat's milk
Legumes mix (broad bean, kidney bean, chickpea, lentil)	Sheep's milk
Pea	 Meat
Soybean	Beef
 Nuts & seeds	Chicken
Nut mix (walnut, hazelnut, almond, peanut)	Lamb
 Fruits	Pork
Apple	Turkey
Banana	 Fish & seafood
Citrus mix (lemon, orange)	Codfish
Fruit mix (peach, apricot, cherry, plum)	Salmon
Grape (white, blue)	Seafood mix (cuttlefish, squid, octopus)
Kiwi	Shellfish mix (blue mussel, venus clam)
Pear	Tuna
Pineapple	 Herbs & spices
Strawberry	Garlic
Watermelon	Pepper mix (cayenne pepper, black pepper)
 Vegetables	 Miscellaneous
Bell pepper	Baking powder
Butterhead lettuce	Brewer's yeast
Cabbage mix (broccoli, green cabbage, savoy cabbage)	Sustenance mix (coffee, cocoa bean, black tea)
Carrot	
Celery	
Eggplant	
Mushroom mix 1 (oyster mushroom, champignon, shiitake, chanterelle)	