



GLUTEN - 1

(cereals, wheat, rye, barley, oats, spelt, kamut, including hybridised derivatives)



CRUSTACEANS AND DERIVATIVES - 2

(marine and freshwater: shrimps, prawns, crabs and the like)



EGG - 3

(eggs and products containing them: mayonnaise, emulsifiers, egg pasta)



FISH AND DERIVATIVES - 4

(food products in which fish is present, even in small percentages)



GROUNDNUTS AND DERIVATIVES - 5

(creams and condiments in which there is also in small doses)



SOYA E DERIVATIVES - 6

(derived products such as soya milk, tofu, soya noodles and the like)



MILK E DERIVATIVES - 7

(any product in which milk is used: yoghurt, biscuits, cakes, ice cream and various creams)



NUTS AND NUT PRODUCTS - 8

(almonds, hazelnuts, cashews, pecans, cashews, pistachios)



CEDAR E DERIVATIVES - 9

(both in chunks and in preparations for soups, sauces and vegetable concentrates)



SENAPE E DERIVATIVES - 10

(can be found in sauces and condiments, especially in mustard)



SESAME SEEDS E DERIVATIVES - 11

(whole seeds used for bread, flours containing a small percentage of it)



SULPHUR DIOXIDE AND SULPHITES - 12

(used as preservatives, we can find them in: canned fish products, in pickled, oil and pickled foods, in jams, vinegar, dried mushrooms and in soft drinks and fruit juices)



LUPIN AND ITS DERIVATIVES - 13

(present in vegan food in the form of: roasts, sausages, flours and the like)



MOLLUSCS AND DERIVATIVES - 14

(scallop, razor clam, scallop, mussel, oyster, limpet, clam, tellina, etc.)