

**Ark 14: BEHANDLING: Unngå den matvaren du ikke tåler**

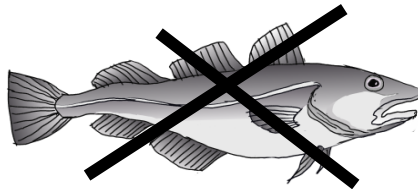
**Egg**



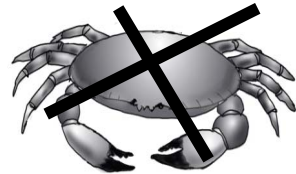
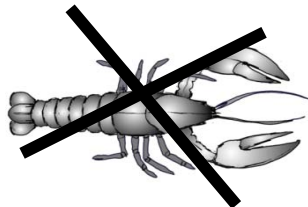
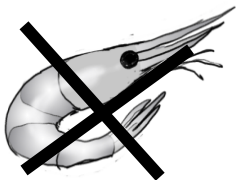
**Hvete**



**Fisk**

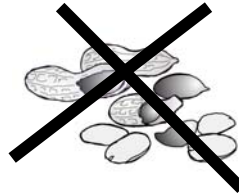


**Salldyr**

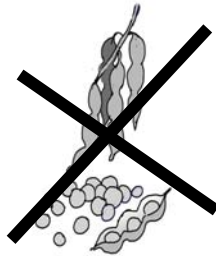


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**Nøtter(peanøtter, mandler, valnøtt, peanøtt, hasselnøtt, cashew nøtt)**



**Soya**



**Melk**

