

<b>ALLERGEN</b>	<b>THE EIGHT MOST COMMON ALLERGENS</b> Subject to the labelling requirements under Appendix 4 of the Food Act	<b>ALLERGEN</b>
Milk and products made of milk (including lactose). All substances are dairy-free.	Fish and products made from fish. Cod liver and fish oil do not contain fish proteins unless otherwise stated.	Eggs and products made of eggs (egg white, egg yolk from all types of bird eggs, egg powder, ovalbumin, Lysozyme E-1105.
Gluten (wheat, rye, barley, oats, spelt and products made from these). Products with added wheat starch are gluten-free unless otherwise stated.	Shellfish and products made from shellfish (prawns, scampi, crabs, lobster, crayfish, krill, king crabs, Russian crab, Kamchatka crab).	Soy and products made from soybeans. Soy lecithin and soybean oil do not contain soy proteins unless otherwise stated.
Nuts and products made of nuts (almond, hazel, walnut, cashew nuts, pecan, Paranå pine nuts, pistachio nuts, macadamia nuts, Australian cashew nuts).	Peanuts and products made from peanuts. Peanut oil may contain traces of peanuts.	Additional information on the next page!

BRETTES

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You can write your own notes  
about your allergies here



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## I have a food allergy

And even small amounts  
may make me sick



THE NORWEGIAN  
ASTHMA AND ALLERGY  
ASSOCIATION  
- making people healthier

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### DETTE ARKET INNEHOLDER TO DIETTKORT (ENGLAND)

Diettkortet kan du bruke når du skal bestille mat i utlandet. Diettkortet skal inneholde opplysninger om din matvareallergi. Du krysser av for det/de symbolene som gjelder for din matvareallergi. På diettkortet er det også plass til utfyllende opplysninger på siste side om du ønsker å tilføre dette (husk å skrive på engelsk). Når du bestiller mat på et spisested leverer du ditt diettkort sammen med din matbestilling. På denne måten unngår du at viktig informasjon om dine matvareallergier går tapt underveis fra servitør til kjøkkenpersonell. Diettkortet er utformet som et engangskort, slik at kjøkkenpersonell skal slippe å levere dette tilbake til deg.

Du klipper ut disse doble kortene og bretter slik at diettkortet får skrift på 4 sider.  
Etter bretteing skal diettkortet være på størrelse med et visittkort.