

## INTOLERANSER MATVARER (FOODINTOLERANCES)

### A

Abalone - Abalone - sjømat  
Absidia - Absidia  
Acai Berry - Acai-bær  
Acerola - Acerola  
A-Lactalbumin - A-Laktalbumin  
Ale - Øl  
Alfalfa - Alfalfa  
Almond - Mandel  
Amaranth - Amarant  
Anchovy - Ansjos  
Aniseed - Anisfrø  
Annatto - Annatto  
Apricots - Aprikoser  
Arrowroot - Pilerot  
Artichoke - Artisjokk  
Asparagus - Asparages  
Atlantic Salmon - Atlantisk laks  
Aubergine - Aubergine

### B

Avocado - Avokado  
Ayran - Ayran  
Bacon - Bacon  
Balmain bug - Balmain bug (Ibacus peronii) - sjømat  
Bamboo shoot - Bambusskudd - grønnsak  
Banana - Banan  
Baobab - Baobab  
Barberry - Berberis  
Barley grass - Byggress  
Barramundi - Barramundi - sjømat  
Basidiomycetes - Basidiomycetes  
Basil - Basilikum  
Basmati Rice - Basmatiris  
Bass - Bass - fisk  
Bay Leaf - Laurbærblad

Beef - Storfe  
Beef Jerky - Biff-jerky  
Beetroot - Rødbete  
Bell Pepper (green) - Grønn paprika  
Bilberry - Blåbærlyng  
Bipolaris - Bipolaris  
Bison - Bison  
Black Beans - Svarte bønner  
Black Chokeberry (Aronia melanocarpa) - Svartsurbær (Aronia melanocarpa)  
Black Pepper - Svart pepper  
Black Trumpet Mushrooms - Trompetsopp (Craterellus cornucopioides)  
Black Walnut - Svart valnøtt  
Blackberries - Bjørnebær  
Blackcurrants - Solbær (Ribes nigrum)  
Black-eyed Peas - Black-eyed peas (blomsterertbønner)  
Blackfish (Tautog) - Svartfisk (Tautog)  
B-Lactoglobulin - B-Laktoglobulin  
Blue Cod - Blåkveite (Anaplopoma fimbria)  
Blueberry - Blåbær  
Bonito - Bonito - fisk  
Boysenberries - Boysenbær  
Braeburn Apple - Braeburn-eple  
Brazil Nut - Paranøtt  
Bread - Rye - Rugbrød  
Bread - White bread - Hvitbrød  
Bream - Bream - fisk  
Brill - Brill - fisk  
Broccoli - Brokkoli  
Brown Bread - Grovt brød  
Brussels Sprout - Rosenkål  
Buckwheat - Bokhvete  
Bulghur - Bulgur  
Butter - Smør  
Butterfish - Smørfisk  
Button Mushroom - Sjampinjong

## C

Cabbage - Green - Grønnkål

Cabbage - Red - Rødkål  
Cabbage - White - Hvitkål  
Caffeine - Koffein  
Caigua - Caigua  
Callaloo - Callaloo  
Callop - Callop - fisk  
Camomile Tea - Kamille-te  
Candlenut - Kukui-nøtt (*Aleurites moluccanus*)  
Canola Oil - Rapsolje  
Capers - Kapers  
Capsicum (green) - Grønn paprika  
Capsicum (red) - Rød paprika  
Capsicum (yellow) - Gul paprika  
Carambola - Karambola (stjernefrukt)  
Caraway - Karve  
Cardamom - Kardemomme  
Caribou - meat - Karibu - kjøtt  
Carob - Johannesbrød  
Carp - Karpe  
Carrots - Gulrøtter  
Casein - Kasein  
Cashew nut - Cashewnøtt  
Cassava - Kassava (maniok)  
Cassia Bark - Cassiabark  
Catfish - Steinbit (mallefisk)  
Cauliflower - Blomkål  
Cayenne Pepper - Cayennepepper  
Celeriac - Sellerirot  
Celery - Stangselleri  
Celtuce - Stilk-salat  
Champagne - Champagne  
Chanterelle Mushrooms (*Cantharellus cibarius*) - Kantareller  
Chayote - Chayote (meksikansk pæreagurk)  
Cherries - Kirsebær  
Chia seeds - Chiafrø  
Chicken - Kylling  
Chicken Of The Woods Mushrooms (*Laetiporus*) - Svovelkjuke  
Chickpea - Kikerter

Chicory - Sikori  
Chinese Horse Radish - Kinesisk pepperrot  
Chive - Gressløk  
Chlorella - Chlorella (grønnalge)  
Cider - Cider  
Cinnamon - Kanel  
Clams - Muslinger  
Clementine - Klementin  
Clotted Cream - Tykk fløte (Clotted cream)  
Clove - Nellik  
Cockle - Hjerter-skjell  
Coconut oil - Kokosolje  
Cod - Torsk  
Coffee - Kaffe  
Coffee Decaf - Koffeinfri kaffe  
Coffee substitute made from barley - Kaffesubstitutt laget av bygg  
Condensed Milk - Kondensert melk  
Coriander - Koriander  
Corn oil - Maisolje  
Corn Syrup - Maissirup  
Cornish Game Hen - meat - Cornish høne - kjøtt  
Cottage Cheese - Cottage cheese (Hytteost)  
Cottonseed oil - Bomullsfrøolje  
Crab - Krabbe  
Cranberries - Tranebær  
Crayfish - Kreps  
Cream - Fløte  
Cream Cheese - Kremost  
Cremini Mushrooms - Kastanjechampignon  
Cress - Karse  
Crocodile - meat - Krokodille - kjøtt  
Cumin - Spisskummen  
Curry Leaves - Karri-blader  
Curvularia - Curvularia  
Cuttlefish - Sepia (blekksprut)

## D

Dab - fish - Sandflyndre - fisk

Daikon - Daikon (japansk reddik)  
Date Palm - Dadler (Daddelpalme)  
Delicata - Delicata-squash  
Dill - Dill  
Dogfish - Pigghå  
Dorado - fish - Gullmakrell - fisk  
Dover sole fish - Doverskate - fisk  
Dragon Fruit (Pitaya) - Dragefrukt (Pitaya)

## E

59. E 110 Sunset Yellow FCF - Solgul FCF  
181. E 155 Brown - Brun  
198. E 250 Sodium Nitrite - Natriumnitritt  
199. E 251 Sodium Nitrate - Natriumnitrat  
160. E 120 Cochineal, Carminic Acid, Carmine - Karmin, karminsyre  
182. E 160 a Mixed Carotene, Beta-Carotene - Blandet karoten, Betakaroten  
200. E 252 Potassium Nitrate - Kaliumnitrat  
161. E 1200 Polydextrose - Polydextrose  
162. E 122 Carmoisine - Karminrød  
163. E 123 Amaranth - Amarant  
164. E 124 Ponceau 4R - Ponceau 4R  
165. E 125 Scarlet GN (Approved in US only) - Skarlagenrød GN (godkjent kun i USA)  
166. E 127 Erythrosine - Erytrosin  
183. E 160 b Annatto, Bixin, Norbixin - Annatto, Biksin, Norbiksin  
184. E 160 c Capsanthin, Capsorubin - Kapsantin, Kapsorubin  
185. E 160 d Lycopene - Lykopen  
186. E 160 e Beta-Carotinoid - Betakarotenoid  
187. E 160 f Ethyl ester of enoicbeta - apo - 8' - carot acid - Etylester av enoicbeta-apo-8'-karotinsyre  
201. E 260 Acetic Acid - Eddiksyre  
202. E 261 Potassium Acetate (salt of acetic acid) - Kaliumacetat (salt av eddiksyre)  
203. E 270 Lactic Acid - Melkesyre  
204. E 280 Propionic Acid - Propionsyre  
205. E 297 Fumaric Acid - Fumarsyre  
206. E 302 Calcium L-Ascorbate (Ascorbic Acid) - Kalsium L-askorbat (Askorbinsyre)  
167. E 128 Red 2G - Rød 2G  
207. E 306 Natural Tocopherols - Naturlige tokoferoler  
168. E 129 Allura Red AC - Allurarød AC

169. E 131 Patent Blue V - Patentblått V  
 170. E 132 Indigo Carmine - Indigokarmin  
 171. E 133 Brilliant Blue FCF - Brilliantblå FCF  
 172. E 140 Chlorophylls and Chlorophyllins - Klorofyll og klorofylliner  
 173. E 141 Chlorophylls - Klorofyll  
 174. E 142 Green - Grønn  
 175. E 143 Fast Green - Hurtiggrønn  
 188. E 162 Beetroot Red (Betanin) - Rødbeterød (Betanin)  
 189. E 163 Anthocyanins - Antocyaniner  
 190. E 170 Calcium Carbonate - Kalsiumkarbonat  
 191. E 172 Iron Oxides, Iron Hydroxides - Jernoksider, Jernhydroksider  
 192. E 200 Sorbic Acid - Sorbinsyre  
 193. E 210 Benzoic Acid - Bensoesyre  
 208. E 320 Butylated Hydroxyanisole (BHA) - Butylert hydroksyanisol (BHA)  
 209. E 322 Lecithin - Lecitin  
 210. E 325 Sodium Lactate (Salts from Lactic Acid) - Natriumlaktat (Salter fra melkesyre)  
 211. E 327 Calcium Lactate (Salts from Lactic Acid) - Kalsiumlaktat (Salter fra melkesyre)  
 212. E 330 Citric Acid - Sitronsyre  
 213. E 333 Monocalcium Citrate, Dicalcium, Tricalcium - Monokalsiumcitrat, Dikalsium, Trikalsium  
 176. E 150 a Caramel - Karamell  
 194. E 220 Sulphur Dioxide - Svoveldioksid  
 177. E 151 Brilliant Black BN, Black PN - Brilliant Svart BN, Svart PN  
 178. E 1520 Propylene Glycol (Food Additive) - Propylenglykol (Mattilsetning)  
 179. E 153 Vegetable Carbon - Vegetabilsk karbon  
 195. E 222 Sodium Hydrogen Sulphite (Sulphur Dioxide) - Natriumhydrogensulfitt (Svoveldioksid)  
 196. E 223 Sodium Metabisulphate (Sulphur Dioxide) - Natriummetabisulfitt (Svoveldioksid)  
 214. E 334 Tartaric Acid (L+) - Vinstainsyre (L+)  
 215. E 340 Dipotassium Phosphate (Food Additive) - Dikalsiumfosfat (Mattilsetning)  
 216. E 341 Monocalcium Phosphate, Dicalcium, Tricalcium - Monokalsiumfosfat, Dikalsium, Trikalsium  
 180. E 154 Brown FK - Brun FK  
 197. E 249 Potassium Nitrite - Kaliumnitritt  
 217. E 404 Calcium Alginate, Alginate - Kalsiumalginat, Alginat  
 218. E 406 Agar - Agar  
 219. E 407 a Eucheuma Algae (Seaweed), Treated - Eucheuma-alge (sjøgress), behandlet

220. E 407 Carrageenan - Karragenan  
 221. E 410 Locust Bean Gum, Carob Gum - Johannesbrødkjernemel, Johannesbrødgummi  
 222. E 412 Guar Gum - Guargummi  
 223. E 414 Gum Arabic - Gummi arabikum  
 224. E 415 Xanthan Gum - Xantangummi  
 225. E 420 Sorbit, Sorbit Syrup - Sorbitol, Sorbitsirup  
 226. E 421 Mannite - Mannitol  
 227. E 422 Glycerine - Glyserin  
 228. E 435 Polyoxyethylene Sorbitan Monostearate (Polysorbate 60) - Polyoksyetylen sorbitanmonostearat (Polysorbat 60)  
 229. E 440 (b) Amidated Pectin (Food Additive) - Amideret pektin (Mattilsetning)  
 230. E 441 Gelatin - Gelatin  
 231. E 444 Sucrose-Acetate Isobutyrate - Sukroseacetatisobutytrat  
 232. E 460 Cellulose, Microcrystalline Cellulose, Cellulose Powder - Cellulose, Mikrokrystallinsk cellulose, Cellulosepulver  
 233. E 461 Methylcellulose - Metylcellulose  
 234. E 465 Ethylmethylcellulose - Etylmetylcellulose  
 235. E 466 Carboxymethylcellulose - Karboksymetylcellulose  
 236. E 470 Sodium, Potassium, and Calcium Salts - Natrium-, kalium- og kalsiumsalter  
 237. E 479 Thermo-Oxidised Soya Oil - Termooksidert soyabønneolje  
 238. E 481 Sodium Stearoyl-2-Lactylate - Natriumstearoyl-2-laktylat  
 239. E 500 Sodium Carbonate, Sodium Hydrogen Carbonate, Sodium Sesquicarbonate - Natriumkarbonat, Natriumhydrogenkarbonat, Natriumseskvikarbonat  
 240. E 504 Magnesium Carbonate, Magnesium Hydrogen Carbonate - Magnesiumkarbonat, Magnesiumhydrogenkarbonat  
 241. E 508 Potassium Chloride - Kaliumklorid  
 242. E 509 Calcium Chloride - Kalsiumklorid  
 243. E 541 Sodium Aluminium Phosphate, Acidic - Natriumaluminiumfosfat, Sur  
 244. E 542 Edible Bone Phosphate (Food Additive) - Spiselig benfosfat (Mattilsetning)  
 245. E 551 Silicon Dioxide (Silica) - Silisiumdioksid (Silika)  
 246. E 552 Calcium Silicate - Kalsiumsilikat  
 247. E 553 a Magnesium Silicate, Magnesium Trisilicate - Magnesiumsilikat, Magnesiumtrisilikat  
 248. E 620 Glutamic Acid - Glutaminsyre  
 249. E 621 Monosodium Glutamate (MSG) - Mononatriumglutamat (MSG)  
 250. E 622 Monopotassium Glutamate, Potassium Glutamate - Monokaliumglutamat, Kaliumglutamat  
 251. E 623 Calcium Diglutamate - Kalsiumdiglutamat

252. E 627 Sodium Guanylate, Guanylate - Natriumguanylat, Guanylat  
253. E 631 Disodium - Dinatrium  
254. E 635 Disodium 5'-Ribonucleotide - Dinatrium 5'-ribonukleotid  
255. E 901 Beeswax, White and Yellow - Bivoks, hvit og gul  
256. E 902 Candelilla Wax - Candelillavoks  
257. E 903 Carnauba Wax - Karnaubavoks  
258. E 904 Shellac - Sjellakk  
259. E 924 Potassium Bromate (Food Additive) - Kaliumbromat (Mattilsetning)  
260. E 924 b Calcium Bromate - Kalsiumbromat  
261. E 925 Chlorine Dioxide (Food Additive) - Klordioksid (Mattilsetning)  
262. E 927 Carbanide - Karbamid  
263. E 951 Aspartame - Aspartam  
264. E 954 Saccharine - Sakkarin  
265. E 965 Maltite, Maltite Syrup - Maltitol, Maltitolsirup  
266. Earl Grey Tea - Earl Grey-te  
267. Eel - Ål  
268. Egg - Egg  
269. Egg White - Eggehvite  
270. Egg Yolk - Eggeplomme  
271. Elderberry - Hyllebær  
272. Emu (Meat) - Emukjøtt  
273. Endive - Endivie  
274. Enoki Mushrooms (Flammulina velutipes) - Enoki-sopp  
275. Epicoccum purpurascens - Epicoccum purpurascens (sopptype)  
276. Evaporated Milk - Tørrmelk, Tørrmelkpulver

## F

277. Farina Secalis Cerealis - Rugmel  
278. Fennel (Fresh) - Fennikel (fersk)  
279. Fenugreek - Bukkehornkløver  
280. Fiddlehead - Bregneskudd  
281. Finger Lime - Fingerlime  
282. Five Spice - Femkrydder  
283. Flaxseed - Linfrø  
284. Flounder (Fish) - Flyndre (fisk)  
285. Frisée - Frisésalat  
286. Fructose - Fruktose  
287. Fuji Apple - Fuji-eple

288. Fusarium - Fusarium (sopptype)

## G

289. Gala Apple - Gala-eple

290. Galanga - Galangal

291. Galia Melon - Galia-melon

292. Garlic - Hvitløk

293. Gemfish (Rexea solandri) - Gemfish (Rexea solandri)

294. Geotrichum candidum - Geotrichum candidum (bakterie/sopp)

295. Ghee - Ghee (klarnet smør)

296. Giant Puffball Mushrooms (Calvatia gigantea) - Kjempeslørsopp

297. Gin - Gin

298. Ginger - Ingefær

299. Gluten - Gluten

300. Goat - Geit

301. Goat's Milk - Geitemelk

302. Goji Berries - Gojibær

303. Golden Berries - Gullbær

304. Golden Delicious Apple - Golden Delicious-eple

305. Goose - Gås

306. Granary Bread - Kornbrød

307. Granny Smith Apple - Granny Smith-eple

308. Grapefruit (Pink) - Grapefrukt (rosa)

309. Grapefruit (Yellow) - Grapefrukt (gul)

310. Grapes (Red) - Druer (røde)

311. Grapes (White) - Druer (hvite)

312. Grayling (Fish) - Harr (fisk)

313. Greenland Halibut - Blåkveite

314. Grouper - Havabbor

315. Grouse (Meat) - Rypekjøtt

316. Guava - Guava

317. Guinea Hen (Meat) - Perlehøne-kjøtt

## H

318. Habanero Pepper - Habanero-chili

319. Haddock - Hyse

320. Hake - Lysing

321. Halibut - Kveite

322. Ham - Skinke

- 323. Hazelnuts - Hasselnøtter
- 324. Hedgehog Mushrooms (*Hydnum repandum*) - Piggsopp
- 325. Hemp Seeds - Hampfrø
- 326. Herring - Sild
- 327. Horse (Meat) - Hestekjøtt
- 328. Horseradish (Vegetable) - Pepperrot
- 329. Huss (Fish) - Havmus
- 330. Hydrolysed Vegetable Protein (HVP) (Food Additive) - Hydrolysert vegetabilsk protein (HVP) (mattilsetning)

## I

- 331. Iceberg Lettuce - Isbergsalat
- 332. Ilish (Fish) - Ilish-fisk
- 333. Incaberry - Inkabær
- 334. Indian White Prawn - Indisk hvitreke
- 335. Invert Sugar Syrup - Invertert sukkersirup
- 336. Iodine (Food Additive) - Jod (mattilsetning)

## J

- 337. Jackfruit - Jackfrukt
- 338. Jalapeño Pepper - Jalapeño-chili
- 339. Jasmine Tea - Jasmin-te
- 340. Jazz Apple - Jazz-eple
- 341. Jerusalem Artichoke - Jordskokk
- 342. Jewfish - Jødefisk
- 343. Jicama - Jicama
- 344. John Dory Fish - Sankt Petersfisk
- 345. Jujube - Jujube-frukt
- 346. Juniper Berries - Einebær

## K

- 347. Kaffir Lime Leaves - Kaffirlimeblader
- 348. Kale - Grønncål
- 349. Kangaroo (Meat) - Kengurukjøtt
- 350. Kefir - Kefir
- 351. King Oyster Mushrooms (*Pleurotus eryngii*) - Keiserøsterssopp
- 352. King Prawn - Konge-reke
- 353. Kingfish - Kongefisk

- 354. Kipper (Fish) - Røkt sild
- 355. Kiwis - Kiwi
- 356. Kohlrabi - Knutekål
- 357. Kokum - Kokum
- 358. Kombucha - Kombucha
- 359. Koshihikari Rice - Koshihikari-ris
- 360. Krill - Krill
- 361. Kumquat - Kumquat

## L

- 362. Lactoferrin - Laktoferrin
- 363. Lactose - Laktose
- 364. Lager - Lagerøl
- 365. Lamb - Lam
- 366. Lamprey - Niøye
- 367. Langoustine - Sjøkreps
- 368. Langsat (Fruit) - Langsat-frukt
- 369. Leek - Purreløk
- 370. Lemon Sole (Fish) - Slettvar
- 371. Lemonade - Sitron drikk
- 372. Lemons - Sitroner
- 373. Lime - Lime
- 374. Lingcod (*Ophiodon elongatus*) - Lingcod (*Ophiodon elongatus*)
- 375. Lingonberry - Tyttebær
- 376. Lion's Mane Mushrooms (*Hericiun erinaceus*) - Piggsvinsopp
- 377. Liquorice (*Glycyrrhiza glabra*) - Lakris
- 378. Lobster - Hummer
- 379. Longan Fruit (*Dimocarpus longan*) - Longanfrukt
- 380. Luffa - Luffa
- 381. Lumpfish (*Cyclopterus lumpus*) - Rognkjeks
- 382. Lychee - Litchi

## M

- 383. Macadamia Nuts - Macadamianøtter
- 384. Mackerel - Makrell
- 385. Mahi Mahi (*Coryphaena hippurus*) - Mahi Mahi
- 386. Maitake Mushrooms (*Grifola frondosa*) - Skjellkranssopp
- 387. Maize (*Zea mays*) - Mais

- 388. Malabar Chestnut - Malabarkastanje
- 389. Mango - Mango
- 390. Mangold - Mangold
- 391. Mangosteen (Fruit) - Mangostanfrukt
- 392. Maple Syrup - Lønnesirup
- 393. Marionberry - Marionbær
- 394. Marjoram - Merian
- 395. Marron (Fish) - Marronkreps
- 396. Marshmallow Tea - Marshmallow-te
- 397. Matsutake Mushrooms (Tricholoma matsutake) - Matsutake-sopp
- 398. Meat Gelatin - Kjøttgelatin
- 399. Megrim - Glassflyndre
- 400. Meyer Lemon - Meyer-sitron
- 401. Millet - Hirse
- 402. Mint (Fresh) - Mynte (fersk)
- 403. Miso - Miso
- 404. Mongongo Nut - Mongongonøtt
- 405. Monkfish - Breiflabb
- 406. Moose (Meat) - Elgkjøtt
- 407. Morel Mushrooms (Morchella) - Morkler
- 408. Mullet (Fish) - Multefisk
- 409. Mulloway - Mulloway-fisk
- 410. Mushrooms - Sopp
- 411. Mussels (General) - Blåskjell
- 412. Mustard - Sennep
- 413. Mutton - Fårekjøtt

## N

- 414. Nectarine - Nektarin
- 415. Nettle - Brennesle
- 416. Nutmeg - Muskatnøtt

## O

- 417. Oats - Havre
- 418. Oca - Oka
- 419. Octopus - Blekksprut
- 420. Okra - Okra
- 421. Olive Oil - Olivenolje

- 422. Olives (Black) - Svarte oliven
- 423. Olives (Green) - Grønne oliven
- 424. Onions - Løk
- 425. Oolong Tea - Oolong-te
- 426. Opossum (Meat) - Opossumkjøtt
- 427. Orange Roughy (Hopllostethus atlanticus) - Appelsinfisk
- 428. Oranges (Fruit) - Appelsiner
- 429. Ostrich (Meat) - Strutsekjøtt
- 430. Oyster - Østers
- 431. Oyster Mushroom - Østerssopp

## P

- 432. Palm Oil - Palmeolje
- 433. Papaya - Papaya
- 434. Paprika - Paprika
- 435. Parrotfish - Papegøyerfisk
- 436. Partridge (Meat) - Rypekjøtt
- 437. Passionfruit - Pasjonsfrukt
- 438. Patagonian Toothfish (Dissostichus eleginoides) - Patagonsk tannfisk
- 439. Patna Rice - Patna-ris
- 440. Patty Pans - Scallop squash
- 441. Peanut Oil - Peanøttolje
- 442. Peanuts - Peanøtter
- 443. Pear - Pære
- 444. Peas - Erter
- 445. Pecan Nuts - Pecannøtter
- 446. Peppermint Oil - Peppermynteolje
- 447. Perch (Fish) - Abbor
- 448. Persimmons - Kaki
- 449. Pheasant (Meat) - Fasan
- 450. Pigeon (Meat) - Duekjøtt
- 451. Pike - Gjedde
- 452. Pilchard - Sardin
- 453. Pili Nut - Pilinøtt
- 454. Pine Nut - Furunøtt
- 455. Pineapple - Ananas
- 456. Pink Lady Apple - Pink Lady-eple
- 457. Pistachio - Pistasjnøtt

- 458. Plaice - Rødspette
- 459. Plums, Damsons - Plommer, damson-plommer
- 460. Pollack (Fish) - Sei
- 461. Pomegranate Seeds - Granateplekjerner
- 462. Pomelo (Citrus maxima) - Pomelo
- 463. Pomfret (Fish) - Pomfretfisk
- 464. Poppy Seed - Valmuefrø
- 465. Porcini Mushrooms (Boletus edulis) - Steinsopp
- 466. Pork - Svinekjøtt
- 467. Port Wine - Portvin
- 468. Portobello Mushroom - Portobellosopp
- 469. Pout - Hvitling
- 470. Prawns - Reker
- 471. Prosecco - Prosecco
- 472. Pumpkin - Gresskar
- 473. Pumpkin Seed - Gresskarkjerner
- 474. Purslane - Portulakk

## Q

- 475. Quail (Meat) - Vaktelkjøtt
- 476. Quark - Kvar
- 477. Quince - Kvede
- 478. Quinoa - Quinoa

## R

- 479. Rabbit (Meat) - Kaninkjøtt
- 480. Radicchio - Radicchio
- 481. Radish - Reddik
- 482. Raki - Raki
- 483. Rambutan - Rambutan
- 484. Rapini - Rapini
- 485. Raspberries - Bringebær
- 486. Red Kidney Beans - Røde kidneybønner
- 487. Red Snapper - Rødfisk
- 488. Red Wine – Rødvin
- 489. Reishi Mushrooms (Ganoderma lucidum) – Reishi-sopp
- 490. Rhodotorula – Rhodotorula (gjærsopp)
- 491. Rhubarb – Rabarbra

- 492. Roach (*Rutilus rutilus*) – Mort
- 493. Rockfish – Steinfisk
- 494. Rooibos Tea – Rooibos-te
- 495. Rose Apple – Roseeple
- 496. Rosé Wine – Rosévin
- 497. Rosemary – Rosmarin
- 498. Rum – Rom
- 499. Rye – Rug

## S

- 500. Safflower Seed Oil – Safrantistelolje
- 501. Sage – Salvie
- 502. Sake – Sake
- 503. Salak – Slangeskinnsfrukt
- 504. Salsify – Havrerot
- 505. Sambuca – Sambuca
- 506. Sapodilla – Sapodilla
- 507. Sapote – Sapote
- 508. Sardine – Sardin
- 509. Satsuma – Satsuma
- 510. Scallop – Kamskjell
- 511. Sea Cucumber – Sjøpølse
- 512. Sea Trout – Sjørørret
- 513. Seitan (vegan) – Seitan (vegansk protein)
- 514. Sesame Oil – Sesamolje
- 515. Sesame Seed – Sesamfrø
- 516. Shad (Fish) – Sild (amerikansk type)
- 517. Shallots – Sjalottløk
- 518. Shark – Hai
- 519. Shimeji Mushrooms (*Lyophyllum shimeji*) – Shimeji-sopp
- 520. Shiitake Mushroom – Shiitake-sopp
- 521. Shrimps – Reker
- 522. Sild (Fish) – Sild
- 523. Silicon – Silisium
- 524. Skate (Fish) – Skate
- 525. Skipjack Tuna (*Katsuwonus pelamis*) – Bonitt-tunfisk
- 526. Smoked Herring – Røkt sild
- 527. Snake (Meat) – Slangekjøtt

- 528. Snook (Fish) – Snook-fisk
- 529. Sodium Chloride / Salt – Natriumklorid / Salt
- 530. Sole – Tunge (fisk)
- 531. Sourdough – Surdeig
- 532. Soursop – Graviola
- 533. Soy Sauce – Soyasaus
- 534. Soya Bean – Soyabønne
- 535. Soybean Oil – Soyabønneolje
- 536. Spelt – Spelt
- 537. Spelt Bread – Speltbrød
- 538. Spirulina – Spirulina
- 539. Sprat (Fish) – Brisling
- 540. Squab (Meat) – Dueunge (mat)
- 541. Squid – Akkar / Blekksprut
- 542. Squirrel (Meat) – Ekornkjøtt
- 543. Star Apple – Stjerne-eple
- 544. Starfruit – Stjernefrukt / Karambola
- 545. Stilton – Stiltonost
- 546. Stout – Stout (mørkt øl)
- 547. Strawberries (Fruit) – Jordbær
- 548. Sugar, Brown – Brun sukker
- 549. Sugar, White – Hvit sukker
- 550. Sumac – Sumak
- 551. Sunflower Oil – Solsikkeolje
- 552. Sunflower Seeds – Solsikkefrø
- 553. Sweet Freedom – Sweet Freedom (søtningsmiddel)
- 554. Sweet Potatoes – Søtpoteter
- 555. Sweetcorn – Søtmais
- 556. Swordfish – Sverdfisk

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- 557. Tangelo – Tangelo (sitrusfrukt)
- 558. Taro – Taro
- 559. Tatsoi – Tatsoi (asiatisk bladgrønnsak)
- 560. Teff (Vegan) – Teff (vegansk kornsort)
- 561. Tempeh (Vegan) – Tempeh (vegansk fermentert soya)
- 562. Tequila – Tequila
- 563. Teraglin (Trag Jewfish) – Teraglin (australsk fisk)

- 564. Thai Chili (Bird's Eye Chili) – Thai chili / Fugleøye-chili
- 565. Thai Eggplant (*Solanum melongena*) – Thai aubergine
- 566. Thyme – Timian