

## FOODPRINT<sup>®</sup> 200+

DAIRY & EGGS	Alpha-Lactalbumin Beta-Lactoglobulin Casein	Egg White Egg Yolk	Milk (Buffalo) Milk (Cow)	Milk (Goat) Milk (Sheep)
FISH / SEAFOOD	Anchovy Bass Carp Caviar Clam Cockle Cod Crab Cuttlefish	Eel Haddock Hake Herring Lobster Mackerel Monkfish Mussel	Octopus Oyster Perch Pike Plaice Salmon Sardine Scallop	Sea Bream (Gilthead) Shrimp/Prawn Sole Squid Swordfish Trout Tuna Turbot
FRUIT	Apple Apricot Avocado Banana Blackberry Blackcurrant Blueberry Cherry Cranberry Date	Fig Grape (Black/Red/White) Grapefruit Guava Kiwi Lemon Lime Lychee Mango	Melon (Galia/Honeydew) Mulberry Nectarine Olive Orange Papaya Peach Pear Pineapple	Plum Pomegranate Raisin Raspberry Redcurrant Rhubarb Strawberry Tangerine Watermelon
GRAINS	Amaranth Barley Buckwheat Corn (Maize) Couscous	Durum Wheat Gliadin <b>Malt</b> Millet	Oat <b>Quinoa</b> Rice Rye	Spelt Tapioca Wheat Wheat Bran
HERBS & SPICES	Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove	Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops	Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White)	Peppermint Rosemary Saffron Sage Tarragon Thyme Vanilla
MEAT	Beef Chicken Duck <b>Horse</b>	Lamb Ostrich Partridge Pork	<b>Quail Rabbit</b> Turkey	Veal Venison Wild Boar
MISC	Agar Agar Aloe Vera Carob	Chestnut Cocoa Bean Coffee	Mushroom Tea (Black) Tea (Green)	Yeast (Baker's) Yeast (Brewer's)
NUTS / SEEDS	Almond Brazil Nut Cashew Nut Coconut	Flax Seed Hazelnut Macadamia Nut Peanut	Pine Nut Pistachio Rapeseed Sesame Seed	Sunflower Seed Tiger Nut Walnut
VEGETABLES	Artichoke Asparagus Aubergine Bean (Broad) Bean (Green) Bean (Red Kidney) Bean (White Haricot) Beetroot Broccoli Brussel Sprout Cabbage (Red)	Cabbage (Savoy/White) Caper Carrot Cauliflower Celery Chard Chickpea Chicory Cucumber Fennel (Leaf)	Leek Lentil Lettuce Marrow Onion Pea Pepper (Green/Red/Yellow) Potato Radish Rocket	Shallot Soya Bean Spinach Squash (Butternut/Carnival) Sweet Potato Tomato Turnip Watercress Yuca

		120+	60+	40+
S	Egg White	•	•	•
ဗ္ဗ	Egg Yolk	•	•	•
1	Milk (Cow)	•	•	•
€	Milk (Goat)	•	•	
₹	Milk (Sheep)	•		
	Cod	•	•	•
	Crab	•	•	•
	Haddock	•	•	•
	Herring	•		
	Lobster	•	•	•
0	Mackerel	•		
18	Mussel	•		
FISH/SEAFOOD	Oyster	•	•	
M	Plaice	•	•	•
S	Salmon	•	•	
Ī	Scallop	•		
Si	Shrimp/Prawn	•	•	•
-	Sole	•		
	Swordfish	•		
	Trout	•	•	
	Tuna	•	•	
	Turbot	•		
	·			
	Apple	•	•	•
	Apricot	•		
	Avocado	•	•	
	Banana	•		
	Blackberry	•	•	•
	Blackcurrant	•		
	Cherry	•	•	
	Cranberry	•		
	Grape (Black/Red/White)	•	•	
	Grapefruit	•	•	•
2	Kiwi	•		
=	Lemon	•	•	•
FRUITS	Lime	•	•	-
ш.	Melon (Galia/Honeydew)	•		
	Nectarine	•		
	Olive	•		
	Orange	•	•	•
	Peach	•		
	Pear	•	•	•
	Pineapple	•	•	
	Plum	•		
	Raspberry	•	•	•
	Strawberry	•	•	•
	Barley	•	•	•
	Buckwheat	•		
	Corn (Maize)	•	•	•
	Durum Wheat	•	•	•
SZ	Gliadin	•	•	•
GRAINS	Millet	•		
~	Oat	•	•	•
U	Rice	•	•	•
	Rye	•	•	•
	Wheat	•	•	•
	Wheat Bran	•		
	Basil	•		
	Chilli (Red)	•	•	
	Cinnamon	•		
HERBS & SPICES	Clove	•		
	Coriander (Leaf)	•		
	Cumin	•		
	Dill	•		
	Garlic	•	•	
	Ginger	•	•	
	Hops	•		
	Mint	•		
	Mustard Seed	•	•	
	Nutmeg	•		
	Parsley	•		
	Peppercorn (Black/White)	•	•	
	Sage	•		
	Thyme	•		
	Vanilla	•		

		120+	60+	40+
	Beef	•	•	•
	Chicken	•	•	•
	Duck	•		
7	Lamb	•	•	•
MEAI	Pork	•	•	•
	Turkey	•	•	•
	Veal	•		
	Venison	•		
	venison	•		
	G 1			
	Carob	•		
	Cocoa Bean	•		
	Coffee	•		
Š	Mushroom	•	•	
₹	Tea (Black)	•		
	Tea (Green)	•		
	Yeast (Baker's)	•	•	•
	Yeast (Brewer's)	•	•	•
	Almond	•	•	•
	Brazil Nut	•	•	
	Cashew Nut	•	•	•
۵	Coconut	•		
Ж	Hazelnut	•	•	•
S	Peanut	•	•	•
<b>NUTS/SEEDS</b>	Pistachio	•	•	
ς.	Rapeseed	•		
Ź.	Sesame Seed	•		
	Sunflower Seed	•		
	Walnut	•		
	vvairiut	•		
	Acparacus	_		
	Asparagus	•		
	Aubergine	•		
	Bean (Green)	•		
	Bean (Red Kidney)	•	•	•
	Bean (White Haricot)	•	•	•
	Beetroot	•		
	Broccoli	•	•	•
	Brussel Sprout	•	•	
	Cabbage (Savoy/White)	•	•	•
S	Carrot	•	•	
Ξ.	Cauliflower	•	•	•
#	Celery	•		
E.	Chicory	•		
ַט	Cucumber	•		
VEGETABLES	Leek	•		
	Lentil	•		
	Lettuce	•		
	Onion	•		
	Pea	•	•	•
	Pepper (Green/Red/Yellow)	•		
	Potato	•	•	•
	Soya Bean	•	•	
	Spinach	•		
	Tomato	•		
	TOTTIBLO	•		

## FOODPRINT VEGETARIAN 160+



		VEGETARIAN 110+	VEGETARIAN 60+
S	Egg White	•	•
မ္ဟ	Egg Yolk	•	•
	Milk (Cow)	•	•
₽	Milk (Goat)	•	•
	Apple	•	•
	Apricot	•	•
	Avocado	•	
	Banana	•	•
	Blackberry	•	•
	Blackcurrant Blueberry	•	•
	Cherry	•	•
	Cranberry	•	•
	Grape (Black/Red/White)	•	•
	Grapefruit	•	•
	Kiwi	•	
S	Lemon	•	•
	Lime	•	•
<b>8</b>	Mango	•	
ш.	Melon (Galia/Honeydew)	•	_
	Olive	•	•
	Orange Papaya	•	•
	Peach	•	
	Pear	•	•
	Pineapple	•	•
	Plum	•	
	Pomegranate	•	
	Raspberry	•	•
	Strawberry	•	•
	Tangerine Watermelon	•	
	Watermeion	•	
	Barley	•	•
	Buckwheat	•	
	Corn (Maize)	•	•
S	Durum Wheat	•	•
I₩	Gliadin Oat	•	•
4	Rice	•	•
	Rye	•	•
	Wheat	•	•
	Wheat Bran	•	
	Aniseed	•	
	Basil Bayleaf	•	
	Cayenne	•	
	Chilli (Red)	•	•
	Cinnamon	•	-
	Clove	•	
	Coriander (Leaf)	•	
	Cumin	•	
Щ	Curry (Mixed Spices)	•	
$\exists$	Dill	•	_
S	Garlic	•	•
00	Ginger Ginseng	•	•
8	Hops	•	
HERBS & SPICES	Marjoram	•	
-	Mustard Seed	•	•
	Nutmeg	•	
	Parsley	•	
	Peppercorn (Black/White)	•	•
	Peppermint Saffron	•	
	Tarragon	•	
	Thyme	•	
	Vanilla	•	

		VEGETARIAN	VEGETARIAN
		110+	60+
	Chestnut	•	
	Cocoa Bean	•	•
	Coffee	•	•
S	Mushroom	•	•
₹	Tea (Black)	•	•
	Tea (Green)	•	•
	Yeast (Baker's)	•	•
	Yeast (Brewer's)	•	•
	Almond		
	Brazil Nut	•	•
	Cashew Nut	•	•
	Coconut	•	
25	Flax Seed	•	
NUTS/SEEDS	Hazelnut	•	•
몽	Macadamia Nut		
2	Peanut		_
Ë	Pine Nut		
륄	Pistachio		_
	Sesame Seed		
	Sunflower Seed		
	Walnut		
	vvairiut		
	Artichoke	•	
	Asparagus	•	•
	Aubergine	•	
	Bean (Green)	•	
	Bean (Red Kidney)	•	•
	Bean (White Haricot)	•	•
	Beetroot	•	
	Broccoli	•	•
	Brussel Sprout	•	•
	Cabbage (Red)	•	
	Cabbage (Savoy/White)	•	
	Carrot	•	•
ES	Cauliflower	•	•
딞	Celery	•	
⋖	Chickpea	•	•
VEGETABLES	Cucumber	•	
שֵׁי	Leek	•	
5	Lentil	•	•
	Lettuce	•	
	Onion	•	•
	Pea	•	•
	Pepper (Green/Red/Yellow)	•	
	Potato	•	•
	Shallot	•	
	Soya Bean	•	•
	Spinach	•	
	Sweet Potato	•	
	Tomato	•	•
	Watercress	•	



Apple Apricot Avocado Banana Blackberry Blackcurrant Blueberry Cherry Cranberry Grape (Black/Red/White) Grapefruit Kiwi Lemon Lime Mango Melon (Galia/Honeydew) Olive Orange Papaya Peach Pear Pineapple Plum Pomegranate Raspberry Strawberry Tangerine Watermelon  Barley Buckwheat Corn (Maize) Durum Wheat Gladin Oat Rice Rye Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mintstand Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme Vanilla	HERBS & SPICES	HERBS & SPICES	
Apricot Avocado Banana Blackberry Blackcurrant Blueberry Cherry Cranberry Grape (Black/Red/White) Grapefruit Kiwi Lemon Lime Mango Melon (Galia/Honeydew) Olive Orange Papaya Peach Pear Pineapple Plum Pomegranate Raspberry Strawberry Tangerine Watermelon  Barley Buckwheat Corn (Maize) Durum Wheat Gliadin Oat Rice Rye Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Curnin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Pepepcrorn (Black/White) Pepepercrorn (Black/White) Pepepercrorn (Black/White) Pepepercrorn (Black/White) Pepepercrorn (Back/White) Pepepercrorn (Black/White) Pepercrorn (Black/White)			
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Blackcurrant Blueberry Cherry Cranberry Grape (Black/Red/White) Grapefruit Kiwi Lemon Lime Mango Melon (Galia/Honeydew) Olive Orange Papaya Peach Pear Pineapple Plum Pomegranate Raspberry Strawberry Tangerine Watermelon  Barley Buckwheat Corro (Maize) Durum Wheat Gliadin Oat Rice Rye Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nestry Rage Rage Pear Pineapple Plum Pomegranate Raspberry Strawberry Tangerine Wheat Durum Wheat Gliadin Oat Rice Rye Wheat Wheat Wheat Wheat Wheat Gliadin Oat Rice Rye Wheat Wheat Wheat Roce Dariander Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nestrice Nestr			
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Watermelon  Barley Buckwheat Corn (Maize) Durum Wheat Gliadin Oat Rice Rye Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
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Corn (Maize) Durum Wheat Gliadin Oat Rice Rye Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
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Gliadin Oat Rice Rye Wheat Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Oat Rice Rye Wheat Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Rice Rye Wheat Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Rye Wheat Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Wheat Wheat Bran  Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Wheat Bran  Aniseed  Basil  Bayleaf  Camomile  Cayenne  Chilli (Red)  Cinnamon  Clove  Coriander (Leaf)  Cumin  Curry (Mixed Spices)  Dill  Garlic  Ginger  Ginseng  Hops  Liquorice  Marjoram  Mint  Mustard Seed  Nettle  Nutmeg  Parsley  Peppercorn (Black/White)  Peppermint  Rosemary  Saffron  Sage  Tarragon  Thyme			
Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
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Camomile Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•	•	
Cayenne Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Ginger Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•	•	
Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Cinnamon Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•	•	
Clove Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•	•	
Coriander (Leaf) Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Cumin Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Curry (Mixed Spices) Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Dill Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Garlic Ginger Ginseng Hops Liquorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Mustard Seed Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
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Nettle Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		_
Nutmeg Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Parsley Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme			
Peppermint Rosemary Saffron Sage Tarragon Thyme	•		
Rosemary Saffron Sage Tarragon Thyme	•		
Saffron Sage Tarragon Thyme	•		
Sage Tarragon Thyme	•		
Tarragon • Thyme	•		
Thyme •	•		
	•		
	•		
Vanilla •			

		VEGAN 110+	VEGAN 60+	HERBS & SPICES
	Carob		•	
	Chestnut	•		
	Cocoa Bean	•	•	
ပ	Coffee	•	•	
2	Mushroom	•	•	
Σ	Tea (Black)	•	•	
	Tea (Green)	•	•	
	Yeast (Baker's)	•	•	
	Yeast (Brewer's)	•	•	
	Almond	•	•	
	Brazil Nut	•	•	
	Cashew Nut	•	•	
S	Coconut	•	•	
٩	Flax Seed	•		
Ü	Hazelnut	•	•	
<u> </u>	Macadamia Nut	•		
2	Peanut	•	•	
⊇	Pine Nut	•		
_	Pistachio	•	•	
	Sesame Seed	•	•	
	Sunflower Seed	•	•	
	Walnut	•	•	
	Artichoke	•		
	Asparagus	•	•	
	Aubergine	•		
	Bean (Green)	•	_	
	Bean (Red Kidney) Bean (White Haricot)	•	•	
	Beetroot	•	•	
	Broccoli	•	_	
	Brussel Sprout	•	•	
	Cabbage (Red)	•	•	
	Cabbage (Savoy/White)	•		
	Carrot	•	•	
ST	Cauliflower	•	•	
ᇳ	Celery	•		
⋖	Chickpea	•	•	
щ	Cucumber	•	-	
ពួ	Leek	•		
>	Lentil	•	•	
	Lettuce	•		
	Onion	•	•	
	Pea	•	•	
	Pepper (Green/Red/Yellow)	•		
	Potato	•	•	
	Shallot	•		
	Soya Bean	•	•	
	Spinach	•		
	Sweet Potato	•		
	Tomato	•	•	
	Watercress	•		



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