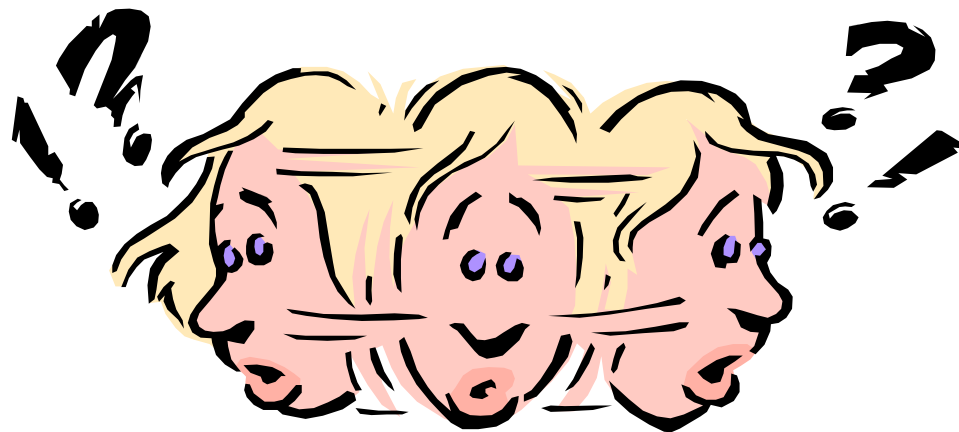


# Food allergy phrase leaflets in support when travelling abroad

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# Holiday with food allergy



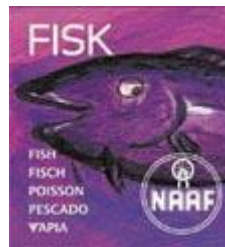
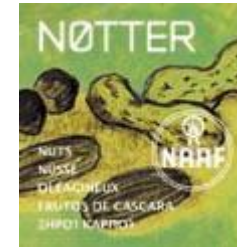
# Travelling with food allergy

- Useful words and phrases when you want to eat in restaurants or buy food abroad
- Paperfolders (6x6 cm)
- Internet: [www.naaf.no](http://www.naaf.no)



# 5 common food-allergens

- Milk
- Egg
- Nuts
- Fish
- Shellfish



# 8 languages

- English



- German



- Italian



- French



- Spanish



- Greek



- Arabic



- Norwegian



# To the waiter/chef

- I am allergic to egg and can't eat food that contains egg or egg proteins.
- Does this dish contain egg?
- Can you make a dish that does not contain egg for me? It is important that the kitchen implements have not been in contact with egg
- I can become seriously ill, even if the food contains only small amounts of egg.



# When shopping

- Words that mean that the foodstuff contains or may contain milk
- Words that mean that the foodstuff contains or may contain egg
- Names of certain types of nuts
- Names of certain types of fish
- Names of certain types of shellfish



# 80 fruits, vegetables, berries, spices and seeds on [www.naaf.no](http://www.naaf.no)

|               | English        | Deutsch             | Francais        | Español       | ελληνικά       | Italiano        | العربية         |
|---------------|----------------|---------------------|-----------------|---------------|----------------|-----------------|-----------------|
|               | Engelsk        | Tysk                | Fransk          | Spansk        | Gresk          | Italiensk       | Arabisk         |
| <b>Frukt:</b> | <b>Fruit:</b>  | <b>Obst:</b>        | <b>Fruits :</b> | <b>Fruta:</b> | <b>Φρούτα:</b> | <b>Frutta:</b>  | <b>: الثمرة</b> |
| Ananas        | Pineapple      | Ananas              | Ananas          | Piña          | Ανανάς         | Ananas          | الأناناس        |
| Appelsin      | Orange         | Orange              | Orange          | Naranja       | Πορτοκάλι      | Arancia         | البرتقال        |
| Aprikos       | Apricot        | Aprikose            | Abricot         | Albaricoque   | Βερίκοκο       | Albicocca       | المشمش          |
| Banan         | Banana         | Banane              | Banane          | Plátano       | Μπανάνα        | Banana          | الموزة          |
| Daddel        | Date           | Dattel              | Datte           | Dátil         | Χουρμάς        | Dattero         | التمر           |
| Drue (rosin)  | Grape (raisin) | Weintraube (Rosine) | Raisin          | Uva (pasa)    | Σταφύλι        | Uva (uva passa) | عنب (زبيب)      |
| Eple          | Apple          | Apfel               | Pomme           | Manzana       | Μήλο           | Mela            | التفاحة         |

- [http://www.naaf.no/Documents/Matparlorer/Frukt\\_baer\\_groent\\_spraak.doc](http://www.naaf.no/Documents/Matparlorer/Frukt_baer_groent_spraak.doc)

# Conclusion

- This is a successful project:
  - The folders have become very popular
  - Made it easier to explain to the waiter what food allergy is and how to avoid allergens in food
  - Easier to understand the declarations and buy food

