



# Food Compatibility List

## Histamine

Sort order: alphabetic, with categories.

Updated: 2014-11-18

**Compatibility list for diagnostic and therapeutic elimination diet at histaminosis (mast cell activity syndrome MCAS, mastocytosis, histamine intolerance), compiled from various sources and based on experience reports**

The specifications apply only for the pure foods with no additives! For example, it applies only for pure natural cream, but not for cream with additives. Additives are sometimes also hidden in staple foods where you would not expect them. Therefore, please always read the list of ingredients on the packaging.

### Compatibility scale

Lactose	
0	Free from lactose
1	Low lactose content or may sometimes contain lactose depending on the recipe
2	Medium lactose content. Try out acceptable amount.
3	High lactose content
-	No general statement possible
?	Insufficient or contradictory information

Gluten	
0	Gluten-free
1	May contain gluten
3	Contains gluten
-	No general statement possible
?	Insufficient or contradictory information

Histamine	
0	Well tolerated, no symptoms expected at usual intake
1	Moderately compatible, minor symptoms, occasional consumption of small quantities is often tolerated
2	Incompatible, significant symptoms at usual intake
3	Very poorly tolerated, severe symptoms
-	No general statement possible
?	Insufficient or contradictory information

### Mechanisms affecting histamine metabolism

The list serves as a rough guide for the assessment of the histamine potential, i.e. for the dose-dependent and partly individually different *compatibility*, which is influenced by various mechanisms. The reason for the incompatibility is specified in the list with the following letters:

- H!:** Highly perishable, rapid formation of histamine!
- H:** High histamine content
- A:** Other biogenic amines
- L:** Liberators of mast cell mediators (=histamine liberators)
- B:** Blocker (=inhibitors) of diamine oxidase or of other histamine degrading enzymes

Not all foods are equally intolerable for all concerned, depending on the individual physical causes of histaminosis. Some respond to liberators stronger than for histamine, and vice versa. We recommend to strictly follow our compatibility list in the first 4-6 weeks. Then start to carefully try out in what quantities *you* tolerate these "forbidden" foods regarding *your individual* sensitivity. This prevents you from unnecessary restrictions of your nutritional habits in the long term.

## How to assess the histamine potential of compound products

Generally, only basic food ingredients and additives are listed here. Rule of thumb to estimate the histamine potential of complete meals or other compound products and preparations: When all ingredients are tolerated, and the product is not microbially fermented or matured, then the product is safe – as long as it is in a very fresh state and not perished. Otherwise, you either have to consider it as incompatible or you have to try out in what quantities *you* can tolerate it at *your individual* tolerance threshold.

Many products, such as wine, cheese, meat preparations, etc. can vary considerably in their histamine content depending on variety, manufacturer and batch.

The transition between "acceptable" and "incompatible" is fluently and dose-dependent in some incompatibilities (histamine, lactose, fructose). The severity varies individually and may also depend on the current daily condition. A sharp distinction between acceptable and incompatible foods is not possible, but it is a matter of experience of the individual concerned.

The list is not exhaustive and contains some uncertainties. It is periodically adapted to our current state of knowledge. Therefore, please replace this version regularly by the most recent version on the website.

## Diet instructions

For detailed diet instructions and other supplemental information that may be crucial for the success of the diet, please visit our website:

[www.histaminintoleranz.ch](http://www.histaminintoleranz.ch)

This information cannot replace a doctor's visit. It is only intended to support and complement the doctor-patient relationship.

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Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks

**Animal foods****Eggs**

2				L	egg white	
0					egg yolk	
0					quail eggs	
0					quail's egg	

**Dairy products**

2	H	A	?		blue cheeses, mold cheeses	
0					butter	
0					Butterkaese	
1	H				buttermilk (slightly sour, starting to ferment)	
2	H	A			cheddar cheese	
2	H	A			cheese made from unpasteurised "raw" milk	
3	H	A			cheese: hard cheese, all well matured cheeses	
0					cream cheeses (means: very young cheeses), plain, without additives	
0					cream, sweet, without additives	
0					curd cheese	
0			?		ewe's milk, sheep's milk	
0					farmer's cheese (a type of fresh cheese)	
1	H	A			Feta cheese	
2	H	A			Fontina cheese	
0					Geheimratskaese	
0			?		goat's milk, goat milk	
0					Gouda cheese (young)	Eat small quantities only
2					Gouda cheese, old	
0					Mascarpone cheese	
1	H		?		milk, lactosefree	
0			?		milk, pasteurised	
0			?		milk, UHT	UHT = ultra-high temperature processing, ultra-heat treatment
1	?		?		milkpowder	
2	H	A	?		mold cheeses, mould cheeses	
0					Mozzarella cheese	
2	H	A			processed cheese	
2	H	A			products made from unprocessed (raw) milk	
0					quark	
2	H	A			Raclette cheese	
0	H!	?	?		raw milk	
2	?	?	?		ready made cheese preparations (with other/further ingredients)	Depends on ingredients and freshness
0					Ricotta cheese	
2	H	A			Rochefort cheese	
2	H	A			Roquefort cheese	
0			?		sheep's milk, sheep milk	
1	H				sourcream	
0					whey	
1	H	?			yoghurt (natural yoghurt)	

**Meat**

0	H!				beef (fresh)	
0	H!				chicken	
3	H	A	?		dried meat (any kind)	
3	H	A	?		dry-cured ham	
0	H!				duck	
2	H!		L		entrails	
1	H	?			game	
3	H	A	?		ham (dried, cured)	
2	H!		L		innards	
0					minced meat (if eaten immediately after its production)	
2	H	A			minced meat (open sale or pre-packed)	
0	H!				ostrich	
1	H!		?		pork (fresh and untreated)	

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
0	H!					poultry meat	
0	H!					quail	
3	H	A	?			salami	
3	H	?	?			sausages of all kinds	
3	H	?	?			smoked fish (any)	
3	H	?	?			smoked meat (any)	
0						tongue (veal, beef)	
0	H!					turkey	
0	H!					veal (fresh)	
1	H	?				venison	
1	H	?				wild meat	

**Fish**

0	H!	A				fish (freshly caught or frozen)	
3	H!	A				fish (in the shop in the cooling rack or on ice)	
3	H	A				tuna	

**Sea food**

2	H!		L			bivalves (mussels, oysters, clams, scallops, ...)	
2	H!		L			crab	
2	H!		L			crab	
2	H!		L			crawfish	
2	H!		L			crayfish	
2	H!		L			langouste	
2	H!		L			lobster	
2	H!		L			oysters	
2	H!		L			prawn	
2	H!		L			rock lobsters	
2	H!		L			seafood, sea food	
2	H!		L			shellfish	(e.g. mussels, oysters, crab, lobster, shrimp)
2	H!		L			shrimp	
2	H!		L			spiny lobsters	

**Vegetable foods****Starch suppliers**

0						amaranth, Amaranthus	
1	?					baked goods	
1						barley	
1	?					bread	
2		?	?			buckwheat	
0						chestnut, sweet chestnut	
0			!			cornflakes (if no additives such as malt or folic acid)	
0						hemp seeds (Cannabis sativa)	
1	?	?	?			malt	
0						maltodextrin	
0						millet	
0						oats	
0						pearl sago	
0						potato with peel	
0						potato, new, with peel	
0						potato, peeled	
0						quinoa	
0						rice	
0						rice biscuits, rice cakes	
0						rice crispies	
0						rice noodles	
1						rye	
0						sago	
0			?			spelt	
2			L			sunflower seeds	
0						sweet corn, maize kernels: corn on the cob, fresh / pasteurised	
0						sweet corn, maize kernels: dried (maize meal, maize flour)	
0						sweet corn, maize kernels: out of the tin	

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
0						sweet potato	
1	?					wheat	
2		A	L			wheat germ	
0						wild rice	
0						yam	

**Nuts**

1						almond	
1		A	L			cashew nut	
0						chufa sedge ( <i>Cyperus esculentus</i> )	
2			?			chufa sedge ( <i>Cyperus esculentus</i> ), roasted	
0						earth almond	
1			L			hazelnut	
0						macadamia	
0						nut grass	
3						nuts	
2						peanuts	
0						tiger nut sedge	
3		A	L			walnut	
0						yellow nutsedge	

**Fats and oils**

0						black caraway oil ( <i>Nigella sativa</i> )	antiallergic
0						canola oil	
0						fennel flower oil ( <i>Nigella sativa</i> )	antiallergic
0						margarine	
0						<i>Nigella sativa</i> oil	antiallergic
0						nutmeg flower oil ( <i>Nigella sativa</i> )	antiallergic
0						olive oil	
0						rape seed oil	
0						Roman coriander oil ( <i>Nigella sativa</i> )	antiallergic
1						sunflower oil	
2			?			walnut oil	

**Vegetables**

0						artichoke	
0						asparagus	
2	H	?	?	?		aubergine	
2	H		L			avocado	
?						bamboo shoots	
2			L			beans (pulses)	
0						beetroot	
2						bell pepper (hot)	
0						bell pepper (sweet)	
0						bok choy	
2						borlotti beans	
2	H	?	?	?		brinjal	
0						broccoli	
1			?			brussels sprouts	
0						cabbage, green or white	
0						cabbage (excepting coliflower and kohlrabi)	
0						carrot	
0						cauliflower	
0						celery	
0						celery cabbage ( <i>Brassica rapa</i> subsp. <i>pekinensis</i> )	
1			?			chard stalks ( <i>Beta vulgaris</i> subsp. <i>vulgaris</i> )	
?						chayote	
2						chickpeas	
0						chicory ( <i>Cichorium intybus</i> )	
2			?			chili pepper, red, fresh	
?						choko	
0						corn salad, lamb's lettuce ( <i>Valerianella locusta</i> )	
0						courgette	
?			?			cress: garden cress ( <i>Lepidium sativum</i> )	
0						cucumber	

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
2	H	?	?	?		eggplant	
0						endive (Cichorium endivia)	
0						fennel	
?			?			garden cress (Lepidium sativum)	
1						garlic	
1						German turnip	
0						gourds	
1						green beans	
1						green peas	
1						green split peas	
1				L		horseradish	
2				L		kelp (large seaweeds (algae) belonging to the brown algae)	
1						kohlrabi	
0						lamb's lettuce, corn salad (Valerianella locusta)	
1			?			leek	
2						lentils	
0						lettuce iceberg	
0						lettuce: head and leaf lettuces	
0						marrow	
?						mungbeans (germinated, sprouting)	
0						napa cabbage	
2	?	?				olives	
1				L		onion	
0						pak choi	
2						parsnip	
2				L		perennial wall-rocket (Diplotaxis tenuifolia)	
3	H					pickled cabbage	
2	H	?				pickled cucumber	
2	H	?				pickled gherkin	
2	H	?				pickled vegetables	
2				L		pulses (soy, beans, peas, lentils...)	
0						pumpkins (various varieties)	
0						radish: red radish (the tiny red round ones)	
0						radish: white radish (the long white ones)	
0			?			red cabbage	
3	H					sauerkraut	
1						snow peas	
2						soy (soy beans, soy flour)	
2						spinach	
0						squashes	
2	H	?	?			stinging nettle (Urtica dioica)	
2	H			L		tomato	
?						turnip	
1						turnip cabbage	
2						Vicia faba, broad bean	
0						white onion	
1						yellow split peas	
0						zucchini	

**Herbs**

0						basil	
2						blue fenugreek (Trigonella caerulea)	
1						chives	
2						clover (trigonella and trifolium species)	
1						dill	
2						fenugreek (Trigonella foenum-graecum)	
0						mint	
0						oregano	
0						parsley	
0						rosemary	
0						sage	
0						savory (Satureja hortensis)	

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
2						trifolium	
2						trigonella	

**Fruits**

0						apple	
0						apple: Golden Delicious	
0						apricot	
?						Asimina triloba	
2	H		L			avocado	
2		A				banana	
0						blackberry	
0						blackcurrants	
0						blueberries	
?						boysenberry	
0						cherry	
2		A	L			citrus fruits	
0		?				cocoa butter	
2		A	L			cocoa, cocoa powder (chocolate, etc.)	
0						coconut, coconut shavings, coconut milk	
?						common pawpaw of NE-USA	
0						common sea-buckthorn (Hippophaë rhamnoides)	
0						cowberry	
0						cranberry	
0						dates (dried, desiccated)	
1			L			dog rose (Rosa canina)	
1						figs (dried, desiccated)	
2		A	L			grapefruit	
0		?				grapes	
2			?			guava	
0						kaki	
2		?	L			kiwi fruit	
?		?				ladyfinger banana	
2		A	L			lemon	
3		A	L			lime	
0						lingonberry	
?						loganberry	
0						lychee	
2						mandarin orange, mandarin, mandarine (Citrus reticulata)	
1			?			mango	
0			?			melons (except watermelon)	
0						morello cherries	
?						mulberry	
?			?			nashi pear	
0						nectarine	
3		A	L			orange	
2		A	L			papaya, pawpaw	
?						passion fruit, passionfruit	
?						paw paw	
0						peach	
1		A				pear	
1		A				pear, peeled canned in sugar syrup	
0						persimmon	
2		A	L			pineapple	
1			L			plum	
0						pomegranate	
1			L			prune	
1			?			prunus domestica subsp. domestica	
?						purple granadilla, passionfruit	
0						raisins	
2						raspberry	
0						redcurrants, currant	
0						redcurrants, currant	

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
1						rhubarb	
1				L		rose hip	
0						sallow thorn	
0						sharon fruit	
0						sour cherry	
2		A		L		strawberry	
?		?				sugar banana	
?						tamarillo, Solanum betaceum	
1				?		watermelon	

**Seeds**

0						chia (Salvia hispanica)	
1						sesame	

**Mushrooms, fungi**

2						cep	
2						morel	
2						mushrooms, different types	
2						porcino mushroom (Boletus edulis)	
1		A				white button mushroom	
1						yeast (fresh, dried, in all forms)	

**Sweeteners**

1						artificial sweeteners	
0						caramel (browned sugar)	
0						dextrose	
2						extract of malt	
0						fructose (fruit sugar)	
0						glucose	
0						honey	
0						lactose (milk sugar)	
2			?			liquorice root	
2						malt extract	
0						maltose, malt sugar (pure)	
0						maple syrup	
?			?			palm sugar	
0						stevia (stevia leaves, liquid, powder)	
0						sucrose	
0						sugar (beet sugar, cane sugar)	

**Spices, seasoning**

?						anise, aniseed	
0						black caraway (Nigella sativa)	antiallergic
2						bouillon (because of yeast extract / meat extract / glutamate)	
0						caraway (Carum carvi)	
0						cinnamon	
2			L			cumin (Cuminum cyminum)	
2			L			cummin	
2						curry	
0	?					distilled white vinegar	
0						fennel flower (Nigella sativa)	antiallergic
1						ginger	
2			L			Jeera	
2	?	?	?			meat extract	
0						meridian fennel (Carum carvi)	
2			L			mustard, mustard seeds, mustardseed powder	
0						Nigella sativa seed	antiallergic
1						nutmeg	
0						nutmeg flower (Nigella sativa)	antiallergic
2						paprika, hot	
0						paprika, sweet	
2						pepper, black	
2						pepper, white	
0						Persian cumin (Carum carvi)	
1						poppy seeds	



Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
3	H	?				red wine vinegar	
0						Roman coriander ( <i>Nigella sativa</i> )	antiallergic
2						seasoning made of hydrolysed proteins	
3						soy sauce	
0	?					spirit vinegar	
0						turmeric ( <i>Curcuma longa</i> )	
1	?	?				vanilla extract	
1	?	?				vanilla, vanilla pod, vanilla powder, vanilla sugar	
1	H	?				vinegar: apple vinegar	
3	H	?				vinegar: balsamic vinegar	
0	?					vinegar: spirit vinegar, distilled white vinegar	
0	?					white vinegar, spirit vinegar	
3	H	?				white wine vinegar	
2				L		yeast extract	

**Beverages****Water**

1			?			healing spring water with lots of sulfur, fluorine, iodine, and carbonic acid	
0						mineral water, still	
0						tap water	

**Alcoholic**

3				L	B	alcohol, pure (ethanol)	
3	H	A		L	B	alcoholic beverages	
2	H	A		L	B	beer	
2	H	A		L	B	brandy	
3	H	A		L	B	champagne	
3				L	B	ethanol	
2	?	?		L	B	liquor, clear (colourless)	
3	H	A		L	B	liquor, schnapps, spirits, cloudy (not colourless)	
2	H	A		L	B	rum	
2	?	?		L	B	schnapps, clear (colourless)	
3	H	A		L	B	sekt	
3	H	A		L	B	sparkling white wine	
2	?	?		L	B	spirits, clear (colourless)	
3	H	A		L	B	wine	
1		?		L	B	wine, histamine free (<0.1 mg/l)	
3	H	A		L	B	wine: red wine	
2	H	A		L	B	wine: Schilcherwein	
2	H	A		L	B	wine: white wine	

**Tea, herbal infusions**

1					B	green tea	
1			?			herbal teas with medicinal herbs (especially complex mixtures with numerous ingredients)	
0						lime blossom tea, limeflower, flowers of large-leaved limetree ( <i>Tilia platyphyllos</i> )	
1					B	mate tea ( <i>Ilex paraguariensis</i> )	
0						peppermint tea	
0						rooibos tea	
0						sage tea	
1	H	?	?			stinging nettle herbal tea ( <i>Urtica dioica</i> )	
2	H				B	tea, black tea	
0						verbena herbal tea	

**Juices, fruit nectars**

0						cranberry nectar	
2				L		orange juice	

**Vegetable juices**

2				L		tomato juice	
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**Drinks containing coffeine**

1						Coca-Cola	
1						coffee	
1						Coke	
1						Cola-drinks	

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
2				?	B	energy drinks	
1						espresso	

**Milk surrogates**

1						oat drink, oat milk	
1						rice milk, rice drink	
2						soy milk, soy drink	

**Soft drinks, soda**

2						chocolate drinks	
2						cocoa drinks	
2						drinks containing cocoa	
0						elderflower cordial	
2						hot chocolate	
1						lemonade	
2						Ovaltine	
1						soda	
1						soft drinks	

**Food additives****Colorants**

2		L				Acid Red 14, E122	
2		L				amaranth, E123	
0						ammonia caramel, E150c	
2		L				Azorubin S, E12, Brillantcarmoisin O, E122	
2		L				azorubine, E122	
2		L				C.I. 14720, E122	
2		L				C.I. 16255, E124	
3		L				C.I. 47005, E104	
2		L				C.I. Acid Red 18, E124	
0						caramel color, caramel coloring, E150	
2		L				carmine, E120	
2		L				carmoisine, E122, Food Red 3, E122	
0						caustic caramel, E150a	
0						caustic sulphite caramel, E150b	
2		L				cochineal red A, E124	
2		L				cochineal, E120	
2		L				crimson lake, E120	
0						curcumin, E100	
0						E100, curcumin	
1		L				E101a, riboflavin-5'-phosphate	
3		L				E102, tartrazine	
3		L				E104, quinoline yellow	
2		L				E110, sunset yellow FCF	
2		L				E120, carmine, cochineal	
2		L				E122, azorubine, carmoisine	
2		L				E123, amaranth	
2		L				E124, ponceau 4R, cochineal red A	
3		L ?				E127, erythrosine	
1		L				E131, Patent blue V	
1		L				E132, indigo carmine, indigotine	
0						E150, plain caramel, caustic caramel, caramel coloring	
0						E150b, sulphite-caramel	
0						E150c, ammonia caramel	
0						E150d, sulphite ammonia caramel	
3		L ?				erythrosine, E127	
1		L				flavin mononucleotide, E101a	
3		L				Food Yellow 13, E104	
1		L				indigo carmine, indigotine, E132	
2		L				orange yellow S, E110	
1		L				Patent blue V, E131	
0						plain caramel, E150a	
2		L				ponceau 4R, E124	
3		L				quinoline yellow, E104	
2		L				Red 2G, acid red 1, azogeranine, azohpoxine, E128	

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
1					L	riboflavin-5'-phosphate, E101a	
1					L	sulphan blue, E131	
0						sulphite ammonia caramel, E150d	
2					L	sunset yellow FCF, E110	
3					L	tartrazine, E102	

**Preservatives**

2					L	2-hydroxybiphenyl, E231	
2					L	benzoates, E210-213	
2					L	benzoic acid, E210	
2					L	calcium benzoate, E213	
2					L	calcium bisulfite, E227	
2					L	calcium sorbate, E203	
2					L	calcium sulfite, E226	
2					L	E200, sorbic acid	
2					L	E202, potassium sorbate	
2					L	E203, calcium sorbate	
2					L	E210, benzoic acid	
2					L	E210-213, benzoic acid and salts = benzoates	
2					L	E211, sodium benzoate	
2					L	E212, potassium benzoate	
2					L	E213, calcium benzoate	
2					L	E214, E215, ethylparaben, ethyl para-hydroxybenzoate	
2					L	E218, E219, methylparaben, methyl paraben	
2					L	E220 - E228, sulfites, sulphites	
2					L	E220, sulfur dioxide, sulphur dioxide	
2					L	E221, sodium sulfite, sodium sulphite	
2					L	E222, sodium hydrogen sulphite, sodium bisulphite	
2					L	E223, sodium metabisulfite	
2					L	E224, potassium metabisulfite	
2					L	E225, potassium sulfite	
2					L	E226, calcium sulfite	
2					L	E227, calcium bisulfite	
2					L	E228, potassium hydrogen sulfite	
2					L	E231, orthophenyl phenol	
2						E232, sodium orthophenyl phenol	
0						E250, sodium nitrite	
2					L	ethylparaben, ethyl para-hydroxybenzoate, E214, E215	
2					L	methylparaben, methyl paraben, E218, E219	
2					L	orthophenyl phenol, E231	
2					L	parabens = PHB-ester, E214-219, para-hydroxy-benzoic acid = PHB	
2					L	potassium benzoate, E212	
2					L	potassium hydrogen sulfite, potassium bisulfite, E228	
2					L	potassium metabisulfite, E224	
2					L	potassium pyrosulfite, E224	
2					L	potassium sorbate, E202	
2					L	potassium sulfite, E225	
2					L	salicylic acid	Forbidden as food additive
2					L	sodium benzoate, E211	
2					L	sodium bisulphite, E222	
2					L	sodium hydrogen sulphite, E222	
2					L	sodium metabisulfite, E223	
0						sodium nitrite, E250	
2						sodium orthophenyl phenol, E232	
2					L	sodium pyrosulfite, E223	
2					L	sodium sulfite, sodium sulphite, E221	
2					L	sorbates (salts of sorbic acid): potassium sorbate, E202, calcium sorbate, E203	
2					L	sorbic acid, E200	
2					L	sulfites, sulphites, E220 - E228	
2					L	sulfur dioxide, sulphur dioxide, E220	

**Flavour enhancers**

Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks
2					L	calcium diglutamate, E623	
2					L	E620, glutamic acid, (glutamate, flavour enhancer)	
2					L	E620-625, glutamates, glutamic acid and its salts	
2					L	E621, monosodium glutamate, glutamic acid monosodium salt	
2					L	E622, potassium glutamate, glutamic acid potassium salt	
2					L	E623, calcium diglutamate	
2					L	E624, monoammonium glutamate, glutamic acid ammonium salt	
2					L	E625, magnesium diglutamate, glutamic acid magnesium salt	
2					L	flavour enhancers, glutamates, E620-625	
2					L	glutamates, glutamic acid and its salts, E620-625	
2					L	glutamic acid magnesium salt, E625	
2					L	glutamic acid monosodium salt, E621	
2					L	glutamic acid, (glutamate, flavour enhancer), E620	
2					L	magnesium diglutamate, magnesium glutamate, E625	
2					L	monoammonium glutamate, ammonium glutamate, glutamic acid ammonium salt, E624	
2					L	monosodium glutamate, E621	
2					L	potassium glutamate, glutamic acid potassium salt, E622	

**Thickeners**

2		?	?			carob, carob powder, carob pod meal	Carob ist the dried (and sometimes roasted) pod, and not the seeds.
2					L	carobin, carob gum, carob bean gum, E410	Thickening agent and gelling agent, extracted from the seeds of the carob tree.
2					L	carrageenan, processed seaweed, E407, E407a	
2					L	E407, E407a, carrageenan, processed seaweed	
2					L	E410, locust bean gum, LBG, carobin, carob bean gum	Thickening agent and gelling agent, extracted from the seeds of the carob tree.
1					L	E412, guar gum, guaran	
1	?				?	E441, gelatin	
1	?				?	gelatin, E441	
1					?	gluten	
1					L	guar gum, guaran, E412	
2					L	locust bean gum, LBG, E410	Thickening agent and gelling agent, extracted from the seeds of the carob tree.
0						pectin	
0						starch, amyllum	

**Leavening agents**

1						baking powder	
0						cream of tartar, E336	
0						E335, sodium tartrate	See cream of tartar
0						E336, cream of tartar, potassium bitartrate	
0						potassium bitartrate, E336	
0						potassium hydrogen tartrate, E336	
0						sodium tartrate, E335	See cream of tartar

**Acidifiers**

0					B	ascorbic acid, E300	
1					L	carbonated drinks, carbonic acid	
0						citric acid, E330	
0					B	E300, ascorbic acid, vitamin C	
0						E330, citric acid	
1					L	fizzy drinks	
0					B	vitamin C, E300	

**Flavourings**

1						flavourings, flavorings	
2						quinine (in Bitter Lemon or Tonic Water)	
0						vanillin (synthetic)	

**Vitamins, dietary minerals, trace elements**

