



Shopping planner

Suitable foods

Milk / milk products	Lactose-free milk and milk products, soy products, almond milk, rice milk, rice drink
Bread / baked goods	All varieties that were baked without milk, or milk products or milk powder
Food products	All cereals, rice, maize, millet, quinoa, amaranth, buckwheat, locust bean gum, starch (corn and potato starch)
Legumes / nuts	Dried peas, beans, lentils, almonds, all nuts
Fruit / vegetables	All types of fresh produce, also refrigerated, not frozen ready meals
Meat / poultry	Ham, roasts, smoked pork chops, roast beef, smoked meat, meat and poultry jellies
Fish / seafood	Raw (e.g. sushi, salmon tartar) and prepared
Oils / fats	All natural vegetable oils, vegetable margarine without milk, clarified butter (free of lactose and milk protein)
Eggs	As scrambled eggs, fried eggs, boiled eggs
Sweet spreads / confectionery	Honey, jam, jelly, apple butter and apple purée, plum purée, sugar beet molasses; almond, sesame and nut butter; confectionery without milk and milk preparations
Drinks	Fruit juices, mineral water, black, green and white tea (no flavoured teas)
Other products	Vegetarian spreads, herbs, spices

Unsuitable foods

Milk / milk products	All milk products that contain lactose
Bread / baked goods	Bread and pastries, which were baked with milk, milk powder, butter-milk, or other milk products, frozen cakes, bread and cake mixes that contain milk or milk powder, milk rolls, crisp bread, cakes, waffles, biscuits, crackers
Ready meals / semi-ready meals	Pizza, frozen ready meals, frozen food preparations (e.g. with meat or vegetables); canned food (such as cucumbers, fish)
Processed meat products	Sausages (e.g. cooked sausages), liver sausage, reduced-fat processed meat products, canned meats
Instant products	Instant soups, instant sauces, instant creams, mashed potato powder, dumpling powder, burger mixes
Prepared sauces	Gourmet sauces, barbecue sauces, mayonnaise
Confectionery	Ice cream, cream ice cream, cream and caramel sweets, sweet bars, nougat, hazelnut cream, chocolates, chocolate, ready-made desserts
Other products	Margarine products, savoury spreads, muesli mixes, spice mixtures, ground spices, mustard, ketchup

