



**Grawnfwydydd
sy'n cynnwys
glwten**

Gŵenith (megi
gŵenith, rŵmaen,
Khoran, Kamot),
Rhyg, Haidd, Ceirch

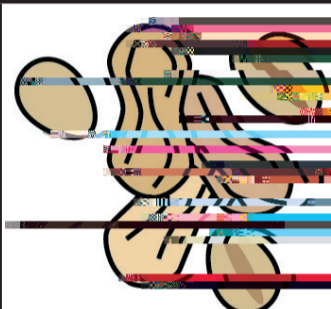
**Cereals
containing
gluten**

Wheat (chalta, Selt,
Khoran, Kamot),
Rye, Barle, Nat



Cnau Coed

Tree Nuts



Pysgnau

Peanuts

