


# RHOWCH WYBOD INNI OS OES




## ELLER ALERJ N Z YA DA HASSAS YET N Z VARSA B ZE BLDRN



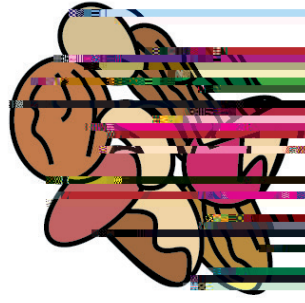
**Grawnfwydydd sy'n cynnwys glwten**  
Gwenith (megis gwenith yr Almaen, Khorasan, Kamut), Rhyg, Haidd, Ceirch

**Cereals containing gluten**  
Wheat (such as Spelt, Khorasan, Kamut), Rye, Barley, Oats

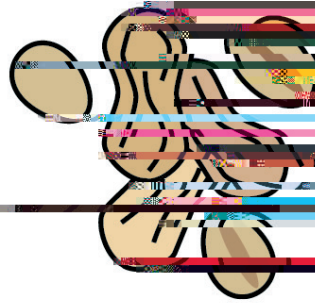
**Glüten içeren hububat**  
bu day (örne in Kılçıksız Bu day, Horasan, Kamut), Çavdar, Arpa, Yulaf



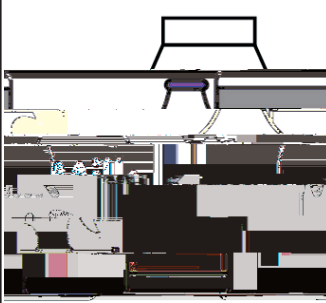
**Yumurta**



**Cnau Coed**  
Tree Nuts  
A açta yeti en findık fıstık ceviz vb Kuruyemi ler



**Pysgnau**  
Peanuts  
Yer fıstı ı

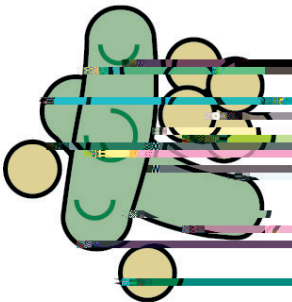


**Llaeth**  
Milk  
Süt


**Yumu akçalar**

**Balık**

**Kabuklular**



**Soia**  
Soya  
Soya




**Sulphur Dioxide (sulphites)**  
Kükürt Dioksit (Sülfatlar)



**Bys y blaidd**  
Lupin  
Acı Bakla

**Susam**

**Kereviz**



**Mwstard**  
Mustard  
Hardal