

Nr	English	Description	Greek	Turkish	Polish	Latvian
1	Additives	A substance added to something in small quantities to improve or preserve it.	πρόσθετα	Katkı maddeleri	dodatki	Pievienotās vielas
2	Amino acids	Amino acids are molecules that combine to form proteins. Amino acids and proteins are the building blocks of life.	αμινοξέα	Amino asitler	aminokwasy	Aminoskābes
3	allergens	A substance that causes an allergic reaction	αλλεργιογόνα	Alerjenler	alergeny	Alerģeni
4	Antioxidants	A substance that protects cells from the damage caused by free radicals (unstable molecules made by the process of oxidation during normal metabolism). Free radicals may play a part in cancer, heart disease, stroke, and other diseases of aging.	αντιοξειδωτικά	Antioksidanlar	przeciwutleniacze	Antioksidanti
5	the amount of ingredients used	A quantity of a food that is used with other foods in the preparation of a particular dish	ποσότητα συστατικών	Kullanılan malzeme miktarı	ilość użytych składników	Izmantoto sastāvdaļu daudzums
6	Calcium	The chemical element that is present in teeth, bones Humans need calcium to build and maintain strong bones, It is also necessary for maintaining healthy communication between the brain and other parts of the body. It plays a role in muscle movement and cardiovascular function. The following are good sources: yogurt, milk, soy milk, sardines and salmon,cheese, etc.	ασβέστιο	Kalsiyum	wapno	Kalcijs
7	Calories	A unit of measurement, just like a teaspoon or an inch. Calories are the amount of energy released when your body breaks down (digests and absorbs) food. The more calories a food has, the more energy it can provide to your body.	θερμίδες	Kalori	kalorie	Kalorijas
8	ingredient	any of the foods or substances that are combined to make a particular dish	συστατικό	Malzeme	składnik	Sastāvdaļas
9	Carbohydrates	A large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. They contain hydrogen and oxygen in the same ratio as water (2:1) and typically can be broken down to release energy in the animal/human body	υδατάνθρακες	Karbonhidratlar	węglowodany	Ogļhidrāti
10	net weight	Net weight is the weight of an item/product without the addition of the packaging or container weight.	καθαρό βάρος	Net ağırlık	masa netto	Neto svars
11	expiry date	A fixed date after which a product is no longer safe to eat	ημερομηνία λήξης	Son kullanma tarihi	termin przydatności do spożycia	Derīguma termiņš
12	storage conditions	Conditions mainly related to the preservation of the product	συνθήκες αποθήκευσης	Muhafaza şartları	warunki przechowywania	uzglabāšanas nosacījumi

13	best before	The best before date, sometimes shown as BBE (best before end), is about quality and not safety. The food will be safe to eat after this date but may not be at its best. Its flavour and texture might not be as good.	ανάλωση κατά προτίμηση	-den önce kullanınız	najlepiej spożyć przed	izlietot līdz
14	instruction for usage	Instructions for use means the information produced by the manufacturer to inform the user of the Investigational Product about the Investigational Product's proper use and of any precautions to be taken.	οδηγίες χρήσης	Kullanım Klavuzu	instrukcja spożycia	lietošanas instrukcija
15	salt	A white crystalline substance that gives seawater its characteristic taste and is used for seasoning or preserving food.	αλάτι	Tuz	sól	sāls
16	saturated fat	Saturated fat is a type of dietary fat. It is one of the unhealthy fats, along with trans fat. These fats are most often solid at room temperature. Foods like butter, palm and coconut oils, cheese, and red meat have high amounts of saturated fat.	κορεσμένα λιπαρά	Doymuş yağ	kwasy tłuszczowe nasyco	piesātinātie tauki
17	Enzymes	Enzymes are proteins that help speed up metabolism, or the chemical reactions in our bodies. They build some substances and break others down. All living things have enzymes. Our bodies naturally produce enzymes. But enzymes are also in manufactured products and food.	ένζυμα	Enzimler	enzymy	Enzīmi
18	Fats	Fats are greasy substances found in the tissues of animals and some plants. Many of the foods we eat contain these fats. Foods from animals, such as meat, milk, and eggs, all contain fats. So do some plant-based foods, such as nuts, avocados, and olive oil.	λιπαρά	Yağlar	tłuszcze	Tauki
19	nutrition facts	Nutrition facts are nutrients that impact your health. You can use the label to support your personal dietary needs – look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit. Nutrients to get less of: Saturated Fat, Sodium, and Added Sugars.	διατροφικά στοιχεία	Besin Değerleri	informacje o wartości odż	fakti par uzturu
20	Fibre	Dietary material containing substances such as cellulose, lignin, and pectin, that are resistant to the action of digestive enzymes.	ίνες	Lif	blonnik	Šķiedrietas
21	Contain	Have or hold something within.	περιέχουν	İçermek	zawierać	Satur

22		a declaration by the packer that the contents comply with the "average system". On foods, the e symbol is used to ensure the consumer is fully aware that the weight is compliant with the Weights and Measures Regulations 2006. Basically, the weight on the packet is within a small margin of inaccuracy.		Ürünün hacminin yasal olarak belirtilmiş ortalama değerine uygun olduğunu belirtir.	minimalna masa lub objekt	iepriekš noteikts nemainīgs tilpums vai masa produktam
23	Fructose		φρουκτόζη	Fruktoz	fruktoza	Fruktoze
24	Glucose	Glucose is one of the important carbohydrate for life. It is also one of the main products of photosynthesis and cellular respiration is start with it.	γλυκόζη	Glikoz	glukoza	Glikoze
25	Gluten	It is a vegatable protein. It ensures the consistency of the products and acts as a binder.	γλουτένη	Glüten	gluten	Glutēns
26	may/can include	may/can make part of a whole	μπορεί να περιέχει	İçerebilir	może zawierać	var ietvert
27	Lactose	Lactose is the kind of sugar that's found in milk and other foods made from milk.	λακτόζη	Laktoz	laktoza	Laktoze
28	an adult's reference intake	Reference intakes (RIs) are a means of communicating maximum recommended nutrient intake to the public for an average adult. RIs are used alongside information companies provide on the nutritional contents of their products. They can help show what contribution a particular product or portion size can make to daily intakes. In this way RIs can help to encourage healthier	τιμή αναφοράς πρόσληψη	Yetişkenler için örnek	referencyjna wartość spoż	Atsauce pie ēdiena, ka domāts pieaugušam cilvēkam
29	E100-199 food coloring safe for others	Food colours are added to food to improve the appearance of the product or to make it appear more "natural". Some of the food colours are of "natural" origin, e.g. chlorophyll; some are produced synthetically. E100–E199 (colours) 100–109 yellows 110–119 oranges 120–129 reds 130–139 blues and violets 140–149 greens 150–159 browns and blacks 160–199 gold and others	E100 - 199 χρωστικές ασφάλους	E100-199 sağlık için güvenli gıda boyası	barwniki naturalne bezpie	E100-199 pārtikas krāsviela drošs veselībai
30	Minerals	1)a solid, naturally occurring inorganic substance, 2)fizzy, soft drinks.	μέταλλα	Mineraler	mineray	Minerālvielas
31	E200-299 synthetich preserva	Preservatives. These prevent the growth of microbes in food that might make us sick. E220, for example, is sulphur dioxide, a preservative commonly used in wine to stop acetic acid bacteria from turning the wine into vinegar.	E200 - 299 συνθετικά συν	E200-299 Yapay koru	konserwanty pochodzenia	E200-299 sintētiskie konservanti

		Nutrients are chemical compounds in food that are used by the body to function properly and maintain health. Examples include proteins, fats, carbohydrates, vitamins, and minerals.				
32	Nutrients		θππικά συρεστατικά	Besinler	składniki odżywcze	Barības vielas
33	E300-399 antioxidants against	substances that may protect your cells against free radicals, which may play a role in heart disease, cancer and other diseases. Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation. Rancidification is the process of complete or incomplete oxidation (A chemical reaction that takes place when a substance comes into contact with oxygen. Examples of oxidation are the brown color on a cut apple) .or hydrolyse (breaking down by	E300-399 αντιοξειδωτικά	E300_399 Bozulmaya karşı antioksidanlar	antyoksydanty przeciwko	E300-399 antioksidanti pret sasmakšana
34	Protein		πρωτεΐνη	Protein	białko	Olbaltumvielas
35	iron	Iron is a mineral, and its main purpose is to carry oxygen in the hemoglobin of red blood cells throughout the body so cells can produce energy	σίδηρος	Demir	żelazo	dzelzs
36	Sodium	chemical element that is found in salt. (symbol Na) Sodium is a substance your body's cells need to work normally. Sodium helps make sure that your nerves and muscles can work as they should. Sodium is also important because it helps maintain the right balance of fluids in your body. The kidneys help keep sodium at a healthy level.	νάτριο	Sodyum	sód	Nātrijs
37	Sugar	A sweet crystalline substance obtained from various plants, especially sugar cane and sugar beet, consisting essentially of sucrose, and used as a sweetener in food and drink.	ζάχαρη	Şeker	cukier	Cukurs
38	E400-499 thickeners	A substance added to a liquid to make it firmer, especially in cooking.	E400-499 πηκτικές ουσίες	E400-499 Koyulaştırıcı	zagęstniki	biezinātāji
39	E600-699 flavour enhancer	An additive, e.g. monosodium glutamate, used to intensify or improve the flavour of food.	E600 - 699 βελτιωτικά ψεύ	E600-699 Lezzet artırıcı	wzmaciacz smaku	garšas pastiprinātāji
40	E 950-960 sweeteners	A substance used to sweeten food or drink, especially one other than sugar. "diet drinks contain artificial sweeteners like saccharin"	E950 - 960 γλυκαντικές ού	E950-960 Tatlandırıcı	substancje słodzące	saldinātāji
41	Wholegrain	Made with or containing whole unprocessed grains.	ολικής άλεσης	Tam tahıl	pełnoziarnisty	Pilngraudi

42	Probiotic	microorganisms that are intended to have health benefits when consumed or applied to the body. They can be found in yogurt and other fermented foods (What does fermented mean in food? Fermented foods are defined as 'foods or beverages produced through controlled microbial growth'.), dietary supplements, and beauty products.	προβιοτικά	Prebiotik	probiotyki	probiotiki
43	E 1300-1399 modified starch	Processed starch by temp	E1300 - 1399 τροποποιημένο άμυλο	Değişime uğramış niş	skrobia modyfikowana	modificētā ciete
44	serving size	A serving, or serving size, is the amount of food listed on a product's Nutrition Facts label. Different products have different serving sizes. Sizes can be measured in cups, ounces, grams, pieces, slices, or numbers—such as three crackers.	ποσότητα ανά μερίδα	Porsiyon Boyutu	porcja	porcijas lielums
45	blood sugar level	blood sugar level is the amount of glucose in the blood. Glucose is a sugar that comes from the foods we eat, and it's also formed and stored inside the body. It's the main source of energy for the cells of our body, and it's carried to each cell through the bloodstream.	επίπεδο σακχάρου στο αίμα	Kan şekeri	poziom cukru we krwi	cukura līmenis asinīs
46	caloric value	amount of heat energy present in food and which is determined by the complete combustion/the process of burning something of specified quantity at constant pressure and in normal conditions. The calorie content of a doughnut, about 450 Kcal is found to be close to that of a stick of dynamite. The difference of course is that the energy from the dynamite is released instantly when ignited, while the doughnut releases its energy content in the body more slowly. So you don't blow up from a doughnut. The	θερμιδική αξία	Kalori Değeri	wartość energetyczna	koloriju daudzums
47	serving per container		μερίδες ανά συσκευασία	Paket başına porsiyon	ilość porcji w opakowaniu	porcija katrā konteinerā
48	cholesterol	Cholesterol is a lipid. Ther	χοληστερόλη	Kolesterol	cholesterol	holesterīns
49	percent daily value	What does daily value mean? Daily value (DV) refers to how much of a nutrient you should consume each day based on a 2,000 calorie diet.	ποσοστό κάλυψης των ημ	Günlük yüzde değer	ilość procentowa rekomen	dienas vērtība procentos
50	Nutrient dense	Food that is high in nutrients but relatively low in calories. Nutrient-dense foods contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats. What are most nutrient-dense foods? Here are the 11 most nutrient-dense foods on the planet: salmon, kale, seaweed, garlic, shellfish, potatoes, liver, sardines.	πλιος σε θρεπτικά άυστα	Yoğun besin	stężenie substancji odżyw	Uzturvielu blīvums

Izums











