

Always	Usually	Often	Sometimes	Rarely	Genre	Ingredients	Japanese	Japanese pronunciation
X					Vegetables	Negi, earthing up welsh	ながねぎ	Naganegi, Negi
O					Cereals	Buckwheat	そば	Soba
O					Pulses	Soy bean	大豆	Daizu
O					Seasoning/Spices	Mirin	みりん	Mirin
O					Sugars and sweeteners	Cane sugar	砂糖	Satou
A					Fishes	Bonito, Skipjack tuna	かつお	Katsuwo
	X				Fishes	Fish cake	かまぼこ	Kamaboko
	X				Fishes	Oysters	牡蠣	Kaki
	X				Fishes	Saldin	いわし	Iwashi
	X				Mushrooms	Nameko mushroom	なめこ	Nameko
	X				Seasoning/Spices	Red chilli pepper	唐辛子	Tougarashi
	X				Seasoning/Spices	Salt	塩	Shio
	X				Vegetables	Daikon radish	だいこん	Daikon
	X				Vegetables	Mitsuba, Japanese persley	みつば	Mitsuba
	X				Vegetables	Miyoga, ginger sibilings' bud	みょうが	Miyoga
	X				Vegetables	Spinach mustared	こまつな	Komatsuna
	X				Vegetables	Wasabi radish	わさび	Wasabi
	X				Vegetables	Yuzu, citron sibilings	ゆず	Yuzu
	X					Eggs	卵	Tamago, Egg
A					Cereals	Common wheat/Duram wheat	小麦	Komugi
A					Cereals	Gluten	グルテン	Gluten, Fu
		X			Algae	Kombu, sea weed, kelp	こんぶ	Kombu
		X			Fats/Oils	Vegetable oil	サラダ油	Salad oil
		X			Fishes	Mackerels	さば	Saba
		X			Fishes	Pacific herring	にしん	Nishin
		X			Fishes	Prawns/shrimps	えび	Ebi
		X			Fishes	Salmon roe/Ikra	いくら	Ikra
		X			Fishes	Scallops	ほたて貝	Hotate
		X			Fishes	Shortneck clam	あさり	Asari
		X			Fishes	Squids/cuttlefishes	いか	Ika
		X			Meats	Duck meat	鴨	Kamo
		X			Meats	Pork/Swine	豚肉	Butaniku, Pork
		X			Meats	Poulties	鶏肉	Toriniku, Chicken
		X			Milks	Cheese	チーズ	Cheese
		X			Mushrooms	Shiitake mushroom	しいたけ	Shiitake
		X			Nuts/Seeds	Sesame	ごま	Goma
		X			Nuts/Seeds	Walnut/English walnut	くるみ	Kurumi
		X			Potatoes/Starches	Potato starch	かたくりこ	Katakuri ko
		X			Potatoes/Starches	Yams	やまいも	Yamaimo, Nagaimo
		X			Vegetables	Eggplant	なす	Nasu
		X			Vegetables	Ginger	しょうが	Syouga
		X			Vegetables	Shiso, Perilla, Japanese basil	しそ	Shiso
		X			Vegetables	Snow peas	きぬさや	Kinusaya
		X			Vegetables	Spinach	ほうれんそう	Horenso
			X		Algae	Nori, sea weed	のり	Nori
			X		Algae	Wakame, sea weed	わかめ	Wakame
			X		Cereals	Corn/Maize	とうもろこし	Toumorokoshi, Corn
			X		Fishes	Crabs	かに	Kani
			X		Fishes	Fish roe	いくら、たらこ	Ikra, Tarako
			X		Meats	Chicken	鶏肉	Tori niku
			X		Milks	Milks	乳	Gyunyu, Milk
			X		Nuts/Seeds	Peanut/Groundnut	落花生	Rakkasei, Peanut
			X		Seasoning/Spices	Curry spice mixture	カレー粉	Curry ko
			X		Sugars and sweeteners	Honey	はちみつ	Hachimitsu
			X		Vegetables	Chinese cabbage	はくさい	Hakusai
			X		Vegetables	Cucumber	きゅうり	Kyuri
			X		Vegetables	Onion	たまねぎ	Tamanegi
				X	Beverages	Green tea	茶	cha
				X	Fishes	Abalone	あわび	Awabi
				X	Fishes	Salmons	さけ	Sake, Syake, Salmon
				X	Fruits	Apple	りんご	Ringo, Apple
				X	Fruits	Banana	バナナ	Banana
				X	Fruits	Kiwifruit	キウイフルーツ	Kiwifruit
				X	Fruits	Oranges	オレンジ	Mikan, Orange
				X	Fruits	Peach	もも	Momo, Peach
				X	Meats	Beef/Cattle/Cals/Veal	牛肉	Gyuniku, Beef
				X	Meats	Gelatin	ゼラチン	Gelatin
				X	Mushrooms	Matsutake mushroom	まつたけ	Matsutake
				X	Nuts/Seeds	Cashew	カシューナッツ	Cashew nuts
				X	Seasoning/Spices	Rice vinegar	米酢	Komezu, Su
				X	Vegetables	Garlic	にんにく	Ninniku
				X	Vegetables	Sansyo, Japanese pepper	山椒	Sansyo

X: Available to do away for free

A: Available to do away with the charged option

O: Indispensable

Always	Usually	Often	Sometimes	Rarely	Genre	Ingredients	Japanese	Japanese pronunciation
X					Seasoning/Spices	Mirin	みりん	Mirin
X					Sugars and sweeteners	Cane sugar	砂糖	Satou
X					Vegetables	Negi, earthing up welsh	ながねぎ	Naganegi, Negi
O					Cereals	Rice, Japonica short grain	めし、ごはん	Gohan
O					Pulses	Soy bean	大豆	Daizu
A					Fishes	Bonito, Skipjack tuna	かつお	Katsuwo
	X				Algae	Kombu, sea weed, kelp	こんぶ	Kombu
	X				Eggs	Eggs	卵	Tamago, Egg
	X				Fishes	Oysters	牡蠣	Kaki
	X				Fishes	Saldin	いわし	Iwashi
	X				Mushrooms	Nameko mushroom	なめこ	Nameko
	X				Seasoning/Spices	Red chilli pepper	唐辛子	Tougarashi
	X				Vegetables	Daikon radish	だいこん	Daikon
	X				Vegetables	Mitsuba, Japanese persley	みつば	Mitsuba
	X				Vegetables	Miyoga, ginger siblings' bud	みょうが	Miyoga
	X				Vegetables	Spinach mustared	こまつな	Komatsuna
	X				Vegetables	Wasabi radish	わさび	Wasabi
	X				Vegetables	Yuzu, citron siblings	ゆず	Yuzu
	O				Seasoning/Spices	Salt	塩	Shio
	A				Cereals	Common wheat/Duram wheat	小麦	Komugi
	A				Cereals	Gluten	グルテン	Gluten, Fu
		X			Algae	Nori, sea weed	のり	Nori
		X			Fats/Oils	Vegetable oil	サラダ油	Salad oil
		X			Fishes	Fish roe	いくら、たらこ	Ikra, Tarako
		X			Fishes	Mackerels	さば	Saba
		X			Fishes	Pacific herring	にしん	Nishin
		X			Fishes	Prawns/shrimps	えび	Ebi
		X			Fishes	Salmons	さけ	Sake, Syake, Salmon
		X			Fishes	Scallops	ほたて貝	Hotate
		X			Fishes	Shortneck clam	あさり	Asari
		X			Fishes	Squids, cuttlefish	いか	Ika
		X			Fishes	Squids/cuttlefishes	いか	Ika
		X			Fishes	Yellowtail	ぶり	Buri
		X			Meat	Beef/Cattle/Cals/Veal	牛肉	Gyuniku, Beef
		X			Meats	Chicken	鶏肉	Tori niku
		X			Meats	Pork/Swine	豚肉	Butaniku, Pork
		X			Meats	Poulties	鶏肉	Toriniku, Chicken
		X			Milks	Cheese	チーズ	Cheese
		X			Mushrooms	Matsutake mushroom	まつたけ	Matsutake
		X			Mushrooms	Shiitake mushroom	しいたけ	Shiitake
		X			Nuts/Seeds	Sesame	ごま	Goma
		X			Nuts/Seeds	Walnut/English walnut	くるみ	Kurumi
		X			Potatoes/Starches	Yams	やまいも	Yamaimo, Nagaimo
		X			Seasoning/Spices	Rice vinegar	米酢	Komezu, Su
		X			Vegetables	Chinese cabbage	はくさい	Hakusai
		X			Vegetables	Cucumber	きゅうり	Kyuri
		X			Vegetables	Eggplant	なす	Nasu
		X			Vegetables	Fuki, Japanese butterbur	ふき	Fuki
		X			Vegetables	Garlic	にんにく	Ninniku
		X			Vegetables	Ginger	しょうが	Syouga
		X			Vegetables	Green peppers	ししとう	Shishitou
		X			Vegetables	Onion	たまねぎ	Tamanegi
		X			Vegetables	Potato starch	かたくりこ	Katakuri ko
		X			Vegetables	Sansyo, Japanese pepper	山椒	Sansyo
		X			Vegetables	Shiso, Perilla, Japanese basil	しそ	Shiso
		X			Vegetables	Snow peas	きぬさや	Kinusaya
		X			Vegetables	Spinach	ほうれんそう	Horenso
		X			Vegetables	Squash, Pumpkin	かぼちゃ	Kabocha
		X			Vegetables	Tomato	トマト	Tomato (UK style)
		X				Salmon roe/Ikra	いくら	Ikra
			X		Algae	Wakame, sea weed	わかめ	Wakame
			X		Cerials	Buckwheat	そば	Soba
			X		Fishes	Conger eel	あなご	Anago
			X		Fishes	Crabs	かに	Kani
			X		Fishes	Fish cake	かまぼこ	Kamaboko
			X		Fishes	Spanish mackerel	さわら	Sawara
			X		Fishes	Tuna	まぶろ	Maguro
			X		Meat	Duck meat	鴨	Kamo

In a Japanese cooking class 2/2					This background color shows the 20 major allergenic ingredients			
Always	Usually	Often	Sometimes	Rarely	Genre	Ingredients	Japanese	Japanese pronunciation
			X		Milks	Milks	乳	Gyunyu, Milk
			X		Nuts/Seeds	Peanut/Groundnut	落花生	Rakkasei, Peanut
			X		Potatoes/Starches	Sweet potato	さつまいも	Satsumaimo
			X		Seasoning/Spices	Curry spice mixture	カレー粉	Curry ko
			X		Serials	Corn/Maize	とうもろこし	Toumorokoshi, Corn
			X		Sugars and sweeteners	Honey	はちみつ	Hachimitsu
			X		Vegetables	Bamboo shoots	たけのこ	Takenoko
			X		Vegetables	Ginkgo nuts	ぎんなん	Ginnan
			X		Vegetables	Lotus roots	はす	Hasu
			X		Vegetables	Turnip	かぶ	Kabu
			X		Vegetables	Zucchini, Courgette	ズッキーニ	Zukkini
				X	Beverages	Green tea	茶	cha
				X	Fishes	Abalone	あわび	Awabi
				X	Fruits	Apple	りんご	Ringo, Apple
				X	Fruits	Banana	バナナ	Banana
				X	Fruits	Kiwifruit	キウイフルーツ	Kiwifruit
				X	Fruits	Oranges	オレンジ	Mikan, Orange
				X	Fruits	Peach	もも	Momo, Peach
				X	Meat	Gelatin	ゼラチン	Gelatin
				X	Nuts/Seeds	Cashew	カシューナッツ	Cashew nuts

X: Available to do away for free

A: Available to do away with the charged option

O: Indispensable