

Note: Food allergy for Ambassador Staffan Herrström:

- Raw apples and pears (impossible to eat; but if they are cooked or baked – OK)
- Raw peaches, apricots, cherries, kiwi, plums and other “stonefruits” (impossible to eat; but if they are cooked or baked - OK)
- Raw strawberries (not OK to eat but no major problem)
- Hazelnuts and products based on them (both raw and cooked or baked – always impossible to eat)
- Walnuts, cashew nuts and other nuts (should be avoided)
and

But it is perfectly OK for him to eat mangos (though there is a “stone” in the middle), papaya, pineapple, raspberries etc.

It is also OK to eat peanuts (because they are peas, not real nuts).