



# GERMANY TRAVEL GUIDE

Travelling to a foreign country whether for business or pleasure should be an enjoyable time. However we are very aware that travelling when you have coeliac disease can cause a great deal of concern.

This local food guide aims to identify where to find gluten free products and venues (should they be available), to help you maintain a healthy gluten free diet throughout your visit.

## Retail outlets

### Supermarkets

EDEKA [www.edeka.de](http://www.edeka.de)  
Globus [www.globus.de](http://www.globus.de)  
Kaufland [www.kaufland.de](http://www.kaufland.de)  
Lidl [www.lidl.de](http://www.lidl.de)  
Migros [www.migros.ch](http://www.migros.ch)  
Norma [www.norma-online.com](http://www.norma-online.com)  
Penny [www.penny.de](http://www.penny.de)  
Real [www.real.de](http://www.real.de)  
Rewe [www.rewe.de](http://www.rewe.de)  
Spar [www.spar.de](http://www.spar.de)  
Tegut [www.tegut.de](http://www.tegut.de)

### Health food shops

Reformhaus [www.reformhaus.de](http://www.reformhaus.de)  
Neuform.

### Other

Alnatura Super Natur Märkte [www.alnatura.de](http://www.alnatura.de)  
Basic Bio-Supermarkt  
[www.basic-bio-genuss-fuer-alle.de](http://www.basic-bio-genuss-fuer-alle.de)  
Denn's Biomarkt [www.denns-biomarkt.de](http://www.denns-biomarkt.de)  
Erdi Biomarkt (Stuttgart) [www.erdide.de](http://www.erdide.de)  
Füllhorn (Rhein-Neckar) [www.fuellhorn-biomarkt.de](http://www.fuellhorn-biomarkt.de)  
Landmann's Biomarkt (Bayern) [www.landmanns.de](http://www.landmanns.de)  
Naturgut Bio-Supermarkt (Stuttgart) [naturgut.net](http://naturgut.net)

Vitalia Reformhäuser [www.vitalia-reformhaus.de](http://www.vitalia-reformhaus.de)  
Vollcorner (Munich) [www.vollcorner.de](http://www.vollcorner.de)  
Werz Vollkorncenter [www.vollwertcenter.de](http://www.vollwertcenter.de)  
DM-drogerie markt (pharmacy) [www.dm.de](http://www.dm.de)  
Müller (pharmacy) [www.mueller.de](http://www.mueller.de)  
Rossmann (pharmacy) [www.rossmann.de](http://www.rossmann.de)

### Gluten free brands

3Pauly  
Dietary Specials  
Orgran  
Schar  
Schnitzer Brau.

### Online ordering

[www.querfood.de](http://www.querfood.de)  
[www.foodoase.de](http://www.foodoase.de)  
[www.schafschoki.de](http://www.schafschoki.de)

### Local food

Ask for your fried dish to be prepared 'natur angebraten, ohne Mehl und ohne Panier' meaning pan fried not dusted in flour. Ask for Essig-Öl Salatsosse as salad dressing.

### Hotels and restaurants

Contact the German coeliac organisation who may be able to provide some information:

### Coeliac organisation

Deutsche Zoliakie-Gesellschaft.e.v.,  
Kupferstr 36D-70565 Stuttgart, Germany  
Web: [www.dzg-online.de](http://www.dzg-online.de)  
Email: [info@dzg-online.de](mailto:info@dzg-online.de)  
Phone: 0049 711 45 99 81 0



breadcrumbs or batter.

Bitte stellen Sie unbedingt sicher, dass mein Gericht glutenfrei und ohne Brösel oder Panier zubereitet wird.

Please advise me which dishes you are certain I may eat safely. If you are unsure, please tell me. Geben Sie mir bitte einen Rat, welche Gerichte ich ohne Gefahr essen könnte? Falls Sie sich nicht ganz sicher sind, teilen Sie mir das bitte unbedingt mit!

Do you sell any gluten free products in your store? Verkaufen Sie glutenfreie Nahrungsmittel?

If not, please can you direct me to a store, health shop or pharmacy that sells gluten free products? Falls nicht, könnten Sie mich bitte an einen Lebensmittelladen, Naturkostladen, oder Apotheke verweisen, die eventuell glutenfreie Produkte verkaufen?

Thank you very much for your help. Vielen dank für ihre hilfe.

Visit [www.coeliac.org.uk](http://www.coeliac.org.uk) or call us on **0333 332 2033** for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



### Allergen labelling

Subject to EU food labelling regulations. 'Glutenfrei' means gluten free.

### Avoid

Avoid 'Knödel' and 'Klöße', which are dumplings usually made from gluten-containing flour. However, these can be prepared using potato flour so check first. Most takeaways are prepared with gluten.

### Awareness

It's important that you are well prepared before you travel, so check the general travel leaflet for more information.

### Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet, or I may become ill. Ich leide an einer Krankheit, die als Zöliakie bezeichnet wird. Ich muss eine strenge, glutenfreie Diät einhalten, um nicht schwer zu erkranken.

I cannot eat any foods containing flours or grains of wheat, rye, barley or oats, for example soy sauce, pasta, semolina, bread, cakes and pastries.

Ich darf keine Nahrungsmittel zu mir nehmen, die jegliche Spuren von Weizen, Roggen, Gerste oder Hafer enthalten, wie z soja-sosse, teigwaren, nudeln, griess, brot, kuchen, kekse und gebäck.

As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit, vegetables (including potatoes) meat, fish, rice, Quinoa, polenta. Solange bei der Zubereitung keine Getreidearten wie Weizen, Roggen, Gerste oder Hafer verwendet wurden, kann ich die folgenden Nahrungsmittel essen: obst, gemüse und kartoffeln, fleisch, fisch, reis, Quinoa und polenta.

Please ensure that my dish is cooked without

Disclaimer: This travel leaflet has been produced in good faith. Coeliac UK is not a medical or professional body and the information in this guide should not be treated as a substitute for medical advice. Every endeavour has been made to ensure that the information in this guide is accurate and up to date at the time of printing. However, Coeliac UK is not in a position to guarantee the accuracy or currency of such information and does not accept responsibility for its use or misuse. If relying on the information contained in this guide when you are overseas, we recommend that you first make contact with the relevant foreign coeliac organisation, contact details for which are listed where available.

**coeliacuk**  
live well **gluten free**

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[www.coeliac.org.uk](http://www.coeliac.org.uk)