

# NORWAY 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

Health food shops and supermarkets stock gluten free products. Look out for Life, 7-Eleven and Sunkost.

## Gluten free brands

3Pauly, Livwell, Dietary Specials, Orgran and Schar.

## Hotel and restaurants

Some hotels may offer western style buffets but be careful of contamination from serving utensils. Ask your tour operator to check with the hotel before you travel to see if they can make provisions for your diet. Look out for Peppe's Pizza, Dolly Dimple's, Egon Restaurants and Scandic Hotels.

## Local food

Meat and fish are usually grilled or roasted and may often be gluten free. Stewed fruit and yoghurt should be gluten free but you should still check how your dish will be cooked.

## Allergen labelling

Look out for 'glutenfritt' meaning gluten free. Hvete = wheat, bygg = barley, rug = rye and havre = oat.

## Awareness

It is important to ensure that you are well prepared before you travel.

## Coeliac organisations

Norsk cøliakiforeing (NCF), Pb 351, Sentrum, N-0101, Oslo, Norway

Web: [www.ncf.no](http://www.ncf.no)

Email: [post@ncf.no](mailto:post@ncf.no)

Phone: 00 47 22 40 39 00

Facebook: [@ncf.no](https://www.facebook.com/ncf.no)





**may eat safely. If you are unsure, please tell me.**  
Vennligst gi meg beskjed om mat du med sikkerhet vet jeg kan spise, så som lokale spesialiteter. Hvis du er i tvil, si vennligst fra.

#### **Supermarkets**

**Please can you advise me if you sell any gluten free products in your store? If not, please can you direct me to a store, health shop or pharmacy which may sell gluten free products.**

Vennligst fortell meg om dere selger glutenfrie produkter. Hvis ikke, fortell meg om butikker eller apoteker i nærheten som selger glutenfrie produkter.

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.



#### **Useful phrases**

**I have an illness called coeliac disease and have to follow a strict gluten free diet.**

Jeg lider av cøliaki og tåler ikke gluten.

#### **Hotels/restaurants**

**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.**

Jeg kan ikke spise mat som inneholder mel eller korn av hvete, rug, bygg eller havre, slik som: soyasaus, pasta, semulje, brød, kaker og bakervarer.

**As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit and vegetables, including potatoes, meat, fish, rice, quinoa and polenta.**

Dersom det ikke har inngått hvete, rug, bygg eller havre i tilberedelsen av følgende matvarer, kan jeg spise: frukt og grønnsaker, inkludert poteter, kjøtt, fisk, ris, quinoa og polenta.

**Please make sure that my dish is cooked without any breadcrumbs or batter.**

Min mat på tilberedes uten gluten og må ikke være innbakt eller frityrstekt.

**Please advise me which dishes you are certain that I**

**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)