

SWEDEN 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

Larger branches of supermarkets include COOP, ICA, Vi, Hemkop, Konsum and Axfood.

Gluten free brands

Glutano, Orgran, Dietary Specials and Fria.

Hotels and restaurants

Large international chains generally offer Western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

Allergen labelling

Subject to EU food labelling regulations. Look for gluten fri meaning gluten free.

Awareness

Gluten free products are expensive and not always available. It is important to ensure that you are well prepared before you travel.

Coeliac organisation

Svenska Celiakiförbundet, Västra vägen 5B, SE-169 61 Solna, Sweden

Web: www.celiaki.se

Email: info@celiaki.se

Phone: 00 46 87 30 05 01





Language: Swedish

Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet, or I may become ill.

Jag har Celiaki (glutenintolerans) och kan bli mycket sjuk om jag inte håller en strikt glutenfri diet.

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.

Jag tål inte produkter som innehåller vete, råg, havre eller korn i någon form. Till exempel - Soya sås, Pasta, Semonlina, Bröd, kakor, kex och bakverk.

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.

Så länge vete, råg, havre eller korn inte har använts vid tillagningen kan jag äta alla typer av frukt och grönsaker inklusi.

Please ensure that my dish is cooked without breadcrumbs or batter.

Vänligen se till att min mat är tillagad utan ströbröd eller smet.

Please advise me which dishes you are certain I may eat safely. If you are unsure, please tell me.

Tacksam för information om vilka rätter på menyn som är helt glutenfria och som jag kan äta utan att bli sjuk.

Om du inte är helt säker på att en rätt är glutenfri vore jag tacksam att du talade om det för mig.

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.

Do you sell any gluten free products in your store?
Tacksam om du kunde tala om för mig om det finns glutenfria varor i affären och i så fall visa mig var de finns?

If not, please can you direct me to a store, health shop or pharmacy that sells gluten free products?
Om det inte finns glutenfria varor, vet du någonstans där jag kan köpa glutenfria varor, tex en mataffär, hälsokostaffär?

Thank you very much for your help.
Tack så mycket för din hjälp.

Visit 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.



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