

# SWITZERLAND 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

Products are available in most large branches of supermarkets including: Migros, Carrefour, Coop and Manor. Health food shops include Droga, Dietetica, Dietosanitari, Sanitaria, and Reformhauser. Quite a few chemist stores offer gluten free products such as Sunstore chemists in the French sector.

## Gluten free brands

Dietary Specials, Procelli, Schar, Glutano, Orgran and Valpiform, Recettes de Celiane, Nature & Cie and Valpiform.

## 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. Check out the coeliac organisation (German sector) for a list of venues.

## Allergen labelling

Subject to EU food labelling regulations.

- In French 'sans gluten' means gluten free. 'Ble' means wheat.
- In German 'gluten frei' means gluten free. 'Weizen' means wheat.
- In Italian 'senza glutine' means gluten free. 'Frumento' means wheat.

## Awareness

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

## Coeliac organisations

Association Suisse Romande de la Coeliakie  
(French sector)

**Web:** [www.coeliakie.ch](http://www.coeliakie.ch)

**Email:** [arc@centrepatronal.ch](mailto:arc@centrepatronal.ch)

**Phone:** 0041 21 796 33 00

IG Zoliakie (German sector)

**Web:** [www.zoeliakie.ch](http://www.zoeliakie.ch) (no English translation)

**Email:** [sekretariat@zoeliakie.ch](mailto:sekretariat@zoeliakie.ch)

**Phone:** 0041 61 271 62 17

Gruppo Celiachia Della Svizzera Italiana (Italian sector)

**Web:** [www.celiachia.ch](http://www.celiachia.ch)

**Email:** [100578@ticino.com](mailto:100578@ticino.com)

**Phone:** 0041 79 614 07 79





Please advise me which dishes you are certain I may eat safely. If you are unsure, please tell me. Können Sie mir bitte sagen, welche Gerichte (vom Menu) ich essen darf (auch regionale Küche). Falls Sie sich nicht wirklich 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? 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. 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.



### Language

Although German is predominantly spoken, Switzerland recognises four official languages, traditionally spoken in different regions of the country: German, French, Italian and Rumantsch. You will find useful German phrases below. For French and Italian translations please refer to the travel sheets for France and Italy.

### 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 Zöliakie heißt. Ich muss eine strenge glutenfrei Diät einhalten, da ich ansonsten eine starke allergische Reaktion bekomme und schwer erkranken würde.

### 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. Ich darf keine Nahrungsmittel einnehmen, die jegliche Spuren von Weizen, Roggen, Gerste oder Hafer enthalten, wie z.B. Sojasoße, 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 kein Getreide wie Weizen, Roggen, Gerste oder Hafer verwendet wurde, darf ich folgende Nahrungsmittel essen: Obst, Gemüse, Kartoffeln, Fleisch, Fisch, Reis, Quinoa (Reisemelde) und Polenta (Maisgrieß).

Please ensure that my dish is cooked without breadcrumbs or batter. Bitte sorgen Sie unbedingt dafür, dass mein Gericht glutenfrei und ohne Brösel oder Panier zubereitet wird.

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)