

# DENMARK 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 include Brugsen, Fotex, Irma, Lovbjerg, Kvickly.

### **Gluten free brands**

Dove's Farm, Glutano, Orgran, Procelli, Valpiform, Schar, Molias (frozen), Dietary Specials, Fria, Finax and Larbjerg.

### **Hotels and restaurants**

Please contact the Danish coeliac organisation who may be able to provide some further information.

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. 'Glutenfri' means gluten free in Danish.

### **Awareness**

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

### **Coeliac organisation**

Dansk Coliaki Forening, Postboks 117,  
DK 5100, Odense C, Denmark

**Web:** [www.coeliaki.dk](http://www.coeliaki.dk) (English translation)

**Email:** [post@coeliaki.dk](mailto:post@coeliaki.dk)

**Phone:** 0045 70 10 10 03





### Language: Danish

### Useful phrases

I am gluten intolerant.  
Jeg er gluten intolerant.

### Hotels/restaurants

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet. I may therefore become very ill if I eat or drink food which contains even the slightest amount of the following cereals: wheat, barley, rye, oats or spelt. This means that I must avoid flour, grits, bread, semolina, pasta, pizza, breadcrumbs, sauce thickener and breading. Are there any dishes on your menu without these ingredients?

Jeg lider af sygdommen cøliaki. Det betyder at jeg ikke kan tåle at drikke eller spise mad der indeholder hvede, byg, rug eller havre. Jeg bliver syg hvis jeg får f.eks. mel, gryn, brød, pasta, pizza, rasp, meljævning eller panering. Findes der på jeres spisekort retter som ikke indeholder disse kornsorter?

Alternatively, could you possibly prepare a meal without the cereals mentioned above? I can eat food containing rice, maize, millet, buckwheat, quinoa, potatoes, all vegetables and fruit, meat and fish. Eller kunne I udelade disse fra min portion f. eks ved at undgå at opbage sovsen med mel, eller undlade at panere kødet? Det jeg godt kan tåle er majs, ris, hirse, kartofler, boghvede, quinoa, majs- og kartoffelmel, alle grøntsager og frugter, kød og fisk.

**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.

### 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?

Undskyld, kan De sige mig om I sælger glutenfri produkter? Hvis ikke, kan De så anvise mig en anden butik, heslekost butik eller et apotek, hvor de sælger glutenfri produkter, tak?

Thank you for your help!  
Tak for hjælpen!

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.



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live well **gluten free**

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