

FINLAND 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

All supermarkets, grocery stores and health food shops will stock gluten free products. Supermarkets include:

- K Supermarket
- K Citymarkets
- Lidl
- Spar
- Alepa
- Tokmanni.

Gluten free brands

Schär, Semper, Finax, Nutana, Farina, Glutano and Glutafin.

Moilasan Leipomo and Friabröd Bakenes distribute frozen gluten free goods throughout Finland.

Allergen labelling

Subject to EU food labelling regulations. 'Gluteeniton' means gluten free in Finnish.

Coeliac organisation

Keliakialiitto ry, Hammareninkatu 7,
33100 Tampere, Finland

Web: www.keliakialiitto.fi

Email: info@keliakialiitto.fi

Phone: 00358 3 2541 300

Awareness

Coeliac disease is well known in Finland and gluten free choices are often marked on the menu.

Useful phrases

Hotels/restaurants

I have coeliac disease. 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, polenta and other gluten free cereals.

Minulla on keliakia. Voin syödä kaikkia hedelmiä ja vihanneksia, perunaa, lihaa, kalaa, riisiä, kinoa ja muita gluteenittomia viljoja sisältäviä ruokia, kun niiden valmistukseen ei ole käytetty vehnää, ruista, ohraa tai kauraa.

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

Varmistatthän, että minun annokseni valmistamisessa ei käytetä korppujauhoja tai taikinakuorrutetta.



Please advise me which dishes you are certain that I may eat safely? If you are unsure, please tell me.
Kerrotteko, mitkä annokset ovat minulle varmasti turvallisia? Jos olette epävarma, sanottehan sen minulle.

Supermarkets

Please can you advise me if you sell any gluten free products in your store?
Onko teillä myynnissä gluteenittomia tuotteita?

If not please can you direct me to a store, health shop or pharmacy which may sell gluten free products.
Jos ei ole, voisitteko neuvoa minut sellaiseen kauppaan, jossa myydään gluteenittomia tuotteita?

Thank you very much for your help!
Kiitos paljon avusta!

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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live well **gluten free**

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www.coeliac.org.uk

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