



Germany

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 guide to local food seeks 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.

Useful translated phrases are on the back of this sheet.

Retail Outlets

Large supermarkets include: Edeka, Famila, Globus/Maxus, Kaufland, REAL and REWE. Also try health food shops such as Reformhaus and Neuform.

Gluten-free Brands

3Pauly, Dietary Specials, Orgran, Schar and Schnitzer Brau.

Online Mail Order

www.querfood.de
www.foodoase.de
www.schafschoki.de

Hotel/Restaurants

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

Local Food

Ask for your dish to be prepared 'natur anbraten' meaning pan fried and 'nicht abgestaubt mehl' meaning not dusted in flour.

Allergen Labelling

Subject to EU food labelling regulations. 'gluten frei' means gluten-free in German.

Avoid

Avoid 'knodel' and 'klosse' which are dumplings made from flour. Most take aways are prepared with gluten.

Awareness

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

Coeliac Organisation

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Language: German

Useful Phrases

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

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 and vegetables including: potatoes, meat, fish, rice, quinoa and 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 make sure that my dish is prepared gluten-free and is cooked without any breadcrumbs or batter.

Bitte sorgen Sie unbedingt dafür, dass mein Gericht glutenfrei und ohne Brösel oder Panier zubereitet wird.

Please advise me which dishes you are certain that I may eat safely, including any regional dishes? 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.

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?

Verkaufen Sie glutenfreie Nahrungsmittel? Wenn nicht, können Sie mich bitte auf ein Geschäft, Naturkostladen, Drogeriemarkt oder Apotheke verweisen, die glutenfreie Nahrungsmittel verkauft?

Thank you very much for your help!

Vielen Dank für Ihre Hilfe!

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