



WORKING GROUP KNOW-HOW

"HOW TO GET GLUTEN-FREE FOOD IN EUROPE"

Description of project

When traveling the most important thing for the coeliac is knowing, that he or she can always buy everyday gluten-free products (bread, flour, pasta). That is why we asked the coeliac societies in year 2003 to send us some basic information regarding the possibilities of purchasing gluten-free products in their countries where are the GF products sold, which international brands are sold in their countries, what are local brands etc. We have repeated the survey in 2004 and here is the report. The report is made strictly on the information provided from the societies.

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AUSTRIA

In Austria you can buy gluten-free products in a Reformhaus (health food store), Drogerie (drugstore) or Apotheke (pharmacy), even supermarkets, but not all of them offer gf dietary products. Austrian society can tell you on demand the nearest place on your route: zoeliakie.wien@utanet.at. The products are quite expensive in Austria (the same in pharmacies, supermarkets etc.). The chains that offer GF products are Merkur-Markt (supermarkets) and Gewusst-wie-Drogerie (drugstores). You can find them: bread in the bakery's corner, flour amongst other flours, pasta with the normal pasta, deep frozen products amongst the other deep frozen things etc. The international brands are Schär, Hammermuehle, Drei Pauly, Werz, Minderleinsmuehle and several others and home brands are flour from Mantlermuehle and Muehle Dornau. The products are marked with international crossed grain symbol and they can - according to international laws contain wheat starch.

AUSTRALIA QUEENSLAND

The GF products are available nationwide but in larger cities you have a better choice. Products are sold in supermarkets, health food stores. Supermarkets are cheaper. COLES, WOOLWORTHS are chains that sell GF products. Local brands are ORGRAN and FREEDOM FOODS. Gluten free is also wheat free and the products are marked either with symbol or words.

CROATIA

The gluten-free products are in Croatia sold mainly in larger cities in health food shops, pharmacies and also some supermarkets of following chains - G.M. Pharma, Billa, Konzum. But in this supermarkets you must find them among other products. The international brands sold in this country are Hammermuehle, Mantler, Schär and Wassa. There is almost no domestic products the bakery Aranka bakes every week a gluten-free bread that is controlled by Croatian coeliac society and a company Dekot from city Vodice makes pasta called "Dekot". This pasta is much cheaper than imported brands. Croatian society does not advise use of products from other small Croatian producers. The gluten-free products are marked with crossed grain symbol or following words: ne sadrzi gluten, bez glutena ili bezglutenski proizvod! Croatian coeliac society was also successful of convincing the producers of other nourishment goods to mark their products that do not contain gluten with words «ne sadrzi gluten» (gluten free) ili «bez glutena». The society produces the gluten-free host that can be ordered on the following address: HDC - ured Lah, Mejska 6; 10040 Zagreb, Croatia. For a pack of 30 hosts the price is 4 + postal costs.

CZECH REPUBLIC

The gluten-free products in Czech republic can be bought in health food shops Zdrava vyziva, Natural, Racio, Country life and supermarkets Delvita, Tesco, Albert. You can buy the



products only in larger cities and there is not a wide choice of the GF products. They do not have any local brands but they import Mantler flour from Austria. The products are marked with crossed grain sign, sign "neobsahuje lepek", "vhodné pro bezlepkovou dietu", "přirozeně bezlepkový výrobek". But remember, gluten-free is not also wheat-free in Czech republic.

DENMARK

In Denmark you can buy GF products in Health-food-shops, E-shops and in a few supermarkets. There are also a few bakeries making GF bread. But remember you can buy products just in larger cities. There is a chain called Helsam, that is selling GF products (Schär). The comparison of prices between different shops: The choice of products is limited and it varies a lot from shop to shop. It is not possible to compare prices between products sold in supermarkets and health-food-shops because they are very different. The cheapest products are based on wheat-starch and sold in supermarkets. E-shop: www.allergikost.com has the widest range of products. The GF- products are usually places among similar "normal" products. The international imported brands are Dr Schär, Finax, Glutano. The local brand of flour is called Puratos. Because they home-products are not marked it is important that you read the declaration. Gluten-free is not also wheat-free in Denmark. And a special note from Denmark association: It is very difficult to buy products ready to eat in quite a lot of places in Denmark!!!

FINLAND

In Finland the GF products can be bought at supermarkets (nearly all have GF products) and also in health-food shops, but they are more expensive there. Best supermarket chains for price and variety are nationwide S-Market and Prisma. Products are available everywhere in Finland and prices are about the same, only local small bakery products can be more expensive. The availability varies somewhat according to the supermarket chain and individual shopkeeper. The products are usually placed where the normal counterpart products are, eg. GF pastas are with the normal wheat pastas, GF biscuits are with the normal biscuits, etc. The international brands sold in Finland are Semper, Schär, Moilas, Glutafin, Glutano, DS, Orgran, Finax and the local brands are Brander and Suloiiset gluteenittomat (bread, cakes, rolls, etc. available only in larger towns Helsinki, Tampere and Turku). On the products is written "gluten-free" or "gluteeniton" (Finnish), also from 2003/2004 some with gluten-free logo (UK logo). Gluten-free is not also wheat-free in Finland, Swedish brands Friabröd and Garbo products contain gluten-free wheat starch. You can also get GF meals in Finland - burgers at McDonald's and pizza at nationwide pizza chain Rosso (ask for gluten-free).

GERMANY

GF products such as bread, pasta, cookies are sold only in shops called "Reformhaus", that are located in towns. Some supermarkets offer just GF bread, but this is really rare. In Germany you can buy products from Italy and home products local brands are



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Hammermühle, Poensgen, Minderleinsmühle. Prices for products are higher than in Sweden, maybe the same as in Italy. The GF products are marked with gluten-free symbol or it is written "glutenfrei".

HUNGARY

In Hungary gluten free products are available in specialized health food shops in major cities. The range of available products and their prices can be changing. There is still no chain offering GF products. It is more common in Hungary to get GF food via home delivery. The national society runs one as well. Well-known international brands are available at the national society (Hammermühle, Damin, Glutano, ValpiForm) and some others nationwide (Mantler, Schär, 3Pauly). There are Hungarian brands like 'Tothek tesztaja' (great sorts of pasta), 'Fe-Mini' (flour mixes and pasta) or 'Barbara' (full range of products). There is a significant price difference between national and imported products partly due to customs reasons (until May 2003). All gluten-free products must be wheat-free too. The GF products are marked by gluten-free symbol of crossed grain or indicated "gluténmentes".

IRELAND

The GF products are available nationwide and are sold in supermarkets, pharmacies and health shops. Supermarkets are cheaper and have a better choice of products. Chains that sell GF products are Superquinn, Dunne's Stores and Tesco and some Super Valu Stores. In supermarkets the products are placed in the dietary section. The international brands are - Nutricia available nationwide, Schär available in Superquinn, Mulligan's gluten free bread in Superquinn, Glutano and Barkat in Tesco, Orgran in Tesco most health shops also carry these brands. Irish companies producing GF products are Odlums and Heron Foods. Odlum's flour and breadmixes are somewhat cheaper than imported ones. Wheat starch can be used in GF products in Ireland.

Some products carry the gluten free symbol, some words gluten free appear on the packet. The Coeliac Society; in Ireland compile a Gluten Free Food List available from www.coeliac@iol.ie

ITALY

The GF products are on sale mainly in pharmacies located in big towns. There it is possible to find a wide range of GF products. In Italy it is also possible to buy products in some supermarkets chains. There is no price difference, but the choice of products is better at pharmacies where the Italians can spend their medical prescription, having a monthly budget of GF products to get gratis. The products of first class producers are usually available nationwide. The GF products are usually found at food area or c/o dietetic section, they are normally placed at a special corner. The international brands are Schär, Bi-Aglut, Nutricia, Finax, Pauly and local Happy Farm for biscuits, GlutenStop for pizza and cakes, GlutOut for pizza, Probis for rice and biscuits, Giusto for biscuits, bread, pan carrè, Molino di Ferro for



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pasta manufactured by maize only. There is also a very small manufacturer (a laboratory) of all and fresh made GF food only, it is named Alimenta 2000. The products are marked in following ways: The ones recognized dietetic by the Ministry of Health (the same that can be get by prescriptions) are marked normally by the crossed grain. Then we have products - the ones belonging to the so called free market, sold in supermarkets - suitable for coeliac s that have been selected by the Italian Coeliac Society (ICS) (under suggestion of the producer of the specific item) and listed in a booklet updated by the same ICS. In Italy gluten-free means also wheat-free.

GF food and restaurants: The Italian Coeliac Society has selected some restaurants and fast food (not belonging to a chain as McDonalds"). They have been well informed about GF, therefore they are recommended by our association to our members and also listed in a special booklet and in web site too.

LUXEMBURG

In this country you can buy GF products nationwide in some supermarkets and health stores. There is no chain that would sell this products and in supermarkets they are in dietary section. Between health stores in supermarkets there is no large differences in prices. Health food stores usually have better choice, supermarkets have often only one brand. There are no local brands and the imported products are Schär, Valpi, Schnitzer, moulin des moines, Orgran, Drei Pauly, Pléniday, Bi-Aglut, Aproten, Noproten et Nogluten, Ceres, Soreda-Diet (Glutabye), Rémy, Fibrex, Provamel, Eden, Moilas, Sybille-Diät.

MALTA

In Malta you can buy products in some pharmacies, health shops and supermarkets. It is also possible to order direct from the local agents representing some overseas gluten free manufacturing companies. Because Malta is a small island, agents place their products in centre points to reach out to almost all the island. The prices are the same, whether you buy them from the Pharmacies, Health Shops or Supermarkets. There are two prices - the retail price and the selling price. The selling price means the end price for the consumer. All outlets display products, however, since more shopping is done in a Supermarket, there is a greater chance of consumption then in Pharmacies or Health Shops. The GF products are placed in a section depicting dietary products, and are normally put in a very prominent place so that they could be noticed immediately. Products that have a good representation here in Malta are; Schär, Bi-Aglut (Plasmon), Glutafin (Nutricia), Sanavi for some types of pasta, Glutano/Barkat, Orgran and Le Veneziane Pasta. There aren't any local brands of GF products. Gluten-free does not mean also wheat -free in Malta.

NEW ZEALAND

In this country you can buy gluten-free products nationwide in supermarkets, pharmacies and health food stores. There is no chain. Usually supermarkets have better choice and they are



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also cheaper. The majority of imported brands are Australian. Home producers are - Healtheries foods and Dovedale bread (available in selected supermarkets and health food stores). They do have several bakeries throughout the country who will bake fresh GF bread/cakes to order or have them permanently available eg. The Gingerbread Man and Jackson's Bakery in Christchurch and Marx Bakery in Auckland (bakes only GF bread/cakes/mince pies etc.) Also available in some retail stores, as is Spoilt for Choice, and Bakeworks products. Elocin fresh pasta is also available in the North Island in some stores. Gluten free is not also wheat free. Some gluten free products bear Crossed Grain symbol, which is used under licence. Other products can state that they are gluten free.

NETHERLANDS

In the Netherlands you can buy GF products in health stores (called 'reformwinkel' or 'natuurvoedingswinkel' in Dutch) and in some big supermarkets. You can buy gluten free products nationwide, although it can be hard to find a health store in the small places. In the big cities, most of the time, the health stores are bigger too, so there often is a broader assortment of gluten free products than in a small place. The health stores are a bit more expensive but you can find most of the time a large assortment. In the supermarket there is only one (or two) brands. The GF products are placed by the other products for diets (like sugar free products and products to loose weight). Since some years the Albert Heijn (supermarket) sells GF bread. You must ask for it by the people who sell all the bread, because they keep it in the freezer.

The international brands on sale in Netherland are Glutafin (Nutricia), Schär, Procelli, Glutano, Valpi, Hammermühle, Orgran, Semper, Wasa, Sanavi, Bi-Aglut, Aproten and the local brands are: Le Poole, Joannusmolen, Wheatex (only flour), Thedingsweert. The products are marked with the gluten-free symbol. Also in Netherlands the gluten-free is not always wheat free.

PORTUGAL

In Portugal the gluten-free food is sold in pharmacies and dietary shops. This shops are mostly located in Lizbon and district capitals but you can order the food in the rest of the country through mail. The pharmacies are more expensive and they only have one brand, the shops have more brands. In Lisbon there is also a chain called Celeiro. In shops El Corte Ingles this products are in separate diet stand and are well marked and separated. The imported brands are Nutricia Glutafin, Schär and Drei Pauly and there is only one local bakery that makes cakes and bread on the demand. The gluten-free is also wheat free in Portugal.

SLOVENIA

In Slovenia the gluten-free foods are on sale in pharmacies, health food shops and some supermarkets of chain Merkator and Interspar; in this shops the products are usually found in



the dietary departments. The products can be found only in cities. The international brands you can buy in Slovenia are Schär, Glutano, Finax, Orgran, Pharma, Copharma, Le Veneziane. There are also some home producers: Mlinopek and Klasje produce flour, Kruhpecivo bread and Lincer produces cakes, biscuits etc. The Slovenian products are cheaper than imported but it is harder to find them. International products are marked with gluten-free symbol and on the domestic ones is written "brez glutena". Also in Slovenia gluten-free does not mean wheat-free.

SPAIN and CATALUNYA

You can buy GF food in dietary food shops called "HERBOLARIOS", some pharmacies and big department stores. They can be found in dietary departments. You can get them in big cities and in some villages you can find the products in pharmacies. The chain named El Corte Inglés sells GF products. The products are usually cheaper in department stores. The international brands are Dr.Schär, Glutafin (Nutricia), Orgran (Trepal diet), Glutano (Sabinco), Bi-aglut (GHD), and local brands are Adpan, Beiker, Glutenfree, La Colegiala, Le Veneziane (Santiveri), Manacel, Noglut (Santiveri), Pasticely, Proceli, Sanavi, Sun Sol (Esgir). The prices for home and imported products are almost the same.

Products are usually marked with the gluten free symbol, either as a part of the firm's logo or by itself. Also in Spain gluten-free is not wheat free.

The Spanish society FACE controls the GF products on the content of gluten. They must contain under 20 ppm-s of gluten- FACE has created a guarantee mark to control GF products, these products are analysed periodically, and they can contain no more than 20 ppm of gluten. You can identify these products by our guarantee mark "CONTROLADO POR FACE".

SWITZERLAND

In Swiss the GF products are available in health food stores and pharmacies (called Reformhaus, Drogerie, Apotheke). If there is in a smaller village a specialized shop, the shop will order the products for you if not on stock. A perfect solution is online shop www.gfShop.ch - it provides several trade marks and delivers by post. The prices are also more favourable at the www.gfShop.ch than in shops, but the expenses for posting parcels are high in Switzerland.

There are a lot of foreign trade marks that are on sale in Swiss and the best known is surely Schär. On homepage www.zoeliakie.ch you can see under "Adressen" all companies that deliver to Switzerland. There are also two important local brands Riesel AG (Mister G. Iten, Kreuzmühle, CH 6314 Unterägeri, Tel. 041-750 24 72, Fax 041-750 57 58, www.riesal.ch, info@riesal.ch) and Bäckerei-Konditorei Gerig (Dorf 191, 9104 Waldstatt, Tel. 071-351 21 26, Fax 071-351 76 26, www.baeckerei-gerig.ch, info@baeckerei-gerig.ch), you can find further smaller bakeries on the webpage www.zoeliake.ch under the "Adressen". The home producers are preparing also the national specialities.



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Gluten-free means in Switzerland: the content of gliadin must not exceed 10 mg per 100 gr. of dried matter basis. So also products are possible where a special clean gluten-free wheat-starch has been used. The products are marked with the Gluten-Free Symbol (registered trademark in Switzerland) and with the mention "glutenfrei".

UNITED KINGDOM

The Gluten-free products in United Kingdom can be bought in supermarkets (the choice is best in this stores), health food stores and pharmacies. They are available nationwide. There is no specific chain that offers gluten-free products and in supermarkets, the gluten-free products may be found either amongst normal gluten containing products in the relevant section, or they often have their own dedicated aisle. The supermarkets are gradually improving their ranges of gluten-free products as awareness of coeliac disease and the gluten-free diet is increased. In U.K. all the big brands are on sale. Some gluten-free products bear the Crossed Grain symbol, which is used under license. The symbol is the intellectual property of Coeliac UK and can only be used by taking out a license with the Charity. Other products simply state on the packaging that they are gluten-free. Gluten-free is not necessarily wheat-free.