

GLUTEN-FREE FINLAND - tips for travellers

The level of awareness of coeliac disease is rather extensive in Finland compared to many other European countries. The Finnish Coeliac Society continues spreading this knowledge actively. In spite of this there will always be exceptions, and we do live in a "gluten full" world after all, and that is why it is extremely important for the coeliac to be on one's guard oneself, too.

LABELLING OF GLUTEN-FREE FOODS

The Finnish national food legislation and the EU legislation require that all ingredients which may cause sensitivity or adverse/allergic reactions must be declared clearly on the package label. These ingredients include wheat, rye, barley, oats and gluten. Gluten cannot hide behind any class names or additive codes.

GLUTEN-FREE SHOPPING

All supermarkets and grocery stores (ruokakauppa) carry gluten-free cereal products: bread, crackers, crisp bread, biscuits, breakfast cereals and cakes. However, selection and availability may vary according to the size of the shop, demand, etc. The products may be placed on a separate shelf or with so called health foods, but mainly beside the "normal" counterpart products. Gluten-free products are sold in Health Food Shops (Luontaistuotekauppa), too, but they are normally more expensive there. Gluten-free products are not sold at Chemist's in Finland. MOILASEN LEIPOMO and FRIABRÖD bakeries distribute frozen gluten-free goods throughout the whole of Finland. Other common brand names are SCHÄR, SEMPER, FINAX, NUTANA, FARINA and GLUTANO.

When our Crossed Grain Symbol appears on packaging it tells you that the food is gluten-free. Some manufacturers label their products with label "gluteeniton" (=gluten-free). Manufacturers do not currently have to label their products in these ways, although some may choose to do so. There is also plenty of products, which don't have the the Crossed grain symbol or gluteeniton-label, but still they are suitable for coeliacs.

EATING OUT

Eating out gluten-free is generally viewed simple in Finland. Most restaurants indicate on their menus which dishes can be prepared gluten-free. Menus are normally also available in English. MCDONALD'S, HESBURGER and ROLL'S burger chains offer gluten-free burgers, and the nationwide pizza chains ROSSO and KOTIPIZZA prepare gluten-free pizzas on request.

The Finnish Coeliac Society provides travellers with a list of local services (restaurants, cafes, bakers, gluten-free shops) around Finland.

Attention: If you don't use wheat-starch or oats in your diet, make sure to ask your dish without wheat-starch or oats!

EATING OUT IN TAMPERE

Some Restaurants (= ravintola) in Tampere

Classic American Diner

Itäinenkatu 9-13, Finlayson
www.diner.fi

Coyote Bar & Grill

Hämeenkatu 3
www.coyote.fi

Gastropub Tuulensuu

Puutarhakatu 16
www.gastropub.net

Heinätori

Pyynikintori 5
www.heinatori.com

Huviretki Pinja

Satakunnankatu 10
www.huviretki.fi

Japanese Restaurant Maruseki

Hämeenkatu 31
www.maruseki.net

Oluthuone Esplanadi

Kauppakatu 16
www.esplanadi.fi

Panimoravintola Plevna

Itäinenkatu 8
www.plevna.fi

Pizzeria Dennis

Aleksanterinkatu 22
www.dennis.fi

Ravintola C

Rautatienkatu 20
www.ravintola-c.fi

Ravintola Coussicca

Nyyrikintie 2
www.coussicca.net
asiakaspaikkoja 50 + 40 terassilla

Ravintola Katupoika

Aleksanterinkatu 20
www.katupoika.fi

Ravintola Masuuni

Hatanpään valtatie 1, Sokos Hotel Ilves
www.ravintolamasuuni.com

Ravintola Natalie

Hallituskatu 19
www.natalie.fi

Ravintola Tempo

Hämeenkatu 15, koskenranta
www.ravintola.fi/tempo

Ravintola Tiiliholvi

Kauppakatu 10
www.tiiliholvi.fi

Ristorante Bella Roma

Itäinenkatu 5-7
www.ravintola.fi

The Grill

Frenckellin aukio
www.grill.fi

Viikinkiravintola Harald

Hämeenkatu 23
www.ravintolaharald.fi

Vinoteca del Piemonte

Suvantokatu 7-9
www.gastropub.net

Wistub Alsace

Laukontori 6B
www.wistubalsace.com

FEW USEFUL WORDS AND PHRASES

Here are some useful words and phrases you might need, when visiting Finland.

Coeliac disease	Keliakia
I have coeliac disease	Minulla on keliakia
I cannot eat wheat, rye, barley or oats	En voi syödä vehnää, ruista, ohraa tai kauraa
Gluten-free	Gluteeniton
Very low gluten	Erittäin vähägluteeninen
Naturally gluten-free	Luontaisesti gluteeniton
Wheat starch	Vehnätärkkelys

I have coeliac disease and have to follow a glutenfree diet. Sairastan keliakiaa ja noudatan gluteenitonta ruokavaliota.

Does this food contain wheat, rye, barley or oats? Sisältääkö tämä ruoka vehnää, ohraa, ruista tai kauraa?

I can eat food containing rice, maize, potatoes, vegetables and fruit, eggs, cheese, milk and fish. Voin syödä annoksen, joka sisältää esim. riisiä, maissia, perunaa, kasviksia, hedelmiä, muniä, juustoa, maitoa, lihaa tai kalaa.

Without sauce, please. Ilman kastiketta, kiitos.

Thank you for your help. Kiitos avusta.

PHARMACEUTICALS AND GLUTEN

According to our questionnaires the Finnish pharmaceutical industry does not use gluten containing cereals in their products. These have been replaced by maize and potato starch. There are some fibre supplements, naturally, which are made of wheat or oat fibre, but these are not classified as medications.

TRANSLATIONS

Short translations of gluten-free diet in English and Finnish are here below:

Finnish

Sairastan keliakiaa ja noudatan tarkkaa gluteenitonta ruokavaliota. En voi syödä pieniäkään määriä vehnää, ruista, ohraa tai kauraa.

Voin syödä esimerkiksi riisiä, maissia, tattaria, perunaa, lihaa, kalaa ja kasviksia. Voitteko kertoa minulle mitkä ruoka-annokset ovat gluteenittomia ruokalistallanne tai mitkä voidaan valmistaa gluteenittomiksi?

Kiitos avustanne.

English

I have an illness called Coeliac Disease and have to follow strict gluten-free diet. I cannot eat the smallest amount of wheat, rye, barley and oats.

I can eat e.g. rice, maize, buckwheat, potatoes, meat, fish and vegetables. Can you point out dishes suitable for me on your menu or prepare my dish without gluten, please? Thank you for your help.

FINNISH COELIAC SOCIETY

The primary interest of the Society is to improve the well-being of Finnish coeliac patients in their daily life.

Finnish Coeliac Society has over 20.000 members (2010) and the number is growing rapidly.

Finnish Coeliac Society publishes cookbooks for gluten-free baking and cooking, and Keliakia-magazine (in Finnish) which informs the membership and others interested in current themes in the coeliac life. The society also gives nutritional advising in gluten-free diet and collaborates with researchers interested in coeliac disease.

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