

I have coeliac disease (gluten intolerance)

I get very ill if I eat anything containing gluten. I cannot eat wheat, spelt, bulgur, couscous, rye, barley or oats. Gluten can also be found in sauces, crumb coatings, sausages and so on. You can help me by telling what contains gluten and if the food has been prepared in a space where gluten is present.

Thank you for keeping me safe!

DANISH COELIAC SOCIETY

T: +45 2552 0832 | E: post@coeliaki.dk | W: coeliaki.dk

