



Gluten Intolerance in Iceland

Glutenfree food can be found, in many supermarkets shops in Reykjavik and other shops around Iceland; as you can find rice cakes and other selections of gluten free products in all big supermarkets. The shopping malls in Kringlan, Smaratorg, Smaralind and Holtagardsar have a an excellent wide selection of food. The name of the most famous shops are; **Heilsuhusid, Hagkaup, Kostur, Kronan, Bonus, Noatun, Kronan, Kostur, Samkaup and KS(Saudarkrokur), KHB(Egilsstadir) and Fjardarkaup(Hafnarfjordur)** In these shops you can find the selection; the shops are located in the Reykjavik area, Borgarnes, Stykkisholmur, Isafjordur, Saudarkrokur, Akureyri, Egilsstadir, Reydarfjordur, Hofn, Hvolsvollur, Selfoss, Keflavik and Hafnarfjordur.

In restaurants gluten free food is very often available if you explain that you can not eat food including; "hveiti, hafra, rugmjol or bygg" (Icelandic words). The Gluten problem is well known in Iceland and if a food is Gluten Free there are remarks on the package.

In restaurants you can explain the situation with the sentence:

"Eg er með glutenþol og ma þess vegna ekki borða neinn mat sem inniheldur hveiti, hafra, rugmjol og bygg. Vinsamlegast leiðbeinið mig með hvaða matur er án þessa er á boðstólnum."

I have intolerance for gluten and are

> therefore not allowed to eat.....Please advise me which
> food is available not including above.

If you put this on card, which you can easily do and bring this with you, that will solve the questions completely. Please send me an email or call if you have further questions.

- a. There is no list abt gluten free food to find otherwise rice cakes cakes can be found in all supermarkets, but the above shop has a very good selection.
- b. If you put the above sentence on a card, and bring it with you, your problem will be solved, and that is the easiest way. Most of restaurants are aware abt. this problem.
- c. There are no manufactures of glutefree food in Iceland, our food which is imported has the origin of UK and Scandinavia, with a very good selection of food.
- d. Grocery store selling glutenfree food is the above in Reykjavik, but you can go into supermarket; Hagkaup, Bonus, Netto and Kronan or 10 -11 - all of them have a very good selection.
- e. There is no publication abt this in Iceland but I am willing to inform you as possible.
- f. I am responsible for international contacts, please contact me if you have further questions

If you have some questions you can contact me; 354 660 3328, 354 440 1131 or magnus@n1.is

The sentence:

"Eg er með glutenþol og ma þess vegna ekki borða neinn mat sem inniheldur hveiti, hafra, rugmjol og bygg. Vinsamlegast leiðbeinið mig með hvaða matur er án þessa er á boðstólnum."

Or to be said in Icelandic letters;

“Ég er með glutenþol og má þess vegna ekki borða neinn mat sem inniheldur hveiti, hafra, rúgmjöl og bygg. Vinsamlegast leiðbeinið mér með hvaða matur er án þessa og er á boðstólnum”.