



LIVING WITH COELIAC DISEASE IN SWEDEN

This brochure is for those who have coeliac disease or are close to someone with coeliac disease. In this brochure, the Swedish Coeliac Youth Society and the Swedish Coeliac Association would like to provide you with basic information about coeliac disease and gluten-free diets.

What is coeliac disease?
Coeliac disease is a chronic autoimmune disease that affects the small intestine of about 2% of everyone living in Sweden that causes an inflammation when the protein gluten reaches the small intestine.

A proper diagnosis is made after a doctor has made an overall assessment of symptoms and results from blood samples. Also a tissue sample is often taken from the small intestine. The only way to treat coeliac disease is to eat a strict gluten-free diet.

Symptoms of coeliac disease

When you ingest gluten, it is common for you to experience gastrointestinal problems, headaches, body aches, fatigue and much more.

Some people with coeliac disease get rashes and skin problems, known as dermatitis herpetiformis.

Anyone with a close relative, i.e. a parent, sibling or

child with coeliac disease, has a 5–10% higher risk of developing coeliac disease themselves. If you are a close relative of someone with coeliac disease, you should be tested for coeliac disease even if you do not experience any discomfort. You should get tested before starting a gluten-free diet. Starting a gluten-free diet before being diagnosed by a doctor makes the medical investigation of coeliac disease more difficult.

What are you entitled to if you have coeliac disease?

Talk to a dietician so that your child can receive subsidised gluten-free food, known as a food prescription.

People with coeliac disease are entitled to a special gluten-free diet in preschools, schools and in healthcare. Ask your child's doctor for a certificate stating that your child has coeliac disease and show it to the school.

If you have ordered gluten-free food, it is prohibited by law to serve you food with gluten in it. ►

Feel free to become a member www.scuf.se | www.celiaki.se
(the websites are in Swedish)

For more information, contact info@scuf.se | info@celiaki.se
(we can respond in English and Swedish)

SCUF
Svenska
Celiakiförbundet


SVENSKA
CELIAKIFÖRBUNDET

GLUTEN-FREE FOOD IN PRESCHOOLS/ SCHOOLS, STORES AND RESTAURANTS /CAFÉS

In Sweden, knowledge about gluten-free food is generally high. If you ask for gluten-free food, you will usually get good help.

There is gluten-free food in almost every store. The selection is generally broad and getting better. Gluten-free specialty products are often gathered on a shelf in stores. There is often frozen gluten-free food, either in a separate freezer or on a special shelf in the freezer section.

When shopping for gluten-free food, look for the words “Glutenfri” (gluten-free), “fri från gluten” (free from gluten) or the “crossed grain” symbol.

Crossed grain



In Sweden, coeliac disease is often (incorrectly) called gluten intolerance or gluten allergy. Knowledge of coeliac disease is quite low in Sweden, so tell them that you cannot tolerate gluten.

In Sweden, only certain gluten-free specialty products may be labelled “gluten-free” or with a crossed grain symbol. Many products that are not labelled “gluten-free” may still be completely gluten-free. For example, fruits and vegetables, dairy products etc. For all products that are not labelled “gluten-free”, you must read the list of ingredients.

Swedish dieticians assess that pre-packaged products labelled with “*kan innehålla spår av gluten*” (may contain traces of gluten) are safe for people with coeliac disease.

Gluten-free food is often more expensive than other food, children under 16 can get gluten-free food with a prescription, see more under the heading *What are you entitled to if you have coeliac disease?*

Gluten can be hidden in products you do not think about and sometimes the ingredients in products that were gluten-free before change. Always read the list of ingredients.



Read the list of ingredients and pay special attention to the following ingredients that contain gluten:

Swedish text

Swedish text	English text
Vete	Wheat
Bulgur	Bulgur
Cous cous	Cous cous
Dinkel	Dinkel wheat
Durum	Durum
Emmer	Emmer
Freekeh	Freekeh
Graham	Graham
Kamut	Kamut
Khorasan	Khorasan
Korn	Barley
Kruskakli	Wheat bran
Malt	Malt
Manitoba	Manitoba
Mannagryn	Semolina
Matkorn	Barley meal
Matvete	Wheat berry
Råg	Rye
Rågvete	Rye wheat
Semolina	Semolina
Skrädmjöl	Kama/Talkkuna/Tolokno
Spelt	Spelt
Ströbröd	Bread crumbs
Triticale	Triticale



These ingredients do not contain gluten but may be contaminated and should be labelled “gluten-free”:

Swedish text

Swedish text	English text
Havre	Oats
Bovete	Buckwheat

If you accidentally ingest gluten while eating outside your home

Some people who have coeliac disease feel very poorly if they ingest a few crumbs of gluten. Some become very ill, but others do not notice anything. Even if you do not get sick, the intestinal lining is damaged by gluten. Therefore, do not cheat and eat gluten.

If you have been served food that contains gluten even though you ordered gluten-free, you should tell the staff about this and contact the municipality and tell them what has happened.

Information about us

The Swedish Coeliac Youth Society and the Swedish Coeliac Association actively work to improve the conditions for everyone with coeliac disease through lobbying, advocacy and cooperation with authorities, companies, organisations and others.

We keep our members updated on new research and other important things for people with coeliac disease.

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