

# INFORMATION FOR TOURISTS WITH GALACTOSAEMIA IN FRANCE

## 1. French Support Group for people with Galactosaemia:

AFGF, Association des Familles Galactosémique de France

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[www.afgf.fr](http://www.afgf.fr)

On the EGS (European Galactosaemia Society) website [www.galactosaemia.eu](http://www.galactosaemia.eu) you can find the diet passport which has information about the diet in several languages. This can be a great help in restaurants.

## 2. Diet

In France, food is labeled according to rule 2003/89/EC of the EU. This means that lactose has to be declared on the label of all products except for products without packaging.

The most important French names referring to lactose are:

Lait, Lactose, Galactose

Matière grasse de lait

Poudre de lait

Yaourt

Fromage

Mascarpone

Lactolite, Lactate

Matière grasse non précisée

The French Support Group for people with Galactosaemia has a list of lactose-free food on the web page:

<http://liste.produits.free.fr>

Important: Please be aware that products labelled "sans lait" (lactose-free) but which are made from cow's milk are not suitable for people with galactosaemia.

## 3. Going to a restaurant

When you want to have lactose-free food in a restaurant you must always speak with the people working there. It will depend on their understanding of dealing with a special diet and also on the language barrier as to whether you can be sure of getting a lactose-free meal or not. It is always much easier if people speak English or if you are able to speak French.

At MacDonald's you can eat the normal hamburger and salad with balsamic dressing or barbecue sauce.

#### **4. Lactose-free products – bread (pain, baguette)**

You can find pain and baguette in bakeries, “boulangerie” in french. Pain and Baguette do not contain lactose or milk.

#### **5. Lactose-free products – margarine (Margarine)**

Lactose free margarine can be found in special supermarkets called “magasin bio”. Please see part 11 for examples of these supermarkets.

#### **6. Lactose-free products – sweets (bonbons)**

Very common lactose-free sweets are fruit gums from “Haribo”. You can find these in all supermarkets.

#### **7. Lactose-free products – cheese**

Mimolette extra vieille, Comté 18 years old, Parmesan can be found at the cheese merchant.

In France a lot of cheese is made with fresh milk therefore it may be best to avoid cheese for the duration of your holiday.

#### **8. Lactose-free products – Ice cream (glace, crème glacée, sorbet )**

In France there are 2 types of ice-cream, ice-cream with milk and sorbet. Sorbets are normally made of water + fruit but some companies add milk to it. Check the ingredients before eating.

#### **9. Lactose-free products – sausage (Saucisse, saucisson)**

Most sausage in the supermarkets contain lactose. Lactose free sausage can be found in pork butchers or delicatessens.

#### **10. Lactose-free products – soya products**

Soya products are available in almost every supermarket. Nowadays supermarkets make their own soya products.

#### **11. Examples of supermarkets**

- Géant Casino
- Leclerc
- Auchan,
- Carrfour
- Lidl

#### **Magasin bio**

- Biocoop (<http://www.biocoop.fr/magasins-biocoop.php> to get the location)
- les nouveaux Robinsons (only in Ile De France – around Paris)
- la vie claire (<http://www.lavieclaire.com/page.php?rub=4>)

#### **12. Useful Links**

[www.afgf.fr](http://www.afgf.fr) - Website of the French support group

[www.galactosaemia.eu](http://www.galactosaemia.eu) - Website of the European Support Group for galactosaemia