



LACTOSE FREE PRODUCTS IN DENMARK

This is a subject close to home for us as my husband needs to follow a lactose free diet.

One thing which has surprised me is how many products contain lactose, many of which you wouldn't immediately assume would. Many sausages in Denmark contain lactose as well as frikadeller (meat ones), pates including leverpostej. Crisps and pre made soups also can contain lactose. If you shop carefully you can find some of these free of lactose. It is a positive move by food producers in Denmark to highlight in bold type any potential allergens in their ingredients lists, which makes this process a little easier. Another thing which surprised me is that some blue cheeses are naturally lactose free!

So onto the products. **Arla** has a wide range of lactose free dairy products. Arla is a brand name UK readers will have seen offering lactose free products in the UK. Here you can buy almost all products that usually contain lactose in a free from variety including milks, cream, yoghurt, cheese and butter. These seem to be available in almost all supermarkets. There are also some supermarket own brands as well.

Alpro is a plant-based alternative to dairy and they have a number of products available again in most supermarkets. Of course there are lots of nut milks available.



Recently I have spotted that **Galbani** now produces a lactose free mozzarella, a relief for pizza lovers!

Matilde now offer their ubiquitous chocolate milk in a lactose free variety.
Hansens Is have lactose free ice creams.

Philadelphia has a lactose free incarnation perfect for cheesecake fans. Another surprising one is Wasa crackers have lactose free ones – I had no idea their regular ones contained it at all!

There are other products offering lactose free alternatives. I use Nemlig.com as a good guide for these, even if you choose to shop elsewhere. A quick search simply for 'laktosefri' in Nemlig will show you many alternatives.