



Asociación Española para la galactosemia

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Information for tourists with galactosaemia in Spain

The changes in the food labelling law included in “Real Decreto 2220/2004” require companies to label the lactose content of all ingredients in their pre-packed products. This means that reading the ingredients list on the product is the safest way of finding out if the product is safe to use in the galactosaemic diet or not.

The law does not apply to unpackaged food.

When the product is galactose free

Sometimes the companies write “Sin lactosa” or “0% lactosa” on the products packaging, but in most cases there isn't any text indicating the product doesn't contain lactose. We only know it is lactose free because there are none of the items to avoid in the ingredients list. For this reason is very important to read the product ingredients list carefully.

When the product may contain galactose:

Some companies also label foods if they have been made in the same factory as other milk products. In this case they label “Puede contener trazas de lactosa” or “Puede contener leche” (May contain lactose or milk) but these are low risk products and we allow them in the galactosaemic diet.

When the product does contain galactose:

Usually the companies don't label their products with allergy advice, they only label “Leche” (Milk) or “Lactosa” (lactose) or the ingredient that contains lactose. For this reason you must avoid products that contain any of the following words in their ingredients list:

- Leche (Milk)
- Lactosa (Lactose)
- Láctico / Lácteo (Lactic)
- Lactitol / lactona / lactilato / lactoglobulina / lactoalbúmina
- Suero (whey)
- Caseína, caseinato, lactato (Casein, Caseinates, lactates)
- Azúcares (sugars) May contain lactose
- Mantequilla (Butter)
- Crema (Cream)
- Grasa animal (Animal fat)
- Cuajo / Cuajada (Curdle)
- Additives with lactose:

- H4511, H4512 Caseinates
- E270, E325, E326, E327, E328, E329, E472, E480, E481, E482, E575, E585, E966



The company called kaiku label many products with the logo "Sin lactosa" but **this products contains galactose**. This logo is a registered trademark by kaiku company.

Products list

The following list will help you to identify any products labelled in Spanish.

ALIMENTOS PERMITIDOS /	PERMITTED FOODS	ALIMENTOS PROHIBIDOS	FORBIDDEN FOODS
<p><u>Bebidas</u></p> <p>Café</p> <p>Vino</p> <p>Cerveza</p> <p>Té</p> <p>Bebidas carbónicas</p>	<p><u>Drinks</u></p> <p>Coffee</p> <p>Wine</p> <p>Beer</p> <p>Tea</p> <p>Soft drinks</p>	<p><u>Bebidas</u></p> <p>Cualquier bebida con leche, lactosa, y caseinatos.</p>	<p><u>Drinks</u></p> <p>Any drink containing milk, lactose and caseinates.</p>
<p><u>Leche y derivados</u></p> <p>Fórmulas lácteas sin lactosa y cuyas proteínas procedan de la soja.</p>	<p><u>Milk and Milk based foods</u></p> <p>Formulas without lactose and soya based formulas</p>	<p><u>Leche y derivados</u></p> <p>Leche y derivados:</p> <p>Flanes</p> <p>Cremas</p> <p>Yogures</p> <p>Helados</p> <p>Quesos</p> <p>Bebidas con leche ..</p>	<p><u>Milk and milk based foods</u></p> <p>Any type of milk and dairy products:</p> <p>Puddings</p> <p>Creams</p> <p>Yogurts</p> <p>Ice cream</p> <p>Cheese</p> <p>Milky drinks</p>
<p><u>Cereales</u></p> <p>Trigo</p> <p>Cebada</p> <p>Avena</p> <p>Centeno</p> <p>Maíz</p> <p>Arroz</p> <p>Tapioca</p> <p>Todas las pastas manufacturadas sin leche:</p> <p>Fideos</p> <p>Macarrones</p> <p>Espaguetis</p> <p>Tortitas</p> <p>Palomitas de maíz ...</p>	<p><u>Cereal and starchy foods</u></p> <p>Wheat</p> <p>Barley</p> <p>Oats</p> <p>Rye</p> <p>Corn flour</p> <p>Rice</p> <p>Tapioca</p> <p>Pasta made without milk:</p> <p>Vermicelli</p> <p>Macaroni</p> <p>Spaghetti</p> <p>Pop corn</p>	<p><u>Cereales</u></p> <p>Todos los manufacturados con leche</p>	<p><u>Cereal and starchy foods</u></p> <p>Any food manufactured with milk and/or milk derivatives</p>

<p><u>Reposteria</u></p> <p>Cabello de ángel ... Gelatina Todos los manufacturados con productos sin leche</p>	<p><u>Cakes and biscuits</u></p> <p>Quince jelly jelly Any product made without milk or derivatives.</p>	<p><u>Reposteria</u></p> <p>Todos los manufacturados con leche o derivados de la leche..</p>	<p><u>Cakes and biscuits</u></p> <p>Any product made with milk or derivatives</p>
<p><u>Huevos</u></p> <p>Todos</p>	<p><u>Eggs</u></p> <p>All kinds</p>	<p><u>Huevos</u></p> <p>Recetas con leche</p>	<p><u>Eggs</u></p> <p>Eggs cooked with milk or butter</p>
<p><u>Grasas</u></p> <p>Bacon Tocino Manteca de cerdo .. Sebo Margarina sin leche Aceites vegetales</p>	<p><u>Oils and fats</u></p> <p>Bacon Pork fat Margarine without milk Tallow Vegetable oils</p>	<p><u>Grasas</u></p> <p>Mantequilla Nata Margarina con leche .. Productos con caseinato Mantequilla de cacahuete con leche</p>	<p><u>Oils and fats</u></p> <p>Butter Any kind of cream Margarine with milk Products with caseinates Peanut butter</p>
<p><u>Verduras</u></p> <p>Alcachofa Espárrago Calabacín Remolacha Coliflor..... Apio Cardo Col rizada Lechuga Champiñón Perejil Rábano Berenjena Zanahoria Cebolla Brócoli Repollo Pepino Nabo Patata Moniato Espinaca Judía verde</p>	<p><u>Vegetables</u></p> <p>Artichokes Asparagus Courgettes Beetroot Cauliflower Celery Cabbage Lettuce Mushrooms Parsley Radishes Aubergine Carrots Onion Broccoli Cabbage Cucumber Turnip Potato Sweet potato Spinach Green beans</p>	<p><u>Verduras</u></p> <p>Guisantes</p>	<p><u>Vegetables</u></p> <p>Green peas</p>

<u>Azúcares / edulcorantes</u> Azúcar de caña Jarabe de maíz Miel Mermeladas de frutas permitidas Jarabe de arce Sacarina	<u>Sugar and sweets</u> Sugar Maize syrup Honey Jams of allowed fruits Saccharin	<u>Azúcares / edulcorantes</u> Jarabe y melaza de manzana Edulcorantes con lactosa Mermeladas de frutas prohibidas Caramelos “toffe” Camelos con leche ...	<u>Sugar and sweets</u> Apple syrup Sweeteners with lactose Jams of non advised fruits Toffees Sweets containing milk or derivatives
<u>Carnes / pescados / aves</u> Buey Pollo Ternera Cordero Cerdo Conejo Jamón curado Pescado Marisco	<u>Meat / fish / poultry</u> Veal Chicken Beef Lamb Pork Rabbit Cured ham Fish of any kind Shellfish	<u>Carnes / pescados / aves</u> Conservas y cocinados con leche Embutidos Jamón York..... Salchichas etc. Vísceras: Sesos Riñones Hígado Páncreas Bazo	<u>Meat / fish / poultry</u> Meats processed with milk: Sausage Sweet ham Sausages Offal: Brains Kidneys Liver Pancreas Spleen
<u>Legumbres / semillas</u> Cacahuetes Nueces Aceitunas Pimienta	<u>Pulses / seeds</u> Peanuts Walnuts Olives Pepper	<u>Legumbres / semillas</u> Garbanzos Lentejas Alubias Avellanas Almendras	<u>Pulses / seeds</u> Chickpeas Lentils Beans Hazelnuts Almonds

<u>Frutas / zumos</u>	<u>Fruits / juices</u>	<u>Frutas / zumos</u>	<u>Fruits / juices</u>
Todos los zumos sin lactosa, o de frutas no prohibidas	Any fruits and juices allowed providing without lactose.	Todas las conservas con lactosa	Any processed fruits with lactose
Albaricoque	Apricots	Sandía	Water melon
Aguacate	Avocado	Piña	Pineapple
Cereza	Cherries	Caqui	Persimmon
Melón	Melon	Dátiles secos	Dates
Mosto	Grape juice	Higos	Figs
Limón	Lemon	Ciruelas pasas	Prunes
Naranja	Orange	Papaya	Papaya
Manzana	Apple	Pasas	Raisins
Mango	Mango	Frutos secos	Dried fruits
Plátano	Banana		
Pera	Pear		
Melocotón	Peaches		
Fresa	Strawberries		
Pomelo	Grapefruit		
Uva	Grapes		

Buying in a supermarket

You can find dairy free products in all supermarkets but the best supermarkets in Spain are:

- El corte Inglés
- Carrefour
- Caprabo
- Eroski
- Alcampo
- Miquel Alimentació
- Bon preu
- Mercadona
- Valvi
- Alcosto
- Dia

These supermarkets have a larger variety of products and therefore you are more likely to find dairy free products. However, it is always very important to read the labels and ensure there are no ingredients containing lactose.

Eating Out

When you eat out, you need to speak to the staff at the restaurant. We do not recommend you go to fast food restaurants or pizzerias, we recommend "normal" restaurants because they serve fish, meat, pasta, rice and bread. These are the easiest products to find in restaurants.

Ensaladas (Salads)

- Ensaladas que no contengan ingredientes con lactosa
 - (Salads without lactose ingredients)

Carne y pescado (Fish and meat)

- Carne o pescado **a la plancha** solo con aceite de oliva.
 - (***Must be grilled with olive oil only***)
- **No** debe ser carne ni pescado **manipulado o rebozado** como hamburguesas o calamares a la romana
 - (*The meat or fish must never be coated in batter*)
- Nunca deben contener mantequilla o leche
 - (*Must not be prepared with butter or milk*)

Paste (Pasta)

- Debe ser hervida solo con aceite de oliva y sal. **Nunca con mantequilla**
 - *(Must only be boiled with olive oil and salt)*
- Se puede tomar la pasta sola con aceite de oliva y sal o bien se puede mezclar con atún, marisco o salsa pesto sin lactosa
 - *(You can have pasta with salt and olive oil only or it is possible to mix it with tuna, seafood or pesto sauce without lactose)*

Arroz (Rice)

- Paella **sin guisantes**
 - (Typical rice without peas)
- Arroz hervido solo con aceite de oliva y sal, y salsa mahonesa natural hecha con aceite, huevo y sal)
 - (Boiled rice with olive oil, salt and natural mayonnaise made only with egg, olive oil and salt)
- Arroz hervido solo con aceite de oliva y sal, y un huevo frito
 - (Boiled rice with olive oil, salt and a fried egg)

Pan (Bread)

- Pan sin mantequilla ni leche (Bread without butter or milk)
- No tomar pan del tipo "baguette" ya que puede contener lactosa
 - (Don't have the type of bread called a "baguette" because it can contain lactose)

DIET PASSPORT

Tengo una enfermedad metabólica que se llama galactosemia. No puedo tomar nada que contenga lactosa, ello es básico y muy importante para mi salud; por lo tanto **MI DIETA TIENE QUE SER 100% SIN LACTOSA.**

La lactosa se encuentra principalmente en la leche y sus derivados como queso, crema, yogures, helados etc...

¿Por favor. Puede prepararme comida sin nada de lactosa?

Gracias por ayudarme!

Aviso para médicos y farmacéuticos

Hay muchos medicamentos que contienen lactosa, ¿por favor puede recetarme algo sin lactosa?

Muchas gracias.

Disclaimer

The "Asociación Española para la Galactosemia AEG" does not take any responsibility in either the accuracy or content of this document. The information included is what the AEG advises to their Spanish members but we are aware the diet differs between countries and some people follow a more or a less strict diet and that diet information changes regularly.