

Handling allergens in DGI Byen

DGI Byen can handle and accommodate all sorts of common allergies without add-ons. Common allergies correspond to the Ministry of Environment and Food of Denmark's list number 1-14, see list below. DGI Byen always offers a vegetarian/allergy menu with no extra charge, i.e. a menu without meat, sugar, gluten, milk, fish and seafood, that has been customized to accommodate common allergies.

The menu can be served with meat if the guest is not vegetarian, but has deselected the other foods. In case of allergens not taken into account by this menu, the kitchen will in some cases offer a special diet in exchange for a price supplement. Alternatively, the menu can exceptionally be purchased from an outside supplier and settled via invoice. However, DGI Byen will at times try to limit itself to one diet menu for larger events to eliminate human error during serving. DGI Byen does not offer menus for rare and extreme allergies, this including airborne allergies.

List of common allergies from the Ministry of Environment and Food of Denmark

[\(<https://www.foedevarestyrelsen.dk/Leksikon/Sider/Oplysning-om-allergener.aspx>\)](https://www.foedevarestyrelsen.dk/Leksikon/Sider/Oplysning-om-allergener.aspx)

1. Grain products containing gluten, i.e. wheat (for example spelt and Khorasan wheat), rye, barley, oats or hybridized strains thereof, products thereof, except:
 - Glucose syrup on the basis of wheat including dextrose and glucose syrup on the basis of barley
 - Maltodextrins on the basis of wheat
 - Grain products used in the production of alcoholic distillates, including agricultural ethanol
2. Crustaceans and products based on crustaceans
3. Eggs and products based on eggs
4. Fish and products based on fish, except:
 - Fish gelatine used as fuel for vitamin- and carotenoid compositions
 - Fish gelatine or real isinglass used as a clarifying agent in beer and wine

5. Peanuts and products based on peanuts
6. Soy and products on a basis thereof, except:
 - Completely refined soybean oil and fat
 - Naturally mixed tocopherols (E306), natural D-alpha-tocopherol, natural D-alpha-tocopheryl acetate
 - Natural D-alpha-tocopherylc succinate derived from soy
 - Plant sterols and plant sterol esters made from vegetable oils derived from soy
 - Plant stanol esters made from vegetable sterols derived from soy
7. Milk and products based on milk (including lactose), except:
 - Whey used in the production of alcoholic distillates, including agricultural ethanol
 - Actitol
8. Nuts, i.e. almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashew nuts (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia nuts (*Macadamia ternifolia*) and products on the basis thereof, except nuts, used in the production of alcoholic beverage distillates, including agricultural ethanol
9. Celery and products based on celery
10. Mustard and products based on mustard
11. Sesame seeds and products based on sesame seeds
12. Sulphur dioxide and sulphites in concentrations of more than 10 mg/kg or 10 mg/litre as total SO₂ must be calculated for products, as they are made ready for use or as they are reconstituted according to the manufacturer's instruction
13. Lupine and products based on lupine (legume allergy – including dried beans and peas)

14. Molluscs and products based on molluscs