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# *Grocery Dictionary*

INTERNATIONAL STAFF OFFICE

[www.sdu.dk/iso](http://www.sdu.dk/iso)

## DAIRY

**Full fat/cream milk:** Sødmælk  
**Semi-skim/low fat milk:** Letmælk  
**Skim milk:** Skummetmælk  
**Buttermilk:** Kærnemælk  
**Cream:** Fløde  
**Sour cream:** Crème Fraîche  
**Cottage cheese:** Hytteost  
**Cream cheese:** Flødeost  
**Butter:** Smør  
**Yoghurt:** Yoghurt

**Cultured buttermilk:** Tykmælk  
**Skyr:** Skyr  
**Eggs:** Æg  
**Margarine:** Margarine  
**Chocolate Milk:** Kakaomælk  
**Pasteurized egg yokes and egg whites:** Pasteuriserede æggeblommer og æggehvinder  
**Almond and soya milk:** Mandel- og soyamælk

## FLOUR & OATS

**Oatmeal/rolled oats:** Havregryn  
**Muesli:** Müsli  
**Flour:** Mel  
**Potato flour/starch:** Kartoffelmel  
**Cornstarch:** Maizena

**Cornflour:** Majsmel  
**Granulated sugar:** Sukker  
**Brown sugar:** Brun farin  
**Icing sugar:** Flormelis  
**Coffee sweetener:** Kunstigt sødemiddel

## MEAT, FISH & POULTRY

**Fish:** Fisk  
**Salmon:** Laks  
**Cod:** Torsk  
**Mackerel:** Makrel  
**Tuna:** Tun  
**Flounder:** Rødspætte

**Chicken:** Kylling  
**Turkey:** Kalkun  
**Pork:** Svinekød  
**Beef:** Oksekød  
**Lamb:** Lam

## MISCELLANEOUS

**Baking powder:** Bagepulver  
**Baking soda:** Natron  
**Baking paper:** Bagepapir  
**Yeast:** Gær  
**Whole grain:** Fuldkorn  
**Golden syrup:** Sirup  
**Canola/rapeseed oil:** Rapsolie  
**Soup:** Suppe  
**Canned tomatoes:** Dåsetomater  
**Diced tomatoes:** Hakkede tomater

**Vinegar:** Eddike  
**Sausage:** Pølse  
**Tissues:** Lommetørklæder  
**Napkins:** Servietter  
**Jam:** Syltetøj/marmelade  
**Juice:** Saft  
**Green Tea:** Grøn te  
**Coffee:** Kaffe  
**Apple and orange juice:** Æble- og appelsinjuice

## CONDIMENTS

**Salt/pepper:** Salt/Peber

**Cinnamon:** Kanel

**Ginger:** Ingefær

**Curry:** Karry

**Nutmeg:** Muskatnød

**Garlic:** Hvidløg

**Cumin:** Spidskommen

**Thyme:** Timian

**Bouillon/Broth:** Bouillon

**Cardamom:** Kardemomme

**Vanilla:** Vanilje

**Dry yeast** (often found with the dairy products): Tørgær

## TOILETRIES & HOUSEHOLD

**Toothpaste:** Tandpasta

**Mouthwash:** Mundskyl

**Shampoo:** Shampoo

**Conditioner:** Balsam

**Soap:** Sæbe

**Hand soap:** Håndsæbe

**Dish soap:** Opvaskemiddel

**Dishwasher tablets:** Opvasketabs

**All-purpose cleaner:** Universalrengøring

**Detergent:** Vaskepulver

**Fabric softener:** Skyllemiddel

**Toilet cleanser:** Toilettrens

**Decalcifier:** Kalkfjerner

**Hairbrush:** Hårbørste

## BABY & CHILDREN

**Pacifier/dummy:** Sut

**Zinc ointment:** Zinksalve

**Diaper:** Ble

**Wet wipes:** Vådservietter

**Infant rice cereal:** Vælling

**Porridge:** Grød

**Infant formula:** Modernmælkserstatning

## ALLERGENS

**Sugar free:** Sukkerfri

**Gluten free:** Glutenfri

**Wheat:** Hvede

**Nuts:** Nødder

**Peanuts:** Jordnødder

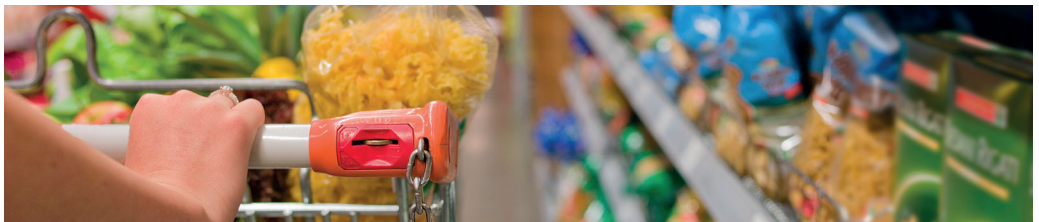
**Almond:** Mandel

**Soy:** Soja

**Shellfish:** Skaldyr

**Vegetarian:** Vegetar

**Perfume free:** Parfumefri/uparfumeret





## Label Guide

Confused about all the labels, you can find in the Danish super markets? Here you can find a guide about, what the different labels mean.



### The Danish label for organic food

Organic food can be labelled with "Ø-mærket", which is your guarantee for organic production and animal welfare. All products labelled with "Ø-mærket" have been statecontrolled.



### The Nordic nutrition logo

Nøglehulsmærket, the nutrition logo, is to guide consumers to find healthier foods. Foods that contribute to a healthy and varied diet may come with this green keyhole logo.



### The Nordic ecolabel

Non-food products that are among the least environmentally damaging can be designated with the Nordic ecolabel, "Svanemærket"



Astma-Allergi  
Danmark

### The allergy label

Products with this label are hypoallergenic. All of these products are perfume and paraben free and are certified by the Danish Asthma and Allergy Association.



For more information about the brand go to [www.thebluelabel.eu](http://www.thebluelabel.eu). Here you can find a description in different languages.



### Deposits on returnable packaging

In Denmark, you pay a deposit on most beer and soft drink. They are marked with a label similar to the one shown here. Recyclable containers can be returned at most supermarkets, where you will receive your deposit.



### Smiley

All Danish companies that either sell, produce and/or are handling food need to have a Smiley from the Danish Veterinary and Food Administration. It shows how well the company is living up to the food standard/rules. You can always ask to see their Smiley rating.



### Whole grain

This logo means that you can be sure that all parts of the grain need to be remained in the product. It also has a limitation to how much sugar, fat and salt there can be added in the product. You can find the logo on bread (e.g. rye bread), flour, breakfast products, rice and pasta.



### Animal well-being

If animal well-being is important to you this logo is the one to look for. Especially with pork meat. The hearts mean that the pig has not got its tale cut off or bid in by other pigs. This often happens, when the pig has too little space or is stressed. The pigs have had more space, and they have had access to straw. If the logo has three hearts, it means that the pig is organic and has been living outdoor.



### EU ecolabel

The Flower is the official EU ecolabel. It is used for non-food products. In Denmark it is mainly seen on clothing, paint, shampoo and soap. Like the Danish "Svanemærket".



### Forest Stewardship Council (FSC)

The Forest Stewardship Council (FSC) is an international, non-governmental organization dedicated to promoting responsible management of the world's forests. FSC's "tick tree" logo is used to indicate that products are certified under the FSC system. When you see the FSC logo on a label, you can buy forest products with confidence that you are helping to ensure our forests are alive for generations to come.



## 14 specialties from Denmark

Here you can find a list of Danish specialties, if you are looking to try some typical Danish dishes.

**Rygeost:** smoked fresh cheese sometimes produced with cumin

**Æbleflæsk:** apple sauce and bacon

**Frikadeller:** a kind of a meatball without any other spices than salt and pepper and in some variants finely chopped onions

**Smørrebrød:** ryebread with cold cuts

**Rødgrød med fløde:** stewed red berry fruits with cream

**Flæskesteg:** roasted pork

**Leverpostej med agurk, rødbede eller asier:** liver paté often served with cucumber, pickled beetroots or chunky pickled cucumber

**Biksemad:** a kind of hash

**Medisterpølse:** Danish pork sausage

**Hakkebøf med bløde løg:** minced beef steak with caramelized onions

**Æggekage med tomat, bacon or purløg:** Danish omelet with tomatoes, bacon and chive

**Tarteletter:** Patty shells with e.g. boiled chicken and white asparagus

**Klar suppe:** Clear soup with meat balls, vegetables (carrots and celeriac) and dumplings

**Stegt flæsk med persillesovs og kogte kartofler:** Fried pork with parsley sauce and boiled potatoes. This dish was elected as the Danes favorite national dish in 2014.

# Vegan and vegetarian restaurants

## ODENSE

### **Vegan and organic café**

#### **Cafe Kosmos**

Lottrupsgård 1, 5000 Odense

Tlf.: 25 11 31 23

### **Vegetarian restaurant and café**

#### **Venchi**

Vestergade 83, 5000 Odense

Tlf.: 28 49 48 28

### **Indian restaurant with a wide and good choice of vegetarian dishes**

#### **Restaurant Paprika**

Nørregade 56, 5000 Odense C

Tlf.: 66 13 63 16

### **Vegetarian sushi restaurant**

#### **Bluefin Odense**

Klaregade 7, 5000 Odense

Tlf.: 28 89 92 98

## ESBJERG

### **Rankin Park**

Skolegade 43, 6700 Esbjerg

Tel.: 75 10 10 70

### **Det Arabiske Køkken (The Arabian Kitchen)**

Skolegade 21/23, 6700 Esbjerg

Tel.: 60 65 17 88

### **Café Guldægget (Café the Golden Egg)**

Kongensgade 102, 6700 Esbjerg

Tel.: 20 55 88 70

### **Street Food**

Kongensgade 34, 6700 Esbjerg

## KOLDING

### **Brød – Café & Bistro**

Jernbanegade 44, 6000 Kolding

Tel.: 60 16 53 01

### **Rafaels**

Slotsgade 17, 6000 Kolding

Tel.: 88 82 32 22

### **Restaurant Valdemar**

Adelgade 2, 6000 Kolding

Tel.: 82 43 10 36

### **The Mokka Café**

A.L. Passagen 9-13, 6000 Kolding

Tel.: 75 53 15 15

## SØNDERBORG

Sønderborg offers a wide range of restaurants and cafés that serve vegetarian/vegan food.

Try the cafés near the townhall of Sønderborg:

### **Rådhusstorvet, 6400 Sønderborg**

You can also make use of the Tripadvisor app.



