



# QUICK GROCERY DICTIONARY

VERSION 4: February 2023

## DAIRY

Full fat/cream milk	<i>Sødmælk</i>
Semi-skim/low fat milk	<i>Letmælk</i>
Skim milk	<i>Skummetmælk</i>
Buttermilk	<i>Kærnemælk</i>
Cream	<i>Fløde</i>
Sour cream	<i>Crème fraîche</i>
Cottage cheese	<i>Hytteost</i>
Cream cheese	<i>Flødeost/Smøreost</i>
Butter	<i>Smør</i>
Yoghurt	<i>Yoghurt</i>
Cultured buttermilk	<i>Tykmælk</i>

## MEAT, FISH & POULTRY

Fish	<i>Fisk</i>
Salmon	<i>Laks</i>
Cod	<i>Torsk</i>
Mackerel	<i>Makrel</i>
Tuna	<i>Tun</i>
Flounder	<i>Rødspætte</i>
Chicken	<i>Kylling</i>
Turkey	<i>Kalkun</i>
Pork	<i>Svinekød</i>
Beef	<i>Oksekød</i>
Lamb	<i>Lam</i>

## MISCELLANEOUS

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

## FLOUR & OATS

Oatmeal/rolled oats	<i>Havregryn</i>
Muesli	<i>Müsli</i>
Flour	<i>Mel</i>
Potato flour/starch	<i>Kartoffelmel</i>
Cornstarch	<i>Maizena</i>
Cornflour	<i>Majsmel</i>
Granulated sugar	<i>Sukker</i>
Brown sugar	<i>Brun farin</i>
Icing sugar	<i>Flormelis</i>
Coffee sweetener	<i>Kunstigt sødemiddel</i>

## CONDIMENTS

Salt/pepper	<i>Salt/peber</i>
Cinnamon	<i>Kanel</i>
Ginger	<i>Ingefær</i>
Curry	<i>Karry</i>
Nutmeg	<i>Muskatnød</i>
Garlic	<i>Hvidløg</i>
Cumin	<i>Spidskommen</i>
Thyme	<i>Timian</i>

## TOILETRIES & HOUSEHOLD

Toothpaste	<i>Tandpasta</i>
Mouthwash	<i>Mundskyl</i>
Shampoo	<i>Shampoo</i>
Conditioner	<i>Balsam</i>
Soap	<i>Sæbe</i>
Hand soap	<i>Hånd sæbe</i>
Dish soap	<i>Opvaskemiddel</i>
Dishwasher tablets	<i>Opvasketabs</i>
All-purpose cleaner	<i>Universalrengøring</i>
Detergent	<i>Vaskepulver</i>
Fabric softener	<i>Skyllemiddel</i>
Toilet cleanser	<i>Toilettrens</i>
Decalcifier	<i>Kalkfjerner</i>
Hairbrush	<i>Hårbørste</i>

## BABY AND CHILDREN

Pacifier/dummy	<i>Sut</i>
Zinc ointment	<i>Zinksalve</i>
Diaper	<i>Ble</i>
Wet wipes	<i>Vådservietter</i>
Infant rice cereal	<i>Vælling</i>
Porridge	<i>Grød</i>
Infant formula	<i>Modermælks-erstatning</i>

## ALLERGENS

Sugar free	<i>Sukkerfri</i>
Gluten free	<i>Glutenfri</i>
Wheat	<i>Hvede</i>
Nuts	<i>Nødder</i>
Peanuts	<i>Jordnødder</i>
Almond	<i>Mandel</i>
Soy	<i>Soja</i>
Shellfish	<i>Skaldyr</i>
Vegetarian	<i>Vegetar</i>
Perfume free	<i>Parfumefri/uparfumeret</i>

## ORGANIC MARKET

### 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 state-controlled.



### 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."



### The allergy label

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



### Deposits on returnable packaging

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



## DANISH VARIATIONS

**Rugbrød**, rye bread, is a commonly used bread in Denmark. Danes consider it a healthy alternative to whiter types of bread, as it contains more fiber and whole grain.

**Fuldkorn**, whole grain, is popular in bread and baked goods in Denmark, e.g. in rye bread. Bread and baked goods with whole grain and coarse meal can be found in all super markets.

**Smørbart**, spreadable butter or margerine, is a mixture product containing vegetable fat (usually plant oils) and is spreadable straight from the refrigerator. It is called *smørbart* in Danish.

**Yeast** comes in both fresh and dry versions in Denmark. You can find fresh yeast in the refrigerated counter, usually by the dairy section. Dry yeast will be placed in the baking section.

**Self-raising flour** is not available in regular supermarkets. Alternatively, you can use plain wheat flour. For every 250 grams flour, mix with 3 teaspoons baking powder and 1 teaspoon salt, to get the same effect.

## SPECIALTY SHOPS

### AARHUS

#### Bazar Vest

Edwin Rahrs Vej 32  
8220 Brabrand, Aarhus

#### Far-East Trading

Banegårdsgade 36  
8000 Aarhus C

#### Ren Kost & Krop

Jægergårdsgade 43-45  
8000 Aarhus C

### OTHER CITIES

#### Asian Supermarked

Gravene 7B  
8800 Viborg

#### Saigon Marked

Christine Løvmands Vej 8  
5230 Odense

#### Roskilde Bazar

Stationscentret 10  
4000 Roskilde