

KNORR is a large producer of pre-fabricated food, seasoning and spices.

They produce the seasoning, Aromat, which cause a lot of trouble for those of us who are lactose intolerant. The seasoning is used by cafes, restaurants, and private persons. When asked, they all assure me that their food is lactose free, without knowing that the seasoning used contains lactose.

Aromat keeps me away from all places serving fast food and cafes and restaurants where I'm not 100 % sure of their standard and the staffs' knowledge. This means that I sometimes have to refrain from socializing with colleagues and friends. It also means that I have to be prepared for not being able to eat the food served.

In spite of being very careful, I've had numerous days and evenings spoiled by the product. After being sick, and thus aware of the use of Aromat in a café or restaurant, I always rapport back to the place, if possible. This is of no help to me after the food has been eaten, but I hope they will refrain from using Aromat in the future.

I wrote Knorr a letter on this problem in 2010 in an attempt to make them stop using lactose in Aromat.

Knorr's answered that they get several requests every week on the product's content from people with allergies and intolerance and that it is difficult to satisfy them all. They would however take a note of my request and it would be submitted to their production unit.

The said product still contains lactose and I will now write them again.

I will also mention several pre-fabricated soups and stews I have come across in shops in Ireland. This is food in which we would not use milk when making them at home. For instance products like Traditional Vegetable Soup and Goulash. In addition none of Knorr's Dressing Mixes are lactose free.

It is overall remarkable how many products Knorr finds it necessary to add lactose were it is redundant.

I will keep you informed on Knorr's answer to my request.

GOOD NEWS:

On the other hand, Knorr has now introduced three products in Norway which are seasonings without lactose: "Bay of Taste" flavoured with Paprika, Barbecue and Lemon and Herb. This is very good news, due to the fact that these products are used in the same way as Aromat; people who are unaware of the contents, add them as seasoning to various foods and dishes.