

(English version)

**Question for written answer E-000448/26
to the Commission
Stefano Cavedagna (ECR)
(4 February 2026)**

Subject: Protecting people with coeliac disease and coordinating European Union policies

Coeliac disease affects a growing number of European citizens. The only course of treatment is the permanent adoption of a strictly gluten-free diet. This has not only has major ramifications on health but also imposes social and economic constraints, particularly with regard to access to safe, correctly labelled food products in public and private catering services. Although there is EU legislation governing food safety and labelling, measures to protect and support people with coeliac disease differ widely from Member State to Member State.

Can the Commission therefore say:

1. Whether it believes the current EU regulatory framework to be sufficient to ensure effective and uniform protection for people with coeliac disease in all Member States?
2. Whether it intends to promote coordination initiatives, guidelines or recommendations with a view to improving access to gluten-free products and safe catering services, including under the aegis of public health policies?
3. Whether measures can be taken to allow people with coeliac disease to carry more gluten-free food on flights, without weight restrictions, and what European financial instruments or programmes can be used support them?

Submitted: 4.2.2026

**Answer given by Mr Várhelyi on behalf of the European Commission
(9 April 2026)**

1. The protection of individuals with coeliac disease in the EU is governed by two main regulations: the regulation on Food Information to Consumers ⁽¹⁾, which mandates clear labelling for allergens and gluten, and the Gluten Free Regulation ⁽²⁾, which sets specific rules for gluten-free products. These regulations create a harmonised framework that facilitates informed consumer choices and ensures a high level of protection across the EU.
2. In line with Article 168 of the Treaty on the Functioning of the European Union, the Commission complements national policies by providing support in reaching health policy objectives, through the framework initiative 'Healthier Together' ⁽³⁾, which addresses non-communicable diseases, such as coeliac disease. The Expert Group on Public Health ⁽⁴⁾ advises the Commission on the preparation of policy initiatives and activities addressing key public health challenges. The Commission also supports the exchange of best practices ⁽⁵⁾, such as on effective actions to support coeliac patients. The implementation of measures on healthcare delivery and financial support to improve the access to specific foods for coeliac patients rests with the Member States.
3. In addition to possible excess baggage exemptions by airlines, the allocation of financial resources to measures allowing people with coeliac disease to carry gluten-free products on flights, is the responsibility of national authorities.

⁽¹⁾ OJ L 304 22.11.2011, p. 18.

⁽²⁾ OJ L 228, 31.7.2014, p. 5.

⁽³⁾ Healthier together — EU non-communicable diseases initiative, https://health.ec.europa.eu/non-communicable-diseases/healthier-together-eu-non-communicable-diseases-initiative_en.

⁽⁴⁾ https://health.ec.europa.eu/non-communicable-diseases/expert-group-public-health_en.

⁽⁵⁾ <https://webgate.ec.europa.eu/dyna/bp-portal/>.