

TRAVEL GUIDE FOR THE

GLUTEN SENSITIVE

WHAT IS GLUTEN?

Gluten is any prolamins found in grains including wheat, rye, barley and oats.

Many people who are sensitive to gluten have either an allergy to gluten or Celiac Sprue disease. It is common that environmental stress can trigger your sensitivity to become heightened. Anyone with these conditions knows that a gluten-free diet is the only true 'cure'. Being on a gluten-free diet means avoiding all gluten and any cross contamination with other foods that may contain gluten.

TRAVELING GLUTEN-FREE

The confinement of air travel is the most challenging form of gluten-free travel. When traveling domestically it's easy to pack enough gluten-free foods to keep you nourished until you reach your destination but international travel requires more planning.

When making an international travel reservation talk to a customer service rep and request gluten-free meals for all legs of travel. If the airline does not offer gluten-free food options you will have to pack enough non-perishable gluten-free foods to stay nourished to your destination.



Some of USF's Education Abroad program housing options offer a kitchen either in your apartment or somewhere near by. I would recommend choosing a program that has this accommodation. Also, while you're staying in a foreign country, I would recommend that you try to cook at home as much as possible to avoid any mishaps.

BEFORE YOU LEAVE THE U.S.

Before leaving the United States, take some time to go onto Google and do your own research regarding your dietary needs and the places you'll be visiting. For example, if you'll be traveling to London, Google some of the products you normally eat in the US and see if

the manufacturers provide those same products at supermarkets in London. You could also Google gluten-free restaurants. There are a large number of travel websites that include articles and reviews of what restaurants are known to cater to people with gluten-sensitivities.

<http://celiac.nih.gov/TravelingWithCeliac.aspx>

<http://www.celiac.org>

<http://www.active.com/nutrition/Articles/Tips-for-Traveling-With-Celiac-Disease>

LANGUAGE BARRIERS

When traveling to a foreign country, we know that there can be an issue with the language barriers. Depending on where you're traveling to, you can usually get by with basic sentences and phrases in the country's native language. When you have a special dietary concern, this can make things much more difficult.

When I traveled to Italy last year, I went to the World Languages Dept. at the USF Tampa campus and had an Italian teacher translate some sentences that would be useful to me. For example, I got translations for things like "Is this gluten free?"..."I am allergic to gluten", etc. This is most helpful for when you're eating out at a restaurant.

RESOURCES FOR USF STUDENTS

DEPARTMENT OF WORLD LANGUAGES

4202 E. Fowler Ave.,
CPR (Cooper Hall) - 4th Floor
Tampa, FL 33620

Phone: 813-974-2548

NATIONAL CELIAC ASSOCIATIONS

A great reputable online resource for gluten-free information in many countries are the National Celiac Associations websites. You can find these websites by doing a simple Google search. For example, if you're traveling to Italy, search "Celiac Association Italy". These websites are mostly government operated with current information. They offer reliable gluten-free information such as where you can shop and most offer ingredient books of what is gluten-free and what isn't in the country's language. This is very helpful when you're in a grocery store in a foreign country and need to find out if an ingredient is gluten-free or not.

GLUTEN-FREE TRAVEL CARDS

If you're not comfortable trying to speak the language of the country you'll be traveling to, another great option is to carry a gluten free travel/restaurant card with you. A gluten free restaurant card is an explanation of your dietary needs that you can give to a waitress or chef in order to prepare you a proper meal. Gluten-free restaurant cards can be printed from home for free in over 50 languages from:

<http://www.celiactravel.com/cards/>.

This is an example of what the restaurant cards look like, although the language may be different.



English Gluten Free Restaurant Card

I have an illness called Celiac Disease and have to follow a strict gluten free diet.

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.

Does this food contain flour or grains of wheat, rye, barley or oats? If you are at all uncertain about what the food contains, please tell me.

I can eat food containing rice, maize, potatoes, all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish - **as long as they are not cooked with wheat flour, batter, breadcrumbs or sauce.**

Thank you for your help.

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