

# Gluten-free living

# Going on Holiday

Following a gluten-free diet should not prevent you from going on holiday, either in the UK or abroad. Coeliac UK has a website devoted to gluten-free restaurants, pubs, hotels and cafes called [gluten-free-onthego.com](http://gluten-free-onthego.com). It's a great place to start planning your holiday so log onto the site as part of your holiday research.

## Where to stay?

### Self-catering

- You may find it easier to go self-catering, as you will be responsible for your own food.
- Follow the same rules for cooking as you would at home. Remember your food and drink directory is not applicable outside the UK.
- It is a good idea to take your own supplies of gluten-free bread, pasta and biscuits.

### Hotel

- If staying in a hotel check if a gluten-free diet can be provided when booking your holiday and speak to the chef when you arrive.
- Coeliac UK has produced guidelines for caterers in association with the HCIMA which the chef may find useful.
- If you choose your hotel via [gluten-free-onthego.com](http://gluten-free-onthego.com) or stay at one of the guest houses advertised in Crossed Grain magazine, you can feel assured that gluten-free food will be provided.

## The Journey

- When booking your flight or package holiday, request a gluten-free meal for the journey. Check again 24 hours before you fly and when you check in at the airport.
- The provision of gluten-free meals does vary so take a gluten-free snack with you for the journey, even if you have been informed that a gluten-free meal will be provided.

## Other considerations...

- Some countries do not allow food items to be taken through customs. Ask your GP for a letter to take with you, saying you are carrying special dietary foods for the treatment of a medical condition. A small charge may be made for this service.
- Prescriptions issued in the UK cannot be dispensed overseas so obtain adequate supplies before you go.
- You may find it helpful to contact the local coeliac society most of which provide useful information, including how to cope with the gluten-free diet in their country. Contact details are available on our website [www.coeliac.org.uk](http://www.coeliac.org.uk)

## What if I become ill on holiday?

- If you suffer with diarrhoea whilst away it is essential to drink lots of fluid to replace what you lose, especially if you are in a hot climate.




- If you become ill and have to visit the local doctor or go into hospital, it is essential you inform the staff that you have coeliac disease so they can ensure any medications or food you receive is gluten-free.
- Take some basic medications with you that are gluten-free, such as paracetamol and/or ibuprofen and antihistamines.

English	French	Spanish	Italian	German
I have coeliac disease and have to follow a gluten-free diet	Je souffre d'une maladie cœliaque et je dois suivre un régime sans gluten.	Tengo una enfermedad que se llama celiaca y necesito seguir una dieta rigurosa libre de gluten	Soffro di celiachia e devo seguire una dieta senza glutine	Ich habe Zöliakie und muss eine glutenfreie Diät einhalten
Does this food contain wheat, rye, barley or oats?	Ces aliments contiennent-ils du blé, du seigle, de l'orge ou de l'avoine ?	Contiene esta comida trigo, centeno, cebada o de avena	Questi alimenti contengono frumento, segale, orzo o avena?	Enthält dieses Nahrungsmittel/Essen Weizen, Roggen, Gerste oder Hafer?
If you are at all uncertain about what the food contains, please tell me	Si vous avez un doute sur la composition de ces aliments, dites-le moi s'il vous plaît.	Si tuviera alguna duda sobre el contenido de la comida, por favor dígamelo	Se ha dubbi sul contenuto degli alimenti, me lo faccia sapere	Falls Sie sich nicht vollkommen sicher sind, welche Bestandteile dieses Nahrungsmittel/Essen enthält, sagen Sie es bitte!
I can eat food containing rice, maize, potatoes, vegetables and fruit, eggs, cheese, milk and fish	J'ai le droit de consommer des aliments contenant du riz, du maïs, des pommes de terre, des légumes, des fruits, des œufs, du fromage, du lait et du poisson.	Puede comer alimentos que contienen arroz, maíz, patatas, verdura y fruta, huevos, queso, leche, carne y pescado	Posso mangiare alimenti che contengono riso, mais, patate, frutta e verdura, uova, formaggio, latte e pesce	Ich kann Nahrungsmittel essen, die Reis, Mais, Kartoffeln, Gemüse und Obst, Eier, Käse, Milch und Fisch enthalten.
Without sauce, please	Sans sauce s'il vous plaît	Sin salsa, por favor	Senza salsa, per favore	Bitte ohne Soße
Thank you for your help	Merci de votre aide	Muchas gracias por su ayuda	Grazie per il suo aiuto	Vielen Dank für Ihre Hilfe!

Coeliac UK is dedicated to improving life for people with coeliac disease and dermatitis herpetiformis. To find out more about our services,

**call 08704448804 or visit  
www.coeliac.org.uk**

The text of this document is also available in preferred formats and alternative languages. To request a copy, please call **0870 4448804** or email **helpline@coeliac.co.uk**

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Registered Charity Number 1048167 Registered office PO Box 220 High Wycombe, Buckinghamshire HP11 2HY