

ROMANIA TRAVEL GUIDE

Travelling to a foreign country whether for business or pleasure should be an enjoyable time. However we are very aware that travelling when you have coeliac disease can cause a great deal of concern.

This local food guide aims to identify where to find gluten free products and venues (should they be available), to help you maintain a healthy gluten free diet throughout your visit.

Retail outlets

Large supermarkets include Carrefour, Real, Cora and Kaufland. Availability is likely to be very limited and erratic.

Gluten free brands

Schar, Monte Banato pasta (Adriano Alimenti) and Sam Mills.

Hotels and restaurants

Large international chains generally offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

Many of Romania's traditional dishes are naturally gluten free and include grains such as polenta/mamaliga. Check local dishes very carefully as some may be commercially produced and cannot be guaranteed gluten free.

Allergen labelling

Subject to EU food labelling regulations.

Avoid

- Gluten
- Grau
- faina de grau
- proteine din grau
- amidon de grau bors
- protein vegetale
- stabilizator
- emulgator.

Awareness

People are very unaware of coeliac disease so it is important to ensure that you are well prepared before you travel.

Coeliac organisation

Asociatia Romana pentru Intoleranta la Gluten – ARIG
Bucureşti, Sector 2, Bld. Lacul Tei Nr.120, 020395

Web: <http://boala-celiaca.ro>

Email: info@boala-celiaca.ro

Phone: 0040 (0) 725 794 779



Language: Romanian

Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet or I may become very unwell.

Sufar de o boala numita celiachie si trebuie sa urmez un regim alimentar strict fara gluten, altfel ma pot imbolnavi foarte grav.

Hotels/restaurants

I cannot eat any foods containing flours or grains of wheat, rye, barley or oats, for example: soy sauce, pasta, semolina, bread, cakes and pastries. Nu pot consuma alimente care contin faina sau cereale din grau, secra, orz sau ovaz, ca de exemplu: sos de soia, paste, gris, paine, prajituri si produse de patiserie.

As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit and vegetables including: potatoes, meat, fish, rice, quinoa and polenta.

Daca nu exista grau, secara, orz sau ovaz folosite la prepararea lor, pot manca toate felurile de fructe si legume, incluzand si: cartofi, carne, peste, orez, quinoa si mamaliga.

Please make sure that my dish is cooked without any breadcrumbs or batter.

Va rog sa va asigurati ce felul meu de mancare nu este gatit cu pesmeti sau aluat.

Supermarkets

Please advise me which dishes you are certain that I may eat safely? If you are unsure, please tell me.

Va rog sa imi spuneti care sunt felurile de mancare pe care le pot consuma in siguranta? Daca nu sunteti sigur, va rog sa imi spuneti.

Disclaimer: This travel leaflet has been produced in good faith. Coeliac UK is not a medical or professional body and the information in this guide should not be treated as a substitute for medical advice. Every endeavour has been made to ensure that the information in this guide is accurate and up to date at the time of printing. However, Coeliac UK is not in a position to guarantee the accuracy or currency of such information and does not accept responsibility for its use or misuse. If relying on the information contained in this guide when you are overseas, we recommend that you first make contact with the relevant foreign coeliac organisation, contact details for which are listed where available.

Please can you advise me if you sell any gluten free products in your store?

Va rog sa imi spuneti daca vindeti produse fara gluten in magazinul dumneavoastra?

If not, please can you direct me to a store, health shop or pharmacy which may sell gluten free products?

Daca nu, va rog sa imi indicati un magazine, magazine de produse naturiste sau farmacie care este posibil sa vanda produse fara gluten?

Thank you very much for your help.

Va multumesc foarte mult pentru ajutor.

Visit www.coeliac.org.uk
or call us on **0333 332 2033**
for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



coeliacuk
live well **gluten free**

☎ 0333 332 2033

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Registered office Coeliac UK,
3rd Floor Apollo Centre,
Desborough Road, High
Wycombe, Bucks HP11 2QW.
Tel: 01494 437278
Fax: 01494 474349

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www.coeliac.org.uk