

MEXICO 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 like Walmart, Comercial Mexicana, Superama, Chedraui, Superama and Soriana are starting to include gluten free brands.

Gluten free brands

Ask Acelmex for a list of products that are safe to have.

Hotel and restaurants

Many western run restaurants will be able to understand and accommodate basic gluten free requirements and prepare separately cooked chips, omelettes and even cook your own gluten free pasta to accompany their gluten free sauces.

Don't be afraid to try new foods. Work with the service staff for them to come up with some tasty alternatives. Take a bottle of gluten free soy sauce so the chef can cook you your own special dish.

Local food

Corn based dishes - a large variety of dishes are prepared based on corn but many of them are exposed to cross contamination. Don't assume that a product is pure corn, speak to the chef to check the ingredients. If it is, you can enjoy tlacoyos, gorditas, tamales (be very careful with these), pozole and tortillas stuffed, folded and served with all kinds of delicious sauces.

Tortillas - it is common practice to mix corn flour with a small portion of wheat flour during production so you have to be very careful. Unfortunately, in many restaurants, they don't know if the tortillas are manufactured in such conditions or if they are made with pure corn.

Mole - cookies or bread are often used to obtain a thicker

consistency for the sauce.

Chicken broth - people sometimes forget to mention that this is seasoned with powdered chicken broth which can contain gluten.

Sauces - be careful with sauces, try those where you can identify the ingredients, like guacamole (the safest of sauces), and always ask if it is safe to have.

Allergen labelling

The official Mexican Standard for food labelling specifies that all ingredients must be listed on food labels, unfortunately this is not always followed by manufacturers. You can find allergen information on many products - 'puede contener trigo', 'manufacturado en instalaciones que procesan trigo', and 'contiene gluten' are phrases that you should look for on labels and avoid products with these statements.

Avoid

Any dishes that contain Maizena corn starch (fécula de maíz). Maizena corn starch is processed in facilities that also use gluten and other allergens.

Awareness

Coeliac disease is uncommon amongst the Oriental Asian population. If you are travelling in remote areas, local people may not be able to read. Many people in much of Asia, due to their friendly and helpful nature, answer yes to everything, even if they don't understand you.

It is important to ensure that you are well prepared before you travel.

Coeliac organisations

ACELMEX A.C. Asistencia al Celiaco de México
Homero 430, 3rd floor, Polanco Reforma,
11550, México DF

Web: www.acelmex.org.mx (no English)

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Phone: +5255 5254 1324

Facebook: www.facebook.com/acelmex

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App: mobiCeliac ACELMEX



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.

Tengo una enfermedad llamada enfermedad celíaca y tengo que seguir una dieta estricta libre de gluten o podría sentirme mal.

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.

No puedo comer alimentos que contengan harinas o granos de trigo, centeno, cebada o avena como salsa de soya, pasta, sémola, pan, pasteles y masas.

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.

Siempre que no se usen trigo, centeno, cebada o avena en su preparación, puedo comer todo tipo de fruta y vegetales, incluyendo: patatas, carne, pescado, arroz, quínoa y polenta.

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

Por favor, asegúrese de que mi platillo esté cocinado sin migajas o masa.

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

Por favor, dígame qué platillos piensa usted que puedo comer son seguridad. Si no está seguro, dígame.

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.

Supermarkets

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

¿Podría decirme por favor si vende productos libres de gluten en su tienda?

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

So no es así, ¿podría indicarme por favor en dónde hay una tienda, tienda de productos de salud o farmacia que pudiera vender productos libres de gluten?

Thank you!

¡Agradezco su ayuda!

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
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www.coeliac.org.uk