

# SERBIA 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

Larger supermarkets such as DM, Mega Roda, IDEA, Mercator and health food shops including Maslina and Bio Špajz.

## Gluten free brands

International gluten free brands such as Dr. Schär, Sam Mills, Alnatura, Schneekoppe, Perutnina Ptuj, Nestle Cipiripi and AD mlekar (milk products).

## Hotels and restaurants

We advise you to contact the hotel and see if they are familiar with the gluten free diet. You won't find gluten free meals on menus.

## Local Food

You can have any barbecue speciality, just make it clear that you can't have wheat or bread when you order. A lot of Serbian dishes are made with pastries and are not gluten free.

## Allergen labelling

Ingredients are listed on products. If a product isn't made with gluten, it may still contain traces of gluten due to cross contamination, so pay special attention to traces list. In Serbian 'bez glutena' means 'gluten free'.

## Avoid

Avoid all products that don't have allergen information.

## Awareness

Many people are aware of the gluten free diet because of tennis champion Novak Djoković.

However, not so many people know about coeliac disease and how dangerous eating gluten can be if you have the condition.

## Coeliac organisation

Udruženje Srbije za Celijakiju

**Web:** [www.celijakija.rs](http://www.celijakija.rs)

**E-mail:** [celijakija@gmail.com](mailto:celijakija@gmail.com)

**Phone:** +38162590511





### Supermarkets

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

Molim Vas da li me možete posavetovati ako prodajete proizvode bez glutena u vašoj prodavnici?

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

Ako ne, da li me možete uputiti na prodavnicu, prodavnicu zdrave hrane ili apoteku koja može prodavati proizvode bez glutena?

Thank you very much for your help!

Hvala Vam puno na Vašoj pomoći!

### 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.

Patim od bolesti zvane cilijakija i moram da se pridržavam stroge dijeta bez glutena, ili mi može postati jako loše.

### 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.

Ne mogu da jedem hranu koja sadrži brašno ili zrna pšenice, raži, ječma ili ovasa, na primer: soja sos, testenine, griz, hleb, kolače ili peciva.

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.

Dokle god se u njihovoj pripremi ne koriste pšenica, raž, ječam ili ovas, mogu da jedem sve vrste voća i povrća uključujući: krompir, meso, ribu, pirinač, kinou i palentu.

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

Molim Vas postarajte se da je moje jelo spremljeno bez mrvica hleba ili testa.

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

Molim Vas posavetujte me koja jela ste sigurni da mogu jesti bezbedno? Ako niste sigurni, recite mi.



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.

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☎ 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**