



HONG KONG 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 City Super and Park n' Shop. Also try health food shops. There are also some Marks and Spencer food stores in the city.

Gluten free brands

Australian brands are the most commonly found in Hong Kong.

Local food

Food is very cosmopolitan combining Asian, Chinese and Western choices. Congee is a rice porridge but as recipes vary you should still check the ingredients.

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.

Allergen labelling

Nutritional information may be listed, but assess all products carefully.

Avoid

Watch out for soy sauce and Dim Sum.

Awareness

There is not a great awareness of coeliac disease, although there may be other foreign nationals with the condition. Ensure you are well prepared before you travel and it is worth taking some snacks.

Coeliac organisation

There is no dedicated coeliac organisation in Hong Kong. However there is a lot of information available online so do your research before you travel.





我患有一種叫做腹腔病的疾病。

如果我食用含有面粉或小麥、黑麥、大麥和燕麥的食物，我就會發病。

我必須完全避免食用麥芽製作的副食品和水解植物蛋白。由於這個緣故，我必須知道我的食物里含有些甚麼。

如果您不敢肯定您的食物中含些甚麼內容，請直說無妨，而不要說些您不能完全肯定的話。假如您不清楚這些食物里含些甚麼，請告訴我。

我可以食用含有米、玉米、馬鈴薯、土豆淀粉和淀粉的食物以及各種蔬菜、蛋、奶酪、肉和魚等（但是不能吃用面糊或面包屑烹製的魚或肉）。

Useful phrases

I have an illness called coeliac disease and have to follow a strict gluten free diet.

I may therefore become very ill if I eat food containing the 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.

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

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.

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

📘 facebook.com/CoeliacUK

🐦 @Coeliac_UK

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

A charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044).

www.coeliac.org.uk