

# PAKISTAN 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

Supplies aren't always available so don't depend on them. Try Eesa G in Lahore and Islamabad and look out for Daali Earth Foods - [www.daaliearthfoods.com](http://www.daaliearthfoods.com).

## Gluten free brands

Bob's Red Mill, Ener-G, Dove's Farm, Sin Gluten.

## Hotel 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.

## Local food

Wheat and rice are the main staple grains in Pakistan. Be very vigilant as to how your dish has been prepared, but if freshly cooked, the dishes below should be gluten free.

Foods which should be suitable include curries, pokaras and kebabs (shish, shami) which use chickpea flour, sag gosht (lamb and spinach), tandoori chicken, lentils and rice (pilau, biryani and sweet rice). Always check how your dish has been prepared.

## Allergen labelling

Ingredients are usually labelled in English so check them carefully.

## Avoid

Halwa, Naan/pita, Roti, Paratha and Maash Palao. Also avoid all types of bread. Ata means wheat, Gardam means rye, Chawa means barley and Daliya means oats.

This is not an official site, but has some good local information: [www.celiacpk.blogspot.com](http://www.celiacpk.blogspot.com).

## Awareness

Although some gluten free products can be bought, there is very limited availability so be prepared and take emergency snacks.



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.

میں ایسے کھانے استعمال کر سکتا ہوں جس میں  
چاول، مکی، آلو، سبزلی، پھل، اناج، پنیر، دودھ، گوشت،  
مچھلی، شامل ہوں۔  
باقی ضروری ہے کہ اسپین اے، گندم، اناج اور  
انے کے مالنسدے یا روٹی کے گردے کے ساتھ نہ  
پکایا گیا ہو

Thank you very much for your help.

آپ کے تعاون کا بے حد شکریہ

Visit [www.coeliac.org.uk](http://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**

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(SC039804) and a company limited  
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[www.coeliac.org.uk](http://www.coeliac.org.uk)

### Useful phrases

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

مجھے سیلاک مار کی مرض شکر لاحق ہے لہذا میں  
نہایت سختی سے غیر نشاستہ دار خوراک استعمال  
کرنا ہوں

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.

اس لیے میری حالت کافی بگڑنے کا اندیشہ ہے اگر  
میں ایسی خوراک استعمال کروں جس میں آنا یا  
گندم جو اور دلیں شامل ہوں

### Hotels/restaurants

Does this food contain flour or grains of wheat, rye, barley or oats?

کیا اس کھانے میں آنا، گندم، جو یا دلیں شامل  
ہیں؟

If you are at all uncertain about what the food contains, please tell me.

اگر آپ کو اس بارے میں کوئی شک ہے کہ اس کھانے  
میں کیا شامل ہے تو براہ کرم مجھے بتائیے

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.