



SAUDI ARABIA TRAVEL GUIDE

coeliacuk
live well **gluten free**

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.

Gluten free brands

Orgran products may be available in some outlets. For further details contact Optimal Health (tel: 00966 1 2178243).

Hotels/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 staple grains. Kabsa is a rice based dish and Ful Medames is a bean dish. Check local dishes very carefully as many may be commercially produced and cannot be guaranteed gluten free. There are many western fast food outlets.

Allergen labelling

Food labelling is not mandatory in Saudi Arabia.

Avoid

Khobz is similar to pitta bread and Shawarma is a type of wrap. Most dishes are likely to be served with pitta bread.

Awareness

As there is very little awareness of coeliac disease, it is very important to ensure that you are well prepared before you travel.

Coeliac organisation

Web: www.saudiceliac.com/en





Language: Arabic

Useful phrases

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

لدي مرض اسمه 'سيلياك' ويجب عليّ ان اتبع حمية
جديدة 'غلوتين'

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

اذا اكلت القمح و الحارول و الشعير و الحارطال،
سوف اصبح مريضاً

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

هل يوجد في هذا الطعام قمح او اي نوع من انواعه

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

اذا يوجد لديك شك في الطعام وما يحتوي فيه، من
فضلك اخبرني

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.

امتنع ان اكل الرز و الذرة و البطاطا و كل و انواع
الخضراوات و الفواكه و البيض و الاجبان و الحليب و
الحم و انواعها و السمك، بشرط انه لا يطبخ مع
القمح و دقيق و لبن و بيض الخ او فئات الخبز او
الصلصة

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.



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www.coeliac.org.uk

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