

# UGANDA 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.

## Local food

Ugali made with maize or millet is served as a porridge for breakfast. It can be served sliced for lunch, but white flour may have been added to it at this stage. Always check carefully how your chosen dish has been cooked as methods of preparation may vary.

Cassava (gluten free), yam and sweet potato are commonly available, as are sauces or stews made from ground nuts, beans or meat. Irish (potato) and rice are more affluent foods and soybeans are often served for breakfast.

## Allergen labelling

There is no reliable food labelling.

## Avoid

Avoid Mkate na Mayai made from bread and eggs. Also check whether powdered milk has been added to your dish as this is used frequently and may contain gluten.

## Awareness

Ensure that you are well prepared before you travel as there is no awareness of coeliac disease in the country. Fortunately there are a number of local dishes which are naturally gluten free, but contamination can be a problem. Take some supplies with you if possible.



### Language

Swahili/Luganda are the main languages in Uganda, but English is also widely spoken.

### Information for restaurants when eating out

I have coeliac disease, an autoimmune disease caused by intolerance to gluten.

I need to completely avoid gluten. Even a single crumb from food containing gluten can be enough to make me ill, so please be sure to check ingredient lists and be wary of cross contamination.

Please ask me if you have any questions. Coeliac disease can be easy to manage so long as my requirements are understood by all staff. Thank you.

Visit [www.coeliac.org.uk](http://www.coeliac.org.uk)  
or call us on **0333 332 2033**  
for more information.

### Manage cross contamination by:

- Wiping down surfaces after use to avoid gluten contamination
- cleaning pots and pans with soap and water before using for gluten free food
- using separate bread boards to keep gluten free and gluten containing breads separate
- using a separate toaster for gluten free bread
- using different utensils when using butter and other condiments.

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](http://www.coeliac.org.uk)

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