



# Vietnam 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\*

Annam Gourmet Market (Annam Coffee Lounge), 16-18 Hai Ba Trung Street Beng Nghe Ward, District 1  
[www.annam-gourmet.com](http://www.annam-gourmet.com)

## Gluten-free brands

A selection of Orgran products is available in Vietnam.

## Hotels/restaurants

Most larger hotels/resorts typically offer more western food, along with 'traditional' Vietnamese fare. Soups (pho) and stir fries with seafood appear on most menus. Most dishes are served with rice. The staple seasoning ingredient is fish sauce (Nouc mam), which is usually gluten-free. Spring rolls are on the menu in just about every café or restaurant in Vietnam, served either fresh or fried and filled with a variety of fresh crunchy vegetables and/or minced chicken or pork.

## Useful translations:

English	Vietnamese
■ Porridge	Cháo
■ Rice	Cơm
■ Chicken soup	Cháo gà
■ Wheat gluten	Mì căng or mì căn
■ Fish sauce	Nước mắm
■ Soy sauce	xi dau, pronounced si zau

## Hanoi\*

- KOTO Restaurant (Know One Teach One) NFP training program, 61 Pho Van Mieu  
[www.koto.com.au](http://www.koto.com.au)

## Ho Chi Minh City\*

- Wrap and Roll, 62 Hai Ba Trung St, District 1  
[info@wrap-roll.com](mailto:info@wrap-roll.com), [www.wrap-roll.com](http://www.wrap-roll.com)
- Barbecue Garden 135A Nam Ky Khoi Nghia, District 1, [www.barbecuegarden.com](http://www.barbecuegarden.com)

## Local food

Vietnamese cuisine uses many fresh ingredients. As most Asian countries have a rice based diet, it is always reasonably easy to find some gluten-free food to eat – stick to the fresh and simple local foods. The local traditional breakfast is a rice noodle soup called pho, a bowl of fresh stock with rice noodles and slices of a meat of your choice, accompanied by a platter of fresh herbs, chilli and bean sprouts. Snack food is difficult to find because most contain wheat, so take your own supply. Be aware that dishes named the same thing in the north may be slightly different to that in the south, for example a beef noodle soup may have rice noodles in one place but wheat based noodles in the other.

## Avoid

Avoid things you can't recognise. Always check if a sauce is added to your meal. Breakfasts can be a problem, often bread is served to tourists. Soy sauce is not widely used but check to be sure.

## Awareness

Coeliac disease is uncommon amongst the Oriental Asian population. If you are travelling in remote areas, local people may not be able to read. Many people in much of Asia, due to their friendly and helpful nature, answer yes to everything, even if they don't understand.





**0333 332 2033**  
Call us for more information

### Language - Vietnamese

#### 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.**

Tôi bị một căn bệnh gọi là bệnh celiac và phải tuân theo một chế độ ăn không có gluten chặt chẽ, nếu không tôi có thể trở nên rất khó chịu trong người.

#### 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.**

Tôi không thể ăn bất kỳ loại thực phẩm nào có chứa bột hoặc hạt lúa mì, lúa mạch đen, lúa mạch hoặc yến mạch, ví dụ: nước tương, mì, bột bánh, bánh mì, bánh ngọt và bánh ngọt.

**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.**

Miễn là trong thành phần thực phẩm không có lúa mì, lúa mạch đen, lúa mạch hoặc yến mạch, tôi có thể ăn tất cả các loại trái cây và rau như: khoai tây, thịt, cá, gạo, diêm mạch và bột bắp.

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

Hãy đảm bảo rằng món ăn nấu cho tôi không hề lẫn vụn bánh mì hoặc lẫn bột.

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

Xin vui lòng cho tôi biết những món ăn nào mà bạn chắc chắn rằng tôi có thể ăn một cách an toàn? Nếu bạn không chắc, xin hãy nói với tôi.

#### Supermarkets

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

Bạn vui lòng cho tôi biết bạn có bán bất kỳ sản phẩm nào không có gluten trong cửa hàng của bạn không?

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

Nếu không, bạn có thể vui lòng chỉ đường cho tôi đến một cửa hàng, cửa hiệu dinh dưỡng hoặc nhà thuốc có thể bán sản phẩm mà không có gluten được không?

**Thank you very much for your help!**

Cảm ơn bạn nhiều vì đã giúp!

Disclaimer: This travel leaflet has been produced in good faith. This leaflet has been compiled with information provided by Coeliac Australia. 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.

\*Recommendations from Members of Coeliac Australia.

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



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