



# Thailand 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

Colibri Food Supply – 101 Soi Colibri, Chaweng Beach, and there are a number of supermarkets in Chiang Mai. International products can be found at Tesco Lotus supermarkets, these may include gluten-free products: [www.tescolotus.com](http://www.tescolotus.com)\*

## Gluten-free brands

A selection of Orgran products is available in Thailand.

## Hotels/restaurants

English menus are often available. Well known dishes that are gluten-free include:

- som tam – papaya salad
- nam tok mu – pork salad
- laab mu – ground pork salad
- mu dat diao – sun dried pork
- gai yang – bbq chicken with a safe dipping sauce
- yam plaa duk fu – crispy catfish salad
- tom yam – tangy seafood soup.

The island of Koh Samui has many resorts and there should not be any problems there. Advise the resort in advance of your dietary requirements and again when you get there – [www.kosamui.com](http://www.kosamui.com)

We advise you always make your own enquiries regarding hotels, restaurants and outlets.

## Local food

As most Asian countries have a rice based diet, it is always reasonably easy to find some gluten-free food to eat.

A type of rice porridge (rice congee) is popular, known in Thailand as 'jok'. It is often served for breakfast with a raw or partially cooked egg mixed through, also sometimes as a late supper or as a substitute for rice at other meals. Various toppings and seasonings may be added to enhance flavour. Many stores specialising in rice congee sell it all day. Breakfast options include rice soup with either chicken or pork and condiments, but remember to check that the soup does not contain gluten in the stock. Rice noodle dishes can be very tasty. Good seafood is widely available – request it grilled.

Gluten-free snacks are difficult to find while out and about, so it's best to take some prepackaged gluten-free options with you.

## Avoid

One difficulty is the use of sauces in many traditional dishes throughout Asia. Always check if a sauce is added to your meal. Watch for nuts as these are often coated with wheat flour.

## 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 you.



# 0333 332 2033

## Call us for more information

### Language - Thai

#### 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.**

ฉันต้องทนทุกข์ทรมานจากการเจ็บป่วยที่เรียกว่า โรคแพ้กลูเตน และจะต้องควบคุมการทานอาหารที่ไม่มีโปรตีนกลูเตนอย่างเข้มงวด ไม่เช่นนั้นแล้วฉันอาจจะต้องเจ็บป่วยอย่างมาก

#### 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.**

ฉันไม่สามารถทานอาหารใด ๆ ที่มีแป้งหรือเมล็ดของข้าวสาลี ข้าวบาร์เลย์ ข้าวโอ๊ต อย่างเช่น: ซอสถั่วเหลือง พาสต้า แป้งหมี่ พาย ขนมปัง ขนมเค้ก และขนมอบ

**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.**

ตราบดีที่ไม่มีการใช้ข้าวสาลี ข้าวบาร์เลย์ หรือข้าวโอ๊ตในการเตรียมอาหาร ฉันก็สามารถทานผลไม้ และผักได้ ทุกชนิด รวมทั้ง: มันฝรั่ง เนื้อ ปลา ข้าวควินัว และโพเลนต้า

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)



[www.facebook.com/CoeliacUK](https://www.facebook.com/CoeliacUK)



[@Coeliac\\_UK](https://twitter.com/Coeliac_UK)

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

กรุณาตรวจสอบให้แน่ใจว่าจานของฉันปรุงโดยปราศจากเกล็ดขนมปังหรือแป้งเหลวใด ๆ

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

กรุณาให้คำแนะนำฉันสำหรับอาหารจานใดที่คุณแน่ใจว่าฉันจะทานได้ อย่างปลอดภัย ถ้าคุณไม่แน่ใจ โปรดบอกฉัน

#### Supermarkets

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

คุณจะสามารถให้คำแนะนำกับฉันได้มั้ย ว่าคุณได้ขายสินค้าที่ปราศจากกลูเตนใด ๆ ในร้านของคุณหรือไม่

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

ถ้าไม่ได้ขาย คุณจะสามารถให้คำแนะนำเกี่ยวกับร้านค้าร้านสุขภาพ หรือร้านขายยา ซึ่งอาจขายสินค้าที่ปราศจากกลูเตนได้หรือไม่

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

ขอบคุณเป็นอย่างมากสำหรับความช่วยเหลือของคุณ !

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