

GREECE 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

It may be possible to order in advance from pharmacies and some supermarkets.

Gluten free brands

Harisin (Sanavi) and Schar.

Hotel and restaurants

Ask your tour operator to check with the hotel before you travel to see if they can make suitable provision for your diet. Some hotels may offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

Local food

Meat and fish are usually grilled or roasted and may

often be gluten free. Stewed fruit and yoghurt should be gluten free but you should still check how your dish will be cooked.

Allergen labelling

Subject to EU food labelling regulations.

Awareness

It is important to ensure that you are well prepared before you travel.

Coeliac organisations

The Hellenic Coeliac Society

125 Ipokratous Street, GR-Athens 11472,
Phone: 0030136 14366/ 0030146 18081

Coeliac Greece

Web: www.coeliac.gr
Email: info@coeliac.gr





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.

Μπορώ να φάω φαγητά που περιέχουν, ρύζι,καλαμπόκι,πατάτες,όλων των ειδών λαχανικά και φρούτα,αυγά,τυρί,γάλα,κρέας, και ψάρι-εφόσον δεν είναι μαγειρεμένα με σταρένιο αλεύρι,κουρκούτι,ψίχουλα, ή σάλτσα.

Thank you for your help.

Ευχαριστώ για την βοήθειά σας.

Useful phrases

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

Πάσχω από τη νόσο της κοιλιοκάκης και πρέπει να ακολουθήσω μία δίαιτα με φαγητά χωρίς γλουτένη.

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

Επομένως μπορεί να αρρωστήσω πάρα πολύ εάν φάω φαγητά που περιέχουν τα αλεύρια ή τους σπόρους σιταριού,σίκαλης,κριθαιού και βρώμης.

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

Αυτό το φαγητό περιέχει το αλεύρι ή τους σπόρους σιταριού,σίκαλης,κριθαιού,ή βρώμης;

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

Εάν δεν είσαστε σίγουροι για το τι περιέχει το φαγητό, παρακαλώ να μου το πείτε.

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.

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.



coeliacuk
live well **gluten free**

☎ 0333 332 2033

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🐦 @Coeliac_UK

Registered office Coeliac UK,
3rd Floor Apollo Centre,
Desborough Road, High
Wycombe, Bucks HP11 2QW.
Tel: 01494 437278
Fax: 01494 474349

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www.coeliac.org.uk