

FRANCE 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

Large supermarkets in the main cities include La Vie Claire, Naturalia, Bio Coop, LeClerc, Carrefour, Geant Casino and Monoprix. Also try some health food shops.

Gluten free brands

Glutano, Procelli, Orgran, Schar, Valpiform and Bi-Aglut.

Hotels and restaurants

Small amounts of flour are now often added to traditionally gluten free dishes and many of them are commercially prepared. Therefore be very careful in assessing the suitability of your dish. Understanding

of contamination is also an issue. If visiting Disneyland Resort Paris, contact them to request gluten free meals at least 72 hours in advance.

Allergen labelling

Subject to EU food labelling regulations. 'Sans Gluten' means without gluten in French.

Awareness

Few people are aware of coeliac disease in France, so it is important to ensure that you are well prepared before you travel.

Coeliac organisation

Association Francaise des Intolerant au Gluten

15 rue d'Hatueville, 75010 Paris, France

Web: www.afdiag.fr

Email: afdiag@gmail.com

Phone: 00 33 1 56 08 08 22





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.

Je peux manger de la nourriture qui contient du riz, du maïs, des pommes de terre, des légumes et fruits de toutes sortes, des oeufs, du fromage, du lait, de la viande et du poisson, pourvu qu'ils n'aient pas été cuits avec de la farine de blé, de la pâte à frire, de la chapelure, ou une sauce contenant les aliments qui me sont interdits.

Thank you very much for your help.

Merci beaucoup pour votre aide.

Useful phrases

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

Je souffre d'une maladie qui s'appelle la maladie coeliaque et je dois suivre un régime absolument sans gluten.

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

Je peux devenir gravement malade si je mange des aliments qui contiennent des farines ou des grains de blé, de seigle, d'orge ou d'avoine.

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

Pouvez-vous me dire si cette nourriture contient de la farine ou des grains de blé, de seigle, d'orge ou d'avoine?

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

Si vous avez aucune doute sur les ingrédients contenus dans cette nourriture, s'il vous plait, dites-le moi.

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.



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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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