

BELGIUM 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

Supermarkets include: Revogan and MPR Food (Brussels).

Gluten free brands

Schaer, Noglut Meat Products, Bi Aglut, Glutabye, Orgran, Valpiform and Moilas (Frozen Food).

Online Mail Order

www.allergoshop.be

Hotels/restaurants

Contact the Belgium coeliac organisation for further information. Large international chains generally offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

Allergen labelling

Subject to EU food labelling regulations. Look out for 'Glutenvrij' - Flemish for gluten free and 'Sans Gluten' - French for gluten free.

Awareness

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

Coeliac organisation

Societe Belge de la Coeliaquie (French Speaking)
rue des Waides 9 a B-4633 Melen (Soumagne),
Belgium

Web: www.sbc-asbl.be

Email: info@sbc-asbl.be

Phone: 00324 377 37 49

Vlaamse Coeliakie Vereniging (Flemish)

Kabienstraat 16, 2382 Poppel, Belgium

Web: vcv.coeliakie.be

Email: secretariaat@vcv.coeliakie.be

Phone: 032 664 42 71

Language: French and Flemish

Useful phrases

French

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.





I can eat food containing rice, maize, potatoes, all kinds of vegetables and fruit and cheese, eggs, milk and meat - as long as they are not cooked or coated with wheat flour, batter, breadcrumbs or sauce.
Ik kan voedsel eten dat rijst, maïs, aardappelen, allerlei groenten en fruit, eieren, kaas, melk en vlees bevat, zolang ze niet gekookt/gaar zijn of bedekt zijn met tarwebloem, deeg/beslag, broodkruimels of saus.

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

Bevat het voedsel tarwebloem of granen van tarwe, rogge, gerst of haver?

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

Als u onzeker bent van wat het voedsel bevat, laat u mij dit dan aub weten.

Without sauce please.

Zonder saus graag.

Thank you for helping me!

Hartelijk dank voor uw hulp!

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.



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.

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!

Je vous remercie de votre aide!

Flemish

Would you help me please? I have to avoid foods containing wheat, rye, barley and oats because I have an allergy to gluten.

Kan u mij helpen, aub? Ik moet voedsel vermijden dat tarwe, rogge, gerst en haver bevat omdat ik een allergie heb voor gluten.

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.

coeliacuk
live well **gluten free**

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www.coeliac.org.uk