

UNITED STATES (USA) 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 include Costco Wholesale, Kroger, Safeway, Wal-Mart and Whole Foods Market. Look under the speciality food section and check health food shops.

Gluten free brands

23Gluten Free, Orgran, Schar, Ener-G-Foods, Enjoy Life Foods, Food Should Taste Good, Mary's Gone Crackers and Crunchmaster.

Online mail order

- Bob's Red Mill Natural Foods www.bobsredmill.com
- Dietary Specialites www.dietspec.com
- Gillian's Food www.gilliansfoods.com
- Grandma Ferdon's Pantry www.grandmaferdons.com

Bakeries

- Against The Grain - Taylorsville, Utah
- Babycakes - New York
- Flying Apron Bakery - Seattle, Washington

- Gluten free creations bakery - Phoenix, Arizona
- New Cascadia Traditional - Portland, Oregon
- Little Aussie Bakery and Café - San Antonio, Texas.

Hotels/restaurants

Large international chains generally offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance. Contact the local coeliac organisation who may be able to provide advice on local restaurants and hotels. Check out www.glutenfreerestaurants.org

Most fast food outlets have a list of gluten free options.

Allergen labelling

Wheat must be declared on labels but this does not apply to rye, barley or oats.

Avoid

Watch out for croutons, salad dressing and bacon bits which may not be gluten free and be careful about contamination in all situations.

Awareness

Bringing food in sealed packs into the USA is usually allowed but no fresh meat, fruit, vegetable products or tinned goods are allowed. A doctor's letter can be helpful and check out www.cbp.gov for further details.





Gluten is a protein found in wheat, barley and rye. Some people are also sensitive to oats.

I need to completely avoid gluten. Even a single crumb from food containing gluten can be enough to make me ill, so please be sure to check ingredient lists and be wary of cross contamination.

Please ask me if you have any questions. Coeliac disease can be easy to manage so long as my requirements are understood by all staff. Thank you.

Manage cross contamination by:

- wiping down surfaces after use to avoid gluten contamination
- cleaning pots and pans with soap and water before using for gluten free food
- using separate bread boards to keep gluten free and gluten-containing breads separate
- using a separate toaster for gluten free bread
- using different utensils when using butter and other condiments.

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.



Coeliac organisation

National Celiac Association

P.O. Box 600066 Newton, MA 02460
Web: www.nationalceliac.org
Email: info@nationalceliac.org
Phone: 617-262-5422
Toll Free: 1-888-4-CELIAC (from the USA)

The Gluten Intolerance Group of North America,

31214 124th Avenue SE, Auburn WA, 98092
Web: www.gluten.net
Email: info@gluten.net
Phone: 001 253 833 6655

Restaurant information for Canada

892 Woodhall Drive, Victoria, BC, CANADA V8X 3L8
Contact: Ellen Bayens
Web: www.theceliacscene.com
Phone: 250-727-6275
Fax: 250-727-1574
Email: ellen@theceliacscene.com

Information for restaurants when eating out

I have coeliac disease, an autoimmune disease caused by intolerance to 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.

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www.coeliac.org.uk