

PORTUGAL 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

The Portuguese coeliac organisation lists outlets on its international page. The supermarket chain Pingo Doce has been recommended as stocking a good range of gluten free products. Also try pharmacies and health food shops that often stock gluten free products.

Gluten free brands

3Pauly, Orgran, Schar, Valpiform and No Glut. Contact the Portuguese coeliac organisation who also sell some products from their offices.

Local food and grains

Grilled meat and fish are plentiful. Check out the international page of the Portuguese coeliac organisation's website for further local food suggestions. Milho, farinha maizena, farinha de arroz and ou fecula de batata are all safe to eat.

Hotels and 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. The Portuguese coeliac organisation has a short list on the English page of their website.

Allergen labelling

Subject to EU food labelling regulations. 'Sem Gluten' or 'Isento de Gluten' in Portuguese products means 'Gluten Free'. 'Contém Gluten' means 'Contains Gluten'.

Avoid

Avoid foods with trigo, cevada and aveia e centeio. Fried foods may have been cooked in contaminated oil.

Awareness

Coeliac disease is not well known in Portugal so it is important to ensure that you are well prepared before you travel.

Coeliac organisation

Associação Portuguesa de Celiacos (APC)

Web: www.celiacos.org.pt

Email: apc@celiacos.org.pt

Phone: 00 351 21 753 01 93





Useful phrases

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

Eu tenho uma doença chamada doença celíaca e tenho que cumprir uma dieta livre de gluten.

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

Esta comida contém farinha ou trigo, centeio, cevada ou aveia?

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

Se não sabe com certeza absoluta o que a comida contém, por favor diga-me.

I cannot eat any food containing flours or grains of wheat, rye, barley or oats, for example: soy sauce, pasta, semolina, bread, cake and pastries.

Eu não posso comer qualquer comida que contém farinha ou trigo, centeio, cevada ou aveia. Por exemplo molho de soja, massa, sêmola, pão e bolos.

Thank you for your help.

Obrigado pela sua ajuda.

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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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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