

# CZECH REPUBLIC 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 Albert, Delvita, Globus, Hypernova, Plus Discount, Penny Market and Tesco. Shops in Prague include LS Zetis and Country Life. Also try health food shops such as Natural, Racio and Zdravá výživa.

## Gluten free brands

Organ, Celihope, Novalim and Schar.

## Hotel and restaurants

The Czech coeliac organisation may have some limited suggestions and has a page in English. Please check the website for further details.

## Local food

As wheat is added to most dishes, the gluten free diet is not well suited to typical Czech cuisine. Soups, sauces, and even most vegetable dishes are thickened with flour. It is safer to stick to grilled meat or fish, with rice or potatoes.

## Allergen labelling

Subject to EU food labelling regulations. 'Bezlepkovy' means gluten free and 'bezlepková dieta' means gluten free diet.

Watch out for:

- Flour/mouka
- wheat/pšenice
- rye/žito
- barley/ječmen
- oats/oves
- wheat starch /pšeničný škrob.

## Avoid

Dumplings are very popular but are usually made from wheat flour.

## Awareness

Coeliac disease is not well known in the Czech Republic, so it is important to ensure that you are well prepared before you travel.

## Coeliac organisations

### Czech Coeliac Society

Kolackova 4, 182 00 Praha 8, Czech Republic

Web: [www.celiak.cz](http://www.celiak.cz)

Email: [office@coeliac.cz](mailto:office@coeliac.cz) / [world@celiak.cz](mailto:world@celiak.cz)



**Thank you!**  
Děkuji Vám!

### Useful phrases

**I have an illness called coeliac disease and have to follow a strict gluten free diet or I may become very unwell.**

Mám celiakii a proto nemohu jíst jídla, která obsahují tyto obiloviny a výrobky z nich: pšenici, žito, ječmen, oves nebo špaldu.

### Hotels/restaurants

**Are there any dishes on your menu without these ingredients? Alternatively, could you possibly prepare a meal without the cereals mentioned above (you could for instance, refrain from thickening my sauce or frying my veal cutlet with wheat flour and bread crumbs) or could you use some other cereals like maize, rice, millet, buckwheat or potato flour.**

Máte na jídelním lístku jídlo, které by bylo pro mne vhodné, nebo můžete připravit moji porci bez zmíněných obilovin (např. bez zahuštění omáčky nebo osmažit maso bez obalení) nebo místo toho použít mouku či škrob z kukuřice, rýže, jáhel, pohanky či brambor?

Visit [www.coeliac.org.uk](http://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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[www.coeliac.org.uk](http://www.coeliac.org.uk)

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