



SPAIN TRAVEL GUIDE

Travelling to a foreign country whether for business or pleasure should be an enjoyable time. However we're 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: Alcampo, El Corte Ingles, Eroski, Mercadona, Carrefour, Hipercor and Simply. Also try the coeliac organisation website for a list of health food shops.

Gluten free brands

Beiker, Procelli, Valipform, Orgran and Schar.

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. Check out the Spanish coeliac organisation website for the hotel and restaurant list.

Local food

The Spanish cuisine is very varied and rich - every city has its own typical dishes. Tapas and grilled meat

and fish are plentiful. Look at the Spanish coeliac organisation website for a list of typical gluten free dishes.

Allergen labelling

Subject to EU food labelling regulations. Look out for 'sin gluten', which means 'without gluten' in Spanish.

Awareness

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

Coeliac organisations

Asociacion de Celiacos de Madrid

C/ Lanuza, 19 – Bajo, 28028, Madrid, Spain

Web: www.celiacosmadrid.org

Email: secretaria@celiacosmadrid.org

Phone: 0034 917 130 147

Catalonia Coeliac Society

Associacio Celiacs De Catalunya

Web: www.celiacscatalunya.org

Federación de Asociaciones de Celiacos

C/ Hileras nº 4, 4º 11. 28013 Madrid

Web: www.celiacos.org

Email: info@celiacos.org

Phone: 0034 915475411



Please can you advise me if you sell any gluten free products in your store?

Por favor puede decirme si vende usted productos sin gluten. Puede decirme si vende productos para celíacos?

If not, please can you direct me to a store, health shop or pharmacy which may sell gluten free products?

Si no, por favor puede indicarme una tienda, herbolario o farmacia donde pueda comprar productos para celíacos/sin gluten?

Thank you very much for your help.

Muchas gracias.

Useful phrases

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

Soy celíaco y tengo que seguir una estricta dieta sin gluten.

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

No puedo comer ninguna comida que contenga harina o derivados de trigo, centeno, cebada o avena. Por ejemplo: salsa de soja, pasta, semolina, pan, pastas o pasteles.

As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit and vegetables including: potatoes, meat, fish, rice, quinoa and polenta.

Siempre que no se haya usado trigo, centeno, cebada o avena en su preparación puedo comer toda clase de fruta y verduras incluidas : patatas, carne, pescado, arroz y quinoa.

Please make sure that my dish is cooked without any breadcrumbs or batter.

Por favor, asegurese que mi plato es preparado sin gluten y cocinado sin empanado o rebozado.

Please advise me which dishes you are certain that I may eat safely? If you are unsure, please tell me.

Por favor indíqueme qué platos está usted seguro que puedo comer incluyendo algún plato regional. Si no lo sabe, por favor in díquemelo.

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.



coeliacuk
live well **gluten free**

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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www.coeliac.org.uk