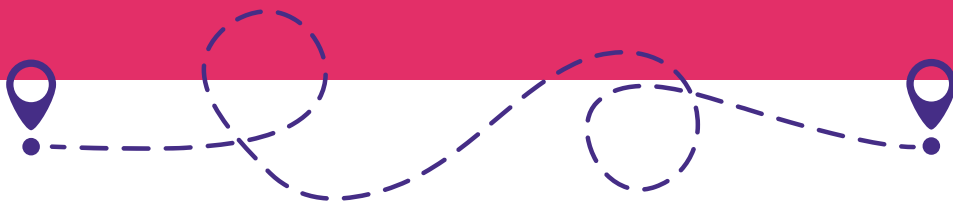


Top Tips for Travelling Gluten-Free: Stay Safe from Accidental Gluten Exposure

Travelling with a gluten-related disorder, like celiac disease, non-celiac gluten sensitivity (NCGS) or dermatitis herpetiformis can feel daunting. But with some planning, a worry-free, gluten-free getaway is possible!



Tips for Travelling Gluten-Free



01

Find Out the Country's Cultural Cuisine



02

Learn how to say "Gluten" in the Local Language

03

Pick an Accommodation Near Gluten-Free Eateries

04

Book a Suite with a Kitchen

05

Research Restaurants in Advance

06

Request for Special Meals for Flights

07

Road Trip? Pack a Cooler of Gluten-Free Snacks¹



- Canned fish
- Hard-boiled eggs
- Gluten-free deli meats
- Cheese sticks
- Hummus
- Bean dips
- Fruits
- Pre-cut vegetables
- Individually-packed yogurt

08

Flying? Pack Dried or Non-Refrigerated Foods with You



- Dried fruits
- Gluten-free breads and crackers
- Nuts and seeds
- Whole fruits
- Individually-portioned cheeses
- Canned fish with less than 100 ml of liquid²



Avoid Using Communal Toasters & Cooking Equipment³



Avoid Using Communal Sponges³



Avoid Food Markets & Street Vendors

If you have a gluten-related condition, there are products available that can provide effective protection against the symptoms of accidental gluten ingestion. However, they are not a replacement for maintaining a strict gluten-free diet.



References:

- 1- <https://inspection.canada.ca/en/food-labels/labelling/industry/allergens-and-gluten>
- 2- <https://www.catsa-acsta.gc.ca/en/what-can-bring/liquids-non-solid-food-personal-items>
- 3- <https://cdhf.ca/en/7-ways-to-keep-your-kitchen-celiac-safe/>

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