

CHILE 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 in the main cities include: Wall-Mart, Lider, Unimarc, Tottus, Jumbo and Klantserrat.

Gluten free brands

Pannaderia el Pueblo, Nutrisa and Ambrofoli Chocolate.

Local food

Always check carefully how your chosen dish has been cooked as methods of preparation may vary. Corn and quinoa are widely used gluten free grains and you will find excellent seafood. Look out for:

- Arroz con pollo - chicken with rice
- Ceviche - marinated seafood
- Pastel del choclo – meat and corn pie.

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.

Allergen labelling

No information is available so check product ingredients carefully. 'Sin gluten' means without gluten.

Avoid

Epanadas contain flour.

Awareness

Ensure that you are well prepared before you travel, particularly if you are visiting areas outside of the main cities or trekking.

Coeliac organisation

Corporacion de Apoyo el Celiaco (OACEL)

Web: www.coacel.cl

Email: contacto@coacel.cl

Phone: 00 56 2 978 1468



Do 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 that sells 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!

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.



Language: Spanish

Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet, or I may become ill.
Soy celíaco y tengo que seguir una estricta dieta sin gluten.

Hotels/restaurants

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, vegetables (including potatoes) meat, fish, rice, Quinoa, 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 ensure that my dish is cooked without breadcrumbs or batter.

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

Please advise me which dishes you are certain 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.

coeliacuk
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