

# TURKEY 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

Supermarkets include: A101, Cagdas, Carrefour, Dia, Kiler, Migros, Tesco Kipa, Tansas.

## Gluten free brands

Barkat.

## Online mail order

Yuva shop [www.yuva-shop.com](http://www.yuva-shop.com)

## Local food

Sulu yemekler (stew) check this does not contain wheat flour and noodles. Pilav (rice) check it does not contain noodles (orzo). Shish kebab (meat kebab), pirezola (lamb chops). Meze (appetisers).

## 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

All labels must include a label of ingredients and additives. Look for the words bugday (wheat), arpa (barley), cavdar (rye) or yulaf (oats). Gluten free (glutensiz).

## Avoid

Kofta, meatballs (could contain flour). Fish and meat, check it is not coated with flour.

## Awareness

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

Coeliac organisation  
Celiac Association of Turkey

Web: [www.colyak.org.tr](http://www.colyak.org.tr)

Phone: 0216 388 38 02

Fax: 0216 388 38 07



## Language: Turkish

### Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet, or I may become ill.  
Celiac (Coeliac) hastaligim nedeniyle nisastasiz yiyecekler yemek suretiyle siki perhiz yapmam gerekmektedir.

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.  
Bugday, cavdar arpa, yulaf unu veya tanelerinden mamul yiyecekleri yedigim zaman cok rahatsiz olabilirim.

### Hotels/restaurants

Does this food contain flour or grains of wheat, rye, barley or oats?  
Bu yiyeceklerde cavdar,bugday,arpa,yulaf unu veya tanesi var midir?

If you are at all uncertain about what the food contains, please tell me.  
Bu yiyeceklerin muhteviyatindan emin degilseniz lutfen bana bildiriniz.

I can eat food containing rice maize, potatoes, all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish - as long as they are not cooked with wheat flour, batter, breadcrumbs or sauce.

Icinde pirinc olan yiyeceklerin yanisira,misir, patates,tum sebze ve meyvalar,yumurta,peynir,sut, et ve balik gibi yiyecekleri yemem mumkundur ancak bunlarin bugday unu,kizartma,ekmek kirintisi ve salca ile pisirilmis,olmaması gerekmektedir.

Thank you very much for your help!  
Yardimlariniz icin pesin tesekkurler!

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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live well **gluten free**

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

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