

CHINA 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 to China 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.

Hotels/restaurants

Ask your tour operator to check with the hotel before you travel to see if they can make suitable provision for your diet.

Local food

Always check carefully how your chosen dish has been cooked as methods of preparation may vary. Rice (gluten free) is the main staple but wheat is popular in the north of the country. Look out for:

- congee - a savoury rice dish
- fresh vegetables and vegetable stir fries
- steamed rice
- clear soups with rice.

Allergen labelling

Nutrients are listed on products, but not necessarily ingredients.

They are likely to be in Chinese, so check their suitability very carefully.

- Barley/Oder
- Wheat/Nisu.

Avoid

Soy sauce (酱油 JIANG YOU) is a main component of Chinese cooking, ask for your dish to be prepared without it.

Awareness

As there is little or no awareness of coeliac disease in China, it is important to ensure that you are well prepared before you travel.

Members' Tips

Import Shops, Jenny Lou and April Gourmet (both in Beijing), sometimes stock gluten free goods but they are very limited and once they sell out it can take several months for new stock to arrive. It is possible to order some items but again they can take a long time to arrive.

There is an organic chain of shops called 'loha' which is good for gluten free grains, seeds, nuts and wonderful organic rice flour.

Please note that Members' tips have not been verified.



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.

我可以食用的食品包括大米, 玉米, 土豆, 各种蔬菜, 水果, 蛋, 奶, 奶酪, 肉类和鱼类 (前提是这些食品在烹饪过程中没有使用任何麦粉, 面糊, 面包屑和含有相关成分的酱汁)。

Thank you for your help!
非常感谢您的帮助!

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.



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Useful phrases

I have an illness called coeliac disease and have to follow a strict gluten free diet.

我患有的一种叫做麸质不耐症的腹腔疾病。因此我的所有饮食必须严格地保证不含麸质(面筋)成分。

I may therefore become very ill if I eat food containing the flours or grains of wheat, rye, barley and oats.

食用了面粉制品, 或任何含有小麦, 大麦, 黑麦, 燕麦的食品, 都会导致我严重的病情发作。

Does this food contain flour or grains of wheat, rye, barley or oats?

这个里面有面粉, 或含小麦, 大麦, 黑麦, 燕麦成分吗?

If you are at all uncertain about what the food contains, please tell me.

如果您并不确定食品中含有什么成分的话, 请务必告诉我。

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.