



# EGYPT 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 international chains generally offer western style buffets, but be careful of contamination from serving utensils. If in doubt ask the chef for assistance.

## Local food

Ful Medames is a dish made from fava beans served at breakfast. Mezze and kebabs are very popular, but check that nothing has been dipped in flour and that you are certain of the ingredients and preparation method of your dish. Wheat is the staple grain in Egypt, with pitta bread being the most popular meal accompaniment.

## 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

There is no reliable food labelling in Egypt so check products very carefully.

## Avoid

Watch out for pasta in many local traditional dishes, for example Kushari.

## Awareness

Although there is no general awareness of coeliac disease in Egypt, chefs in the large Western hotels are well informed. Many people have had a good experience, especially on the cruise ships. You may wish to take snacks for excursions as a precaution. However, it is still important to ensure that you are well prepared before you travel.

## Language

Arabic

## Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet, or I may become ill.  
La-day-ya ma-ra-Dun, is-mu-hu Coeliac/See-li-yaak, wa ya-ji-bu alay-ya an ut-ta-bi-A himya-tan jad-dee-ya-tan 'Gluten'.

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

Izaa yoo-jad la-day ka shak fil-Ta 'aam wa maa yaH-ta-wee fee-hi, min faD-lik akh-bi-runee.

إذا يوجد لديك شك في الطعام وما يحتوي فيه، من فضلك اخبرني

I have special gluten free bread. Please could you put this in your microwave for a few seconds until it is warmed through?

La-day-ya khubz khaa-lee min 'Gluten'. Min fad-lik, hal tas-ta-Tee-U an ta-Da-U-hu fil mee-kroo-wave li ba-Dil tha-waa-nee hat-taa yus-bi-hu saa-khi-nan?

لدي خبز خالي من غلوتين، من فضلك، هل تستطيع ان تضعه في الميكروويف، لبعض الثواني حتى يصبح ساخنا

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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لدي مرض اسمه 'سيليكلل' ويجب عليّ ان اتبع حمية حديّة 'غلوتين'

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

I-zaa a-kal-tu al Qam-Ha aw al jaa-wa aw al-sha'eer aw ash-shoo-faan sawfa AsbaHu ma-ree-Dan.

إذا أكلت القمح و الجاودارا و الشعيرا و الحرتال، سوف اصبح مريضا

#### Hotels/restaurants

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

Hal yoo-jad fee haa-za at-Ta-aa-mu Qa-maH aw ay-yi naw-ln min an-waa-i-hi?

هل يوجد في هذا الطعام قمح او اي نوع من انواعه

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.

As-ta-Tee-u an a'a-ku-la ar-ruz waz-zura wal ba-Taa-Ta wa kul-la an-waa ul faa-ki-ha wal khu-Daar wal bayD wal aj-baan (various types of cheese) wal ha-leeB wal-la-Ham wa an-waa-i-hi (various types of meat) wa as sa-mak, bi shaT an-laa yut-bakh ma al-qamH aw 'ajeenat al-qaly al-masnu'a min al-laban aw al-bayd ilaa aa-kh-i-ri-hi aw fu-taa-tal khub-zi aw as-Sal-sala.

استطيع ان اكل الرز و الذرة و البطاطا و كل و انواع تافاكهة و الخضار و البيض و الاجبان و الحليب و الحّم و هوائها و السمك، بشرط انه لا يطبخ مع القمح و محيض لبن و بيض الخ او فتات الخبز او العسلّة

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.