

JAPAN 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

Some grocery stores sell a very limited range of gluten free food such as rice cakes. Rice flour, cornflour and potato flour are all easily available.

Gluten free brands

Meiji Chocolate. Order products online with Foreign Buyers Club (FBC) which has a gluten free section: www.fbcusa.com/gs.

Local food

There are a variety of other types of cuisine such as Mexican, Italian and Indian as well as Japanese. Try one of the 'cook your own food' restaurants which can offer gluten free choices such as Yaki Niku, Sashimi or Hokke but order all without soy sauce. Sushi is fine without soy sauce but order in good restaurants only.

Hotels and restaurants

Large international chains offer Western style buffets, but be careful about contamination from serving utensils. Also try Yakiniiku, Yakitori, Seafood and good quality Sushi restaurants where you should find something safe to eat. Check very carefully and find out how your dish will be prepared.

Allergen labelling

It is a legal requirement for wheat to be listed as an allergen. 'Komugi' means wheat and 'shioyu' means soy sauce.

Avoid

Avoid all noodles, Teriyaki, Yakutori, Sukiyaki, Soba and Udon, they may contain wheat. Also avoid chips, japanese curry, tempura, miso soup, Takoyaki and japanese omelette. Mugicha is a barley tea.

Awareness

There is little awareness of coeliac disease in Japan and it is not easy to find gluten free options, but a lot of Japanese cuisine is gluten free if served without soy sauce. Restaurant staff can be helpful but check very carefully how your dish is prepared.



Useful phrases

I suffer from an illness called coeliac disease and have to follow a strict gluten free diet, or I may become very unwell.

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.

As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit and vegetables, including potatoes, meat, fish, rice, quinoa and polenta.

Please make sure that my dish is cooked without any breadcrumbs or batter.

Please advise me which dishes you are certain that I may eat safely. If you are unsure, please tell me.

Please can you advise me if you sell any gluten free products in your store?

If not, please can you direct me to a store, health shop or pharmacy which may sell gluten free products.

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.

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.

私は、セリアック病(小児脂肪便症)を患っており、グルテンが入った物を一切食べる事が出来ません。万が一、食べると体に害が生じます。

私は、小麦粉、大麦、小麦、ライムギ、穀物、オートミールが入った食品を食べる事が出来ません。例：醤油、パスタ、パン、ケーキ、ペーストリー(菓子パン)

小麦、ライムギ、大麦、オートミールが使われていない限り色々な種類の食品を食べる事が出来ます。例：果物、ジャガイモを含めた野菜、肉、魚、米、キノア、ポレンタ

私が頼んだ料理には、グルテンが入っておらず、パン粉や衣が着いていない事を確かめて下さい。

地元料理を含めて、どの料理なら私が安心して食べられるかをアドバイスして下さい。もし、確かでないければ、確かでないと言って下さい。

グルテンが入っていない食品をこの店では販売していますか？

もし販売していなければ、販売しているかもしれない店、健康食料品店、又は、薬局を紹介して頂けますか？



coeliacuk
live well **gluten free**

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www.coeliac.org.uk