



# MALAYSIA 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

In Kuala Lumpur there is a range of gluten free foods available at the supermarket and the Health Food shop in Bangsar Village (where most expats live or shop).

- Cold Storage in Kuala Lumpur stocks a range of pasta, cereal and flour mixes - [www.coldstorage.com.my](http://www.coldstorage.com.my)
- Isetan stores carry Enviro Kids and Nature's Path cereals - [www.isetankl.com.my/contactus.htm](http://www.isetankl.com.my/contactus.htm)
- Tesco stores throughout the country stock a range of gluten free products - [www.tesco.com.my](http://www.tesco.com.my)

## Gluten free brands

Orgran, Healthies, Bob's Red Mill, Kassel, Leda, Freedom Foods and Kez's Kitchen sweet biscuits.

## Hotel and restaurants

Many western run restaurants will be able to understand and accommodate basic gluten free requirements and prepare separately cooked chips, omelettes and even cook your own gluten free pasta to accompany their gluten free sauces.

Don't be afraid to try new foods. Work with the service staff for them to come up with some tasty alternatives. Take a bottle of gluten free soy sauce so the chef can cook you your own special dish.

## Local food

As most Asian countries have a rice based diet, it is always reasonably easy to find some gluten free food to eat. It is usually wheat that is the problem more than dishes made from oats, rye or barley. 'No wheat flour' – 'Tiada mengandungi tepung gandum'. Soy sauce is used in many dishes so be careful. Check noodles which are often wheat based.

Typical food choices include:

- Naturally gluten free cereals – quinoa flakes
- snacks - bananas, nuts, chocolate, plain chips
- Nasi bubur - a type of rice porridge. Various toppings and seasonings may be added to enhance flavour.

These delicious Malaysian traditional sweet snacks are sold everywhere:

- Agar Agar – sweet jelly like cakes made from alternate layers of white and pink creamy jelly
- Seri muka – the bottom layer is glutinous rice and the top is green, pandan flavoured, creamy jelly.

## Awareness

Coeliac disease is uncommon amongst the Oriental Asian population. If you are travelling in remote areas, local people may not be able to read. Many people in much of Asia, due to their friendly and helpful nature, answer yes to everything, even if they don't understand you.

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

### Useful phrases

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

Saya mengidap sejenis penyakit yang dinamakan sebagai penyakit seliak dan perlukan diet ketat yang bebas gluten atau saya akan sakit teruk.

### 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.**

Saya tidak boleh makan makanan yang mengandungi tepung atau bijian daripada gandum, rai, barli atau oat, misalnya: kacang soya, pasta, suji, roti, kek dan pastri.

**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.**

Asalkan tiada tepung, rai, barli atau oat dalam persediaan makanan, saya boleh memakan semua jenis buah-buahan dan sayuran termasuk: kentang, daging, ikan, nasi, quinoa dan polenta.

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

Sila pastikan yang hidangan saya dimasak tanpa sebarang serbuk roti atau tepung sadur.

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

Sila beritahu saya hidangan manakah yang anda pasti saya boleh makan dengan selamat? Jika anda tidak pasti, sila beritahu saya.

**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.

### Supermarkets

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

Sila beritahu saya jika anda menjual sebarang produk bebas gluten di kedai anda?

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

Jika tiada, boleh beritahu saya gedung, kedai ubat atau farmasi mana yang mungkin menjual produk bebas gluten?

**Thank you!**

Terima kasih atas bantuan anda!

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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