

RUSSIA 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 Russia 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

Moscow

Marija – Мария, Perekrestok - Перекресток, Dietica – Диетика (www.dietica.ru).

St Petersburg

Best outlet for gluten free foods: Dieticheaskoye pitaniye - диетическое питание with more than 260 gluten-free products. Supermarkets include: Kirovskij - Кировский, Elbi - Элби, Deti - Дети, Perekrestok - Перекресток, Суперmarket Okej – гипермаркет О'кей.

Supermarkets are listed as stocking gluten free products but availability can be very limited. For a list of ordinary store products that do not contain gluten but do not have a special mark on packaging, please contact the coeliac organisation.

Gluten free brands

Schar, Gullon, Farmo, Glutano, Racio and Heinz.

Hotels/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.

The coeliac organisation lists a few restaurants, including:
- EGO - www.egoclub.ru

For more information there is a gluten free guide map:
www.glutenfreerussia.ru/en

Ask for English menus which are sometimes available in restaurants.

Local food

Wheat is the staple grain of Russia. Buckwheat (gluten free) is also very popular. Choose baked potatoes, grilled meats and salads, but watch out for salad dressing. Мюка (мука) is wheat flour, psheneetsa (пшеница) is wheat, khleb (хлеб) is bread and sukharee (сухари) is dried bread crumbs.

Allergen labelling

There is no allergen information on labels. Labels are usually in Russian and even if the label does not state flour ingredients in the product, it might still be in there.

Avoid

Avoid 'kvas'(квас), a drink which is made from rye bread.

Awareness

Coeliac disease is not well known in Russia, so it is important to ensure that you are well prepared before you travel.

Coeliac organisations Russian Coeliac Society

Saint Petersburg Coeliac Society

Web: www.celiac.spb.ru

Email: irena.romanovska@gmail.com

Phone: 007 921 912 70 92





vegetables including: potatoes, meat, fish, rice, quinoa and polenta.

При этом я могу есть фрукты, овощи, в том числе, картофель, мясо, рыбу, рис, кукурузную кашу, если при их приготовлении не используются пшеница, ячмень, рожь и овес.

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.

Добрый день. У меня целиакия – заболевание, при котором я должен (а) придерживаться строгой безглютеновой диеты, т.к. в случае ее нарушения у меня могут возникнуть серьезные проблемы со здоровьем.

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.

Я не могу есть ничего, что содержит муку или компоненты злаковых, таких как пшеница, ячмень, рожь и овес, например: соевый соус, макароны, манная крупа, хлеб, пирожные, печенье, пирожки.

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

Пожалуйста, убедитесь, что блюдо, которое вы мне предлагаете, не содержит панировки и любых хлебных или мучных добавок.

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

Не могли бы вы порекомендовать мне блюдо, которое является для меня безопасным. Если вы не совсем в этом уверены, сообщите об этом.

As long as no wheat, rye, barley or oats are used in their preparation, I can eat all kinds of fruit and

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

Не могли бы вы посоветовать, какие безглютеновые продукты можно купить в вашем магазине? Если нет, пожалуйста, подскажите, в каком магазине (аптеке) я могу купить безглютеновые продукты.

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.



coeliacuk
live well **gluten free**

☎ 0333 332 2033

📘 facebook.com/CoeliacUK

🐦 @Coeliac_UK

Registered office Coeliac UK,
3rd Floor Apollo Centre,
Desborough Road, High
Wycombe, Bucks HP11 2QW.
Tel: 01494 437278
Fax: 01494 474349

A charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044).

www.coeliac.org.uk