



Singapore 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*

Supermarkets include: Cold Storage – Market Place www.coldstorage.com.sg and NTUC Fairprice. In supermarkets, go to the Just Health Foods section.

Health Food Stores:

- Brown Rice Paradise, Tanglin Mall
www.mybrp.com.sg
- Eat Organic www.eat-organic.com.sg
- SuperNature www.supernature.com.sg
- The Health Corner at Cluny Court.

Pharmacies: Living Pharmacies and Unity – ntuhealth.sg/unity-pharmacy. The pharmacy in Changi Airport has a good selection of gluten-free packaged food.

Gluten-free brands

Freedom Foods, Orgran and Realfoods. As products could be imported from various other countries where the law on gluten-free may be different to the UK, always check the ingredients list where possible.

Hotels/restaurants

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

Useful translations:

- No wheat flour – Tiada tepung gandum
- No soy sauce – Tiada kicap
- Yes/No/Please – Ya/ Tidak/Sila

Restaurants*

Pasta Fresca – www.pastafresca.com. Take your own gluten-free pasta and they will be happy to cook it for you.

Accommodation*

Fairmont Singapore – www.fairmont.com/singapore. Gluten-free food can be specially made.

Local food

As most Asian countries have a rice based diet, it is always reasonably easy to find some gluten-free food to eat. You will be able to find a gluten-free meal at the nearest food court. Chicken Rice (with clear soup, but without the soy sauce) is a good option, as it is a healthy, cheap and tasty meal in an instant.

Avoid

One difficulty is the use of sauces in many traditional dishes throughout Asia. Always check if a sauce is added to your meal.

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.

The most common language spoken by most Singaporeans is English, and all official signs and documents are in English.





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Call us for more information

Language - Malay 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.

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.

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 very much for your help!

Terima kasih atas bantuan anda!

Disclaimer: This travel leaflet has been produced in good faith. This leaflet has been compiled with information provided by Coeliac Australia. 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.

*Recommendations from Members of Coeliac Australia.

www.coeliac.org.uk



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