



United Kingdom travel guide

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.


Supermarkets and retail outlets

All the major branches of Tesco, Waitrose, Sainsbury's, Asda, Morrisons, The Co-Operative and Marks and Spencer stock gluten-free products and all have their own Free From range. Items are likely to be located in this section of the store. Pasta, biscuits, bread and cakes are all available, some stores also have a frozen Free From section. Products may also be found in health food stores and can be ordered through pharmacies but this is expensive.

Gluten-free brands

Udi's, Newburn Bakehouse, Schär, Livwell, Genius and Trufree are all well known brands. Coeliac UK produce a Food and Drink Directory which lists thousands of foods you can eat, call the Helpline on 0333 332 2033 to buy a copy.

Hotel/restaurants

Coeliac UK work with a number of restaurant chains and venues that can safely cater for the gluten-free diet. Look for our  accreditation logo on their menus, websites and brochures. You can also visit our website for further information on eating out in the UK at www.coeliac.org.uk/eatingout. It is best to reserve in advance and check with the chef that your needs can be catered for. Some restaurants will be able to prepare a dish especially for you.

Caterers must be able to provide you with information on any allergens, including cereals containing gluten, in all the dishes they serve. This means if a recipe uses cereals containing gluten such as wheat, rye, barley

or oats in the ingredients, they will have to tell you. Caterers can provide allergen information in written or oral formats.

Local food

Roast dinners without gravy, steaks and salads are all likely to be gluten-free. Check carefully how roast, mashed potatoes or chips are made as these are not always safe. Check how soups and salad dressings, including mayonnaise have been made, the same advice applies to ice creams, yoghurts and desserts as some will contain gluten if they are not home made. Fried fish and fish and chips are likely to be batter covered or dipped in flour, however many fish and chip shops now serve gluten-free options.

Allergen labelling

All packaged foods in the UK and the EU are covered by labelling laws which include rules around the allergen information that has to be provided on the label. This means you can tell from a label whether a product contains gluten or not.

Gluten-containing cereals are one of the 14 listed allergens that must be listed and emphasised in the ingredients list. Manufacturers will name the specific grain used, so you will see these words on the ingredients list, most likely in bold, if they are in the product:

- wheat
- rye
- barley
- oats
- spelt
- khorasan wheat (commercially known as Kamut®).

Visit www.coeliac.org.uk/labels for more information.



0333 332 2033
Call us for more information

Avoid

If you see a 'may contain' statement for gluten on a product this means that the manufacturer has assessed that there is a risk of contamination. In some cases the manufacturer may be able to provide more information on how the product is produced to help you make a decision about whether to eat the product or not.

Awareness

Awareness is improving in the UK, but you will still need to explain the diet and ensure that you have been understood. The main thing to do is to ask enough questions so that you feel happy that the venue and staff understand your dietary requirements.

Coeliac organisation

Coeliac UK, 3rd Floor, Apollo Centre, Desborough Road, High Wycombe, Buckinghamshire HP11 2QW, England.

Web: www.coeliac.org.uk

Email: generalenquiries@coeliac.org.uk

Helpline: 0333 332 2033

Become a Member of Coeliac UK

Consider joining as a Member to access our exclusive Venue Guide and other Membership services.

As a Member of Coeliac UK, you will receive and have access to the following benefits and support:

- Gluten-free on the Move smartphone app
- Food and Drink Directory
- Your Gluten-Free Life - an essential guide
- electronic newsletters
- Helpline support
- Electronic Food and Drink Directory
- Venue Guide on our website
- Recipe Database on our website
- online publications and leaflets
- monthly Food and Drink Directory updates
- food alerts
- Crossed Grain magazine
- Local Voluntary Support Groups
- support networks
- personalised Scrapbook on our website.

Please call us on 0333 332 2033 if you have any questions about Membership.

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