



Tips on Travel in the United States

GIG Education
Bulletin

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Invest in a small cooler for snacks. Ice for your cooler is readily available at all motels and hotels. Also purchase a container of plastic utensils and carry a pocketknife. Napkins and a few pre-packaged disposable 'wash-ups' are handy too. To keep the foods from getting damp from the melting ice in the cooler, purchase some quart-sized 'zip-lock' freezer bags.

Snack foods: Gluten-free plain rice cakes, jam, peanut butter, cheese sticks, beef sticks, boxed juices, plain potato chips, corn chips, mixed nuts, fruit roll ups, fresh fruits, yogurt, sliced turkey and ham. These foods are commonly available in our supermarkets. The rice cakes may be in the 'cracker' section or in the 'health food' section. Be sure to purchase only the plain rice cakes, as some of the flavored ones have gluten-containing ingredients.

Breakfast: Stock up on gluten-free cold cereals. With milk and juice in the cooler, you can start the day in style. Please note: due to minute amounts of cross-contamination that may occur in processing, these cereals are not recommended for daily consumption but may be eaten periodically. Breakfast in a restaurant could include fruit juice or fruit, poached eggs, bacon, and perhaps hash brown potatoes. Check to make sure wheat starch/flour is not added to pre-packaged hash browns and that the preparation surfaces are cleaned of gluten. It would be very unusual for a restaurant to carry gluten-free cereals. Sometimes a restaurant will heat your gluten-free bread. Request that it be wrapped in aluminum foil to be heated, not dropped into the toaster where wheat bread has been toasted. Another choice is to ask that it be placed on a plate and microwaved a few seconds. Use of our **Restaurant Card*** is very helpful in relating your needs to those in the restaurant.

Lunches and Dinners can be prepared from the foods in your snack supplies or purchased in a restaurant. Some fast food establishments that serve 100% pure beef patties include: McDonalds, Wendy's, Burger King, and Dairy Queen. Ask them for the "meat patty only no bun." They usually will comply with this request. Juices, milk and soft drinks are gluten-free. Some French fries are cooked in oil that is used for other breaded products, so check to see if the fryer is used just for fries and that the French fries are not pre-coated in flour before frying. Of course, you can get a variety of other foods at restaurants that are more formal. Use the Restaurant Card and explain the importance of the dietary restrictions. You can usually obtain something that is plain and uncontaminated. A few restaurants not recommended would be fast food taco restaurants (their taco meat filling is usually "stretched" with gluten-containing fillers), fried chicken places or seafood restaurants. Their foods are pre-battered so the gluten-free choices are few. Soups are not a good choice in restaurants since the common thickener is wheat flour.

*Restaurant Card can be purchased from us for \$1.50, plus cost of shipping. Washington residents must add state sales tax.

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This information should not be used to diagnose or treat celiac disease or dermatitis herpetiformis. See your health care team for diagnosis and treatment options specifically for you.

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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live health, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.