



Updated June 2011

Many people following a GF diet have discovered that traveling does not have to be difficult and stressful if some planning and preparation is done ahead of time. Here are some helpful suggestions to make your travels easier.

Invest in a small cooler for snacks. Ice for your cooler is readily available at all hotels. It may be helpful to purchase a container of plastic utensils and to carry a pocketknife as well. Napkins and a few pre-packaged disposable “wash-ups” are handy too. Purchase some Ziploc freezer bags also to help ice from melting into your food in your cooler.

Breakfasts: Gluten-free cold cereals such as “Puffed Rice”, “Cocoa Pebbles”, “Ceros”, “Fruity Pebbles”, “Corn Pops”, and several other specifically GF products are great to pack along. With milk and juice in your cooler, you can start your day off with a hearty breakfast. **Please note: due to minimum amounts of cross-contamination that may occur in the processing, some of these listed cereals are not recommended for daily consumption.** Breakfast in a restaurant could include fruit or fruit juice, eggs, bacon, and some hashbrown potatoes (check with the chef to make sure that wheat starch is not added or in the list of ingredients). Always check with the dining establishment to see if they offer a gluten-free menu. Sometimes a restaurant will heat GF bread for toast. However, be sure to request that it is wrapped in foil to be heated, rather than dropped in a toaster where it could become contaminated. Use of the **“Restaurant Card”** is very helpful anytime when dining out.

Lunches & Dinners: These can be prepared from foods in your “snack supplies” or purchased in a restaurant. 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 should comply with your request, as you are a paying customer. Sometimes lettuce leaves can be substituted for the bun as well. Juices, milk, and soft drinks (Pepsi, Coke, 7-Up, Sprite) 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 only for french fries. McDonalds does have designated french fry deep-fryers. Of course you can get a wider variety of foods at a more formal restaurant. Again, the use of the **“Restaurant Card”** is highly valuable and allows you to explain the importance of your dietary restrictions. 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 (Kentucky Fried Chicken), or seafood restaurants. Their foods are often pre-battered and the GF choices are slim. Soups are generally also not the best menu options because restaurants commonly use wheat flour as the thickener.

Quick items to pack:

- Cans of tuna/fish
- Plain rice cakes or crackers
- Dried soup packets
- Freeze-dried foods
- Small jar of peanut butter
- GF Beef Jerky
- Boxed juices
- Dried fruits
- GF snack bars
- GF cereal
- Loaf of GF bread
- GF biscotti or cookies
- Fresh fruit & cut up vegetables
- String cheese or cheese wedges
- Instant GF Oats

Please consider your local GIG branch as another resource.

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