



# Food Allergy & Gluten Free Travel Tips

## Excerpt from About.com Travel Family Vacations

**About.com**

Whether jet-setting out of the country, taking a family road trip, or sending a child off to camp, *Let's Eat Out Around the World Gluten Free and Allergy Free* is a stress-free, easy-to-read guide for managing your child's allergies this summer. You can research hotel, resort, cruise and restaurant meal options in the book, on [www.GlutenFreePassport.com](http://www.GlutenFreePassport.com) and smartphone apps. We asked Kim Koeller, founder and creator of the award-winning *Let's Eat Out!* series of books and apps, for advice on vacation planning when a family member has a food allergy or sensitivity.

**About.com Family Vacations:** A family member with a food allergy or sensitivity can make vacation-planning more difficult, but your book and website make travel seem much more doable. So realistically, what kind of pre-trip research should families focus on?

**Kim Koeller:** Regardless of destination, it is important to be prepared throughout the vacation based upon the family member's specific food concerns. This impacts airline meals, snacks, medications, ethnic restaurant meals and even food allergy travel translation cards if you are visiting a foreign language speaking country.

For airline meals on longer flights, be sure to order and reconfirm the airplane meals in advance based upon standard airline codes. These include GFML for gluten-free meals, NLML for non-lactose meals, PFML for peanut free meals and even DBML for diabetic meals.

Also, pack carry-on snacks keeping in mind airport security regulations. Bring enough food to get the family member to your destination and for your excursions throughout your trip. For example, if you're flying eight hours to Hawaii, take two to three meals worth of food including protein and carbohydrates, in case of delays.

In case of anaphylaxis and an emergency, carry the appropriate medications, including several epinephrine auto-injectors, such as EpiPen or Twinject, and any other related medicines.

The more you know, the easier it is to eat out and travel safely with the family member. Careful research, planning and a little extra effort puts the control back in your hands to safely vacation anywhere.



**About.com Family Vacations:** Can you name a few family-friendly restaurant or hotel chains that are doing a great job at addressing food allergies and intolerances?

**Kim Koeller:** One of my favorite family-friendly destinations is Walt Disney World in Orlando, Florida. They have been making the extra effort to cater to gluten-free and food allergy guests for over 10 years. That way every child can experience a safe trip to the Magic Kingdom.

P.F. Chang's China Bistro has also been offering gluten-free and allergen-free alternatives across the US for years. More and more restaurants also have printed statements on menus requesting, "If you have food allergies, please notify your server."

Additionally, over 10% of restaurants in the US now offer gluten free menus according to 2014 data from Data Essentials. We list these chains on [www.GlutenFreePassport.com](http://www.GlutenFreePassport.com) and they are also included in a number of restaurant directories such as Find Me Gluten Free and Allergy Eats.

To help people with food allergies safely eat in quick service and fast food restaurant chains, we created the iCanEat Fast Food Gluten Free and Allergy Free app, which allows you to personalize meal options from over 35 U.S. chain allergy charts reflecting over 4,000 menu items.

People can quickly see what they can eat and hide items that they can't eat. They can then avoid meals that contain their allergens such as gluten, wheat, milk, egg, soy, peanut, tree nut, fish and shellfish. This makes ordering the meal so much easier and safe to eat.

It is also critical to understand what can and cannot be eaten based on ingredients and food preparation when navigating ethnic restaurant menus. Some tools to help ensure safe meals include our *Let's Eat Out* book, iEatOut app for iPhone or Food Allergy Menu Helper app for Android.

*About.com Family Vacations by Suzanne Rowan Kelleher*





# Innovative Suite of Products

## Overview of GlutenFree Passport®

### About GlutenFree Passport®

GlutenFree Passport® is a global health consulting firm delivering innovative allergen and gluten-free client solutions on a worldwide basis. Our team of authoritative experts, leading researchers and consultants has deep relevant global expertise across the culinary, hospitality, travel, health care and products industries.

#### Corporate Mission:

To drive change for healthy lifestyles worldwide.

#### Corporate Vision is Two-Fold:

1. Educate businesses to recognize & expand offerings to address special dietary needs
2. Empower individuals with the knowledge to safely eat outside the home while managing food allergies, celiac/coeliac disease and special diets

### Educating the Special Diet Community

As internationally recognized thought leaders in gluten free lifestyles, food allergy and celiac/coeliac, GlutenFree Passport® has:



- Presented at food allergy, celiac/coeliac & product conferences
- Participated in over 150 events across the globe
- Represented North America in international gluten-free beer festival
- Recognized by over 250 organizations & media outlets internationally

As global business consultants and experts, we are also:



- Columnists/writers for gluten-free and allergen-free publications
- Members of American Celiac Disease Alliance & 15+ global associations
- University of Chicago Celiac Disease Center Board Member
- Recipients of the US Department of Commerce Export Achievement

### Market Leading Offerings

As pioneers in the special diets community, with global knowledge & local expertise, we offer:



#### Knowledge Resources

- Books / Applications
- Databases / Research

#### Training Services

- Seminars / Webinars
- Consultations



#### Tailored Solutions

- Products/Health Wellness
- Restaurants & Hospitality

### Ground Breaking Global Market Research

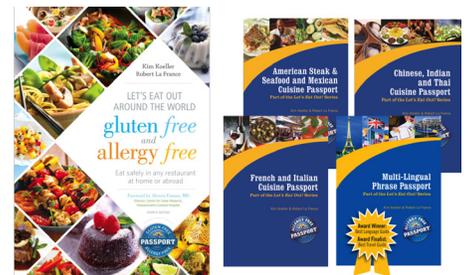
Understanding Gluten and Allergen-Free Experiences Worldwide: Global Perspectives of Consumers, Hospitality & Food Service provides:

- Empirical quantitative data reflecting over 2,700 consumer & business experiences from 35 countries
- Qualitative analysis of 3,500-plus insights and endorsed by global associations
- Assesses business impacts, eating out considerations, product preferences & quality of life considerations

### Multi-Award Winning Series

#### Books, Mobile Applications & eBooks

First series dedicated to eating around the world while managing top common food allergens. It is focus-group driven, quality assurance tested and endorsed by experts worldwide.



#### Apple & Android Apps



- iEatOut
- iCanEat Fast Food
- Travel Planning
- Translation Cards
- GF & AF Restaurant Foods
- Mangeons Sans Gluten

#### Gluten Free Ebooks

- Dining Out Toolbox
- French Restaurants
- Indian Restaurants
- Italian Restaurants
- Mexican Restaurants
- Steak Restaurants
- Thai Restaurants



#### Food Allergy Ebooks

- Let's Eat Out!
- Multi-Lingual Phrases
- French Restaurants
- Italian Restaurants
- Steak Restaurants



### Contact Us

For business consulting, food service training, personal coaching, guest speaking opportunities or free educational materials, please visit our website [www.GlutenFreePassport.com](http://www.GlutenFreePassport.com) or contact us via email at [info@glutenfreepassport.com](mailto:info@glutenfreepassport.com).