

Australia

Language English

Contacts Coeliac Australia

Website www.coeliac.org.au

Email info@coeliac.org.au

Each state and/or territory is represented as below. While in Australia dial 1300 458 836, to be connected to your nearest office. If you wish to make contact prior to arrival, please use the phone numbers/email addresses below:

Australian Capital Territory (c/NSW)

Email: nsw@coeliac.org.au

Phone: +61 2 9487 5088

New South Wales

Email: nsw@coeliac.org.au

Phone: +61 2 9487 5088

Northern Territory (c/South Australia)

Email: sant@coeliac.org.au

Phone: +61 8 8336 1476

Queensland

Email: qld@coeliac.org.au

Phone: +61 7 3356 4446

South Australia

Email: sant@coeliac.org.au

Phone: +61 8 8336 1476

Tasmania (c/Victoria)

Email: victas@coeliac.org.au

Phone: +61 3 9808 5566

Victoria

Email: victas@coeliac.org.au

Phone: +61 3 9808 5566

Western Australia

Email: wa@coeliac.org.au

Phone: +61 8 9451 9255

Each state society website can be accessed from links on the home page.

Please see separate fact sheets for Hamilton, Lord Howe and Norfolk Islands.

Bringing food into Australia

All food brought into Australia must be declared at Customs.

Strict laws apply for bringing food into Australia – fresh meat, vegetables, nuts and fruit are not allowed and you will be subject to heavy fines if you do not declare these items. Dry foods such as pasta, bread and snacks may be allowed if they are unopened – these still must be declared. For further details, go to the website –

<https://www.border.gov.au/Trav>

<https://www.border.gov.au/Trav/Ente/Goin/Arrival>

<https://www.border.gov.au/Trav/Ente/Goin/tips-for-travellers>

For further information

1300 458 836

www.coeliac.org.au

Travelling around Australia to other states

Restrictions apply to each state and territory for the movement of certain plant and animal products and other items to protect Australia's valuable local and overseas markets. These restrictions operate under state and territory legislation.

<http://www.interstatequarantine.org.au/>

The guide below will help you ascertain what can be taken interstate.

<http://www.interstatequarantine.org.au/travellers/interstate-quarantine/>

Identifying gluten free products in Australia

There are three broad groups of food that are suitable for people on a gluten free diet:

Naturally gluten free foods

There are a wide variety of fresh foods that are naturally gluten free. These include -

- Eggs, nuts and legumes

- Fats and oils

- Fresh fruit and vegetables

- Fresh meat, poultry and fish

- Grains including: rice, corn (maize), soy, sago, tapioca, buckwheat, millet, amaranth, sorghum, quinoa and arrowroot

- Milk (some flavoured milk and soy milk may contain gluten)

Food labelled 'gluten free'

If a food is labelled gluten free, it must contain 'no detectable gluten' according to the Australian Food Standard.

The gluten free label overrides the ingredient listing. For example, if a product is labelled 'gluten free' and maltodextrin (wheat) is listed as an ingredient, the product is gluten free and suitable for inclusion in a gluten free diet.

Products that are gluten free by ingredient

If a product is not labelled as gluten free, it is important to check the ingredient listing. Many products, although not made specifically for the gluten free market, fortunately happen to be gluten free by ingredient.

Under Australian labelling standards, all ingredients and food additives derived from wheat, rye, barley and oats must be declared on food labels. This means that ingredients where the source grain is not identified are therefore from a non-gluten-containing grain and are gluten free. Ultimately, if you don't see wheat, rye, barley, oats or gluten on a food label, there are no ingredients derived from gluten-containing grains.

Exceptions

The following ingredients are so highly processed that they are gluten free, even though a gluten source is indicated:

- Caramel colour from wheat

- Dextrose from wheat

- Glucose syrup from wheat/wheat glucose syrup**

**In 2016, Food Standards Australia New Zealand (FSANZ) announced a change to Standard 1.2.3 of the Food Standards Code that glucose syrup made from wheat was exempt from allergen labelling requirements.

Where to buy

Supermarkets

Our major supermarkets all stock gluten free products and many restaurants and accommodation options understand the need for gluten free meals to be available.

Coles - www.coles.com.au

Woolworths and Safeway - www.woolworths.com.au

IGA - www.iga.com/about.aspx

Foodworks - www.foodworks.com.au

Gluten free products in the supermarkets are found in the health food sections. If you can't find this section, please ask an assistant. Loaves of gluten free bread you will find in the bread aisles. There is also a gluten free section in the Freezer aisle.

Health Food Stores

Many health food stores in shopping malls also carry fresh or frozen breads and other gluten free products.

Markets

Often, Farmer's Markets in various towns across Australia will have locally-made gluten free options for sale. <http://www.farmersmarkets.org.au/markets>

Dining out

While travelling within Australia, contact Coeliac Australia in your destination state for information on restaurants and retailers that are able to provide gluten free options or go to www.coeliac.org.au for full restaurant and food stockist listings.

Most restaurants in Australia can provide at least one menu item that is gluten free. If front of house staff are unsure, please feel comfortable in requesting assistance from the chef. The chef should be able to advise if there are any risks with the food they prepare.

We recommend to ring beforehand and where possible, speak to the chef to establish gluten free menu choices. Explain what you cannot eat. The chef should be able to advise which of their meals are suitable or perhaps prepare a special dish. Reiterate your dietary requirements on arrival.

Always check ingredients of each meal with the restaurant staff prior to ordering.

Helpful Phrases and words

I cannot eat foods that contain wheat, rye, barley or oats. For example, bread, breadcrumbs, cakes, biscuits, couscous, batter and pastry – except when made from gluten free ingredients.

Do you have gluten free options on the menu?

Is a dish or part thereof commercially-made or freshly prepared?

If a meat/fish dish: Has the meat/fish been coated in flour or breadcrumbs or marinated in stock or soy sauce? Has cornflour been added? If so, I can only have corn/maize flour.

If a risotto, soup or soup-based meal: Does the broth or stock contain any ingredients from wheat, rye, barley or oats? Does it contain any wheat based noodles? Check that wheat flour or wheat based cornflour has not been used in the sauce.

If rice noodles: Are there only rice noodles included? Were they cooked in a gluten free broth or stock? Are the sauces gluten free?

For vegetable dishes: Have any sauces which contain wheat flour or wheat based cornflour been used?

If ordering a salad: What salad dressing has been used? Does it contain any croutons/noodles/pasta/barley or other grains?

Internal flights in Australia

Depending on the time and length of the flight between capital cities and regional towns, a meal may not be available on an internal flight.

For example, if you are travelling between Sydney and Melbourne, the flight at 10am may only serve refreshments while the flight at 6pm will serve dinner. Please check at the time of booking whether a gluten free meal is available for you.

Our major carriers are as follows –

Qantas - a gluten intolerant meal can be requested at time of booking

Virgin - Byron Bay gluten free cookies but no meals. You can take food on board with you

Jetstar - Gluten free options are available on the inflight menu. You are also welcome to take own meals onboard. However, there is no refrigeration or heating facilities available.

Tiger Airways - Gluten free options are available on the inflight menu. You are welcome to take own meals onboard. However, there is no refrigeration or heating facilities available.

Australia has airlines that service regional areas and you will need to ask at the time of booking whether they offer gluten free meals.

Accommodation

Many resorts, hotels, motels and B&B's across Australia offer gluten free options in their restaurants and breakfast rooms. Please enquire at the time of booking or check their websites for further information. Most accommodation options in Australia provide a small refrigerator and a kettle with tea and coffee making facilities in the rooms.

Member's Recommendations

We have a list of restaurants and cafes recommended by our members available to visitors on request. Please be aware that Coeliac Australia does not endorse these businesses. They have been recommended by members and are correct at the time of printing. We advise you make your own inquiries regarding hotels, restaurants and outlets and any questions regarding a particular hotel or service should be addressed directly to them.

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Disclaimer

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This information has been compiled by Coeliac Australia and includes information from The Gluten Free Travel Guide, courtesy of Coeliac Victoria and Tasmania and is available as iPhone and Android apps.