



# TRAVELER

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Smart Traveler

EXPERT OPINION

## Traveling with Food Allergies

Some 300 million people around the world have some form of food-related intolerance, and up to four percent of adults live with actual food allergies. Kim Koeller, co-author of *Let's Eat Out!*, offers these tips for dining out while traveling.

**P**REPARE: If you use an allergy medication, have it on hand at all times. Those who require an EpiPen—used to treat anaphylactic shock—should carry a doctor's note in case airport security questions you about it. Also make a wallet-size "chef card" that explicitly states what you cannot eat. And in countries where you don't speak the language, create a dining card with translations of your dietary restrictions. (Download free dining

cards in six languages at Allergyfreepassport.com.) •REQUEST: When traveling by plane, you can request a special meal (most airlines need advance notice), and always pack snacks in case of delays. If your allergies are contact-based, ask to pre-board and wipe down your seat and the one next to it. "Get on the first flight of the day, which is always the cleanest." •COMMUNICATE: If you sense that your server is not listening to you, ask to speak to the chef directly.

Well-trained restaurant staff will be receptive to your needs, so choose your restaurants carefully. "This doesn't mean you have to go high-end. Small, family-run restaurants can be just as accommodating as upscale ones. Most important is to make your limitations known to your server more than once. Always double-check that your requests have been met."

—BETH LIZARDO



Lunch at Mary's Fish Camp, in New York's West Village.

26 National Geographic Traveler



Info@AllergyFreePassport.com

www.AllergyFreePassport.com  
www.GlutenFreePassport.com  
www.GlutenFreeOnTheGo.com

