

Brazilian Dining with Celiac Disease

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Brazilian restaurants, what are some common menu items and how can you order them gluten-free?

Paão de Queijo: Brazilian cheese bread (typical ingredients: tapioca flour, eggs, milk/water, mozzarella, parmesan, minas [soft unpasteurized cow's milk cheese], canastra [semi-hard unpasteurized cow's milk cheese], butter/margarine, salt)

- ✓ Make sure cheese bread is made using tapioca flour/casava flour (labeled gluten-free, if possible).
- ✓ Make sure cheese used does not contain any anti-caking agent made from wheat on packaging ingredient list.
- ✓ Ask if sheet pan is dusted with flour.

Moqueca baiana: Brazilian fish stew (gluten-free and lactose-free) (typical ingredients: fish, olive and palm oil, tomatoes, peppers, and coconut milk)

- ✓ Make sure no gluten-containing flour was used to thicken the stew.
- ✓ Ask about any seasonings. Check for wheat-derived anti-caking agent on labels.

Cuscuz paulista: Brazilian cornmeal "couscous" dish (flaked cornmeal, vegetables, meat, eggs, tomato sauce/puree, shrimp/vegetable broth labeled gluten-free, olives, parsley)

- ✓ Make sure the "couscous" used is made from cornmeal labeled gluten-free, whenever possible, and not semolina-wheat flour.
- ✓ Ask about any seasonings. Check for wheat-derived anti-caking agent on labels.

Churrasco: Brazilian barbeque (BBQ meat with beans, rice, vegetables, and salad).

- ✓ Ask about any seasoning. Check for wheat-derived anti-caking agent on labels.
- ✓ Request the grill be cleaned prior to cooking your order.
- ✓ Avoid any rice pilaf or pita bread that may accompany the meat. Instead, opt for extra vegetables, plain rice, or a salad.

Brigadeiros: Dessert (sweetened condensed milk, cocoa powder, butter)

- ✓ Avoid brigadeiros containing crisppearls (a crunchy decorative dessert topping like jimmies that is made with round wheat flour toasted biscuits covered in chocolate).
- ✓ Ask about any cross-contact (i.e. other non-gluten free baked goods prepared on the same surface as brigadeiros).

Dishes/Ingredients to Avoid: Acarajé - black eyed pea and shrimp fritters (unless gluten-free flour is used and fried in a separate fryer), coxinha- fried dough filled with chicken, onion, ricotta cheese, and parsley (unless dough is made from gluten-free flour and fried in a separate fryer)

Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).

Useful Words to Know in Brazilian Portuguese

Celíaco/a	Celiac
Para celiacos	For celiacs
Gluten	Gluten
Sem glúten	Without gluten
Trigo	Wheat
Alergia	Allergic
Dieta sem glúten	Gluten-free diet
Doença celíaca	Celiac disease

Manioc flour, casava flour, yucca flour, tapioca flour: All are derived from casava root and are gluten-free.

Flours should be labeled gluten-free, whenever possible, to avoid likely cross-contact.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.