

# Ways to Safely Dine Out in Germany with Food Allergies

About 11% of American adults suffer from **food allergies**. As a result, they must be careful when eating out or traveling to avoid the danger of negative reactions. Fortunately, visitors to Germany have countless suitable options to choose between different cuisines.

In most restaurants, ingredients that could trigger an allergic reaction display on the menus. We encourage dining guests to consult the restaurant staff regarding food allergies. As many employees in the hospitality industry receive specific training on this topic. Thus, they will be able to help guide the guest towards the best food choices.

Many visitors to Germany will even be able to find “allergy-friendly communities.” For example, there are especially considerate of the needs of those with allergies and intolerances. Thus, the European Center of Allergy Research Foundation (ECARF) awards qualifying regions with a seal. It validates the product or service has been fully adapted to the needs of persons with food intolerances. On a regular basis, a review reflects the latest scientific findings.

A popular example of an allergy-friendly community for travelers with food allergies is the island of Borkum. It is located in the Lower Saxony Wadden Sea area. Hence, the coastal climate is ideal for those who suffer from pollen sensitivities. Therefore, you will find many allergy-friendly offers, including supermarkets, bakeries, cafes, vacation rentals, and hotels.

If you plan to stay in Borkum, be treated to numerous accommodation options. Plus, other parts of Germany also offer special bedding. They use pollen filters in their air

conditioning systems and vacuum cleaners.

Another charming allergy-friendly region is Schmallenberg. This town is the Sauerland in North-Rhine Westphalia. The historic town center consists of original half-timbered houses and small businesses. It invites visitors to enjoy unique shopping experiences with many options for allergy-sufferers in terms of both, retail and hospitality.

If you have interest in traveling to Germany or have food allergies, please contact us. We can assist arranging all your [luxury travel reservations](#). We offer amazing [VIP experiences](#) all around the world.

**Do your research when traveling with food allergies. Don't make a mistake and ruin your whole vacation. There are safe dining options available.**

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