

## Gluten Free Dining Card

### [Gluten Free Mom](#)

I have an illness called Celiac Disease and have to follow a strict Gluten Free Diet. I will become very ill if I eat even a crumb of gluten.

Gluten is found in many food items, but most commonly in flours and grains of wheat (durum, semolina, kamut, spelt), rye, barley and some oats.

Foods that may contain gluten include soy sauce, blue cheese, breading, imitation bacon, marinades, processed meats, soup bases, thickeners, broth, croutons, gravies, imitation seafood, pastas, stuffing, salad preservatives etc.

Foods that are safe include unseasoned and unmarinated meats, fruit, veggies, eggs, cheese, milk, rice, corn, soy, potato, bean, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff and nut flours,

In addition to being aware of the above ingredients, please take care to make sure my food is not contaminated by other food containing gluten by doing the following:

- Prepare my food in a clean area on a clean surface.
- Wash your hands and wear clean gloves while preparing my food.
- Use only clean utensils including strainers, tongs, knives, and spoons.
- Use only clean water and oil in clean dishes when preparing my food – do not use water that has cooked wheat pasta and do not use oil that has had wheat food fried in it such as breaded chicken fingers.
- Do not cut my food on a cutting board that has had bread on it.
- Do not wash my fruit or drain my pasta in a strainer that has been used to drain pasta.
- If grilling food, thoroughly clean the grill with a metal brush before placing my food on the grill. Marinades often contain gluten.
- If you accidentally add croutons to my salad, please do not just remove them from the salad. I can still get sick from the contamination of the salad by the croutons. Please prepare me a new salad.
- Only use new clean tubs of condiments such as butter, mayo, mustard and ice cream. Previously used tubs may have been contaminated by a utensil that had gluten on it – such as a butter knife or ice cream scooper that was used for a flavor containing a gluten ingredient.
- Do not season my food unless we have discussed the seasonings – use only salt and pepper and no garnish on my plate unless it is fresh and has no sauce.

Thank you for taking the time to make sure my meal is safe!