

GLUTEN-FREE FOOD REQUIREMENT

**I have been medically diagnosed with Celiac Disease.
I have severe reactions to foods which contain wheat, rye, barley, oats or their derivatives.**

These may be contained in:
Tenderizers; Marinades; Additives; Caramel Color; Dextrins; Emulsifiers; Flavorings; Hydrolyzed Vegetable Protein;
Modified Food Starch; Soy Sauce; Beer.

Food Preparation:

I must also be concerned with food preparation.
If my food contacts offending grains, it is contaminated.
Food cooked in the same fryer as breaded foods; meats cooked on the same grill as buns,
pancakes, etc. will cause a reaction.

**Please use non-porous cookware (non-stick, stainless steel, or cast aluminum)
or place aluminum foil on the grill.**

Among the many things that I can eat are: corn, rice, potato, soy, tapioca, arrowroot; nuts; most unprocessed fruits
and vegetables; fresh chicken, pork and fish; dairy products; seasonings such as salt, pepper, and pure spices and herbs.

Please do not hesitate to ask me any questions regarding the ingredients and/or preparation of my meal.
Thank you in advance for your consideration of my dietary needs.

Card provided by The Gluten Free Gang www.glutenfreegang.org

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