



I have an illness called Celiac Disease and follow a very strict gluten-free diet.

I will become very sick if I eat any foods containing even small amounts of wheat, barley, rye and oats. This includes ingredients like soy sauce, beer, malt vinegar, many sauces and seasonings.

Avoiding cross-contamination by making sure all utensils, cutting boards, pans and cooking surfaces have not been contaminated with gluten is very important. Even a deep fryer will cause cross contamination if non-gluten-free items are cooked in it.

I know that a kitchen is very busy place - if you are unable to ensure the food you are serving is gluten free I understand completely. Please tell me so I can make a safe decision on what I eat. Thank you!

COMMON FOODS WITH GLUTEN

White & Whole Wheat Flour	Bread
Durum Wheat	Flour Tortillas
Graham Flour	Cookies & Crackers
Kamut & Spelt	Cakes & Muffins
Semolina	Pastries
Wheat Germ & Wheat Bran	Cereal
Pasta & Couscous	Beer
	Gravy & Sauces

OTHER FOODS WITH GLUTEN

Broth & Bouillon Cubes	Modified Food Starch
Breadcrumbs And Croutons	Seasoned Chips & Other Snack Foods
Some Candies	Salad Dressings
Fried Foods	Self-Basting Turkeys
Imitation Fish	Soy Sauce & Asian Sauces
Deli Meat & Hot Dogs	Seasoned Rice & Pasta Mixes
Malt	
Matzo	

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