



To the chef:

I have a severe food restriction and need to ask you for a little special help in preparing my meal today. I will become ill if I eat even the smallest amount of gluten in my food. Gluten is found in wheat, rye, and barley.

Foods that I can eat include:

- Beef, fowl, fish, pork, mutton, real (not imitation) shellfish, veal, other meats, tofu, and most other soy products.
- Eggs.
- All dairy except chocolate milk containing barley or yogurt containing gluten.
- All fresh fruits and vegetables, including tomato products (puree, sauce, paste, etc.).
- Juices and extracts.
- All legumes and nuts.
- Amaranth, buckwheat, corn, potatoes, and rice.
- All fats.
- Homemade stocks.
- All distilled liquors.
- Pure spices and herbs; vinegars that don't contain malt; wheat-free soy sauce; pickles, olives, ketchup, mustard, and relish.
- All sweeteners; baking soda; cream of tartar; coconut; cocoa powder; chocolates without barley or malt; jams, jellies, and preserves; molasses; yeast.

Common foods that I can't eat:

Artificial bacon bits; some barbeque sauces; barley; beer; bouillon cubes; bread; breadcrumbs; brown rice syrup; bulgur; some caramels; cheese spreads; seasoned chips; some chocolate; coating mixes; cocktail sauce; couscous; food starch; frozen yogurt; some prepared fruit or vegetable fillings; imitation crabmeat; flour; most prepared gravies, marinades, and sauces; hydrolyzed vegetable protein; malt; processed meats; flavored nuts; orzo; pasta; puddings; roux; some prepared salad dressings; self-basting poultry; seitan; some low-fat sour cream; most soy sauce; spelt; stuffing; tabouli; some teriyaki sauce; most thickeners; wheat starch; wheat germ; Worcestershire sauce. If a label says that a food product was made on equipment that processes wheat, rye, or barley, then unfortunately I cannot eat it.

Please follow these tips when preparing my meal:

- Nothing prepared for me can be placed on or in a container, grill, pot, fryer, simmering water, or stock in which something that has gluten was prepared. Even a knife, if spread on bread and dipped back in a container, can make the food it touches dangerous for me.
- Only use fresh herbs and spices (seasoning blends often have gluten added).
- Only use fresh homemade stock (bouillon cubes and prepared soup bases often have gluten).

Thank you for helping me stay healthy.