



# THE GLUTEN-FREE RESTAURANT GUIDE

Excerpted from “The Guide to a Gluten-Free Diet” book

## **Research and Always Call Ahead**

Doing research online or within your support group will help you find restaurants that offer gluten-free options. Call ahead and ask if the restaurant can cater to your dietary needs. Avoid chain restaurants and fast food restaurants—most do not offer gluten-free options. Also bear in mind that busy restaurants may not have the time to cater to your special needs, so you may wish to dine out at non-peak times.

## **Speak To the Chef**

Speak with the chef about which menu items can be made gluten-free. You’ll also want to ensure that your food will be cooked on non-gluten-contaminated, clean surfaces and with non-gluten-contaminated, clean utensils.

## **Explain Your Dietary Restrictions**

Say something like “I am on a medically restricted diet and need to avoid grains such as wheat, rye, barley. I also cannot eat any ingredients that have touched or that may contain these grains. Can you or the chef help me in ordering my meal today?”

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### **Items You Can Order**

Stick to simple items such as grilled meat, fish, or poultry and a side of steamed vegetables. These options are least likely to be cross-contaminated with gluten. Also, it's usually safe to order salads with lemon juice, oil, and vinegar. No croutons, please!

### **Items to Avoid**

Avoid imitation foods (the fake crab used to make California sushi rolls contains gluten), breads, croutons, seasonings, dressings, marinades, soups, and fried and/or breaded items that may contain gluten.

### **Confirm Your Order Before Eating**

When your order arrives, double-check with your server to verify that your meal was prepared without any gluten and in a clean area. That way you can be sure that you haven't accidentally gotten any unsafe food.

### **Be Patient and Express Gratitude**

Most servers are not familiar with gluten-free diets, so it is important to be patient when explaining your needs. If you have a successful dining experience, expressing your gratitude to the restaurant staff is a great way to make sure you can come back for more delicious gluten-free meals!

**For more information about eating Gluten-Free please see:**

***The Guide to a Gluten-Free Diet, by David Brownstein, MD and Sheryl Shenefelt, CN***

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