



Restaurant Card

This card is designed by the Gluten Intolerance Group®, founded in 1974, to serve individuals with celiac disease, dermatitis herpetiformis, gluten sensitivity, and other gluten-related disorders.

It is **IMPERATIVE** that individuals with this disorder avoid eating **WHEAT** (e.g. spelt, durum, semolina, bulgur, etc.), **RYE, BARLEY**, triticale & all derivatives of these grains to avoid intestinal damage and other health problems. Oats should be avoided unless they are certified gluten-free. Some possible sources of gluten can include:

Flours	Sauces	Malt Flavoring
Thickeners	Soy Sauce	Hydrolyzed wheat protein
Coating Mixes	Marinades	Stuffing/dressing
Pasta	Croutons	Broth and soup bases
Herbal Tea	Malt	Imitation bacon and seafood
Self-basting poultry		

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