

Dining Card

Take this card with you to restaurants to help explain your gluten-free dining needs.

I have a medical condition which requires me to have a strict **gluten-free** diet

I will become ill if I have anything that's made with or come in contact with **wheat, rye or barley**. This means I can't have anything:

- Made with flour such as bread, pasta, crackers, batters and baked goods
- Thickened with flour such as gravies, soups or sauces
- With bread crumbs such as sausage or hamburger patties
- Containing soya or worcestershire sauce

Cross contamination will also make me sick.

Please use a clean pan, clean cutting board and clean gloves to prepare my food.

I apologize for the inconvenience and truly appreciate the extra time and care you are taking with my food.

www.naturallygluten-free.com



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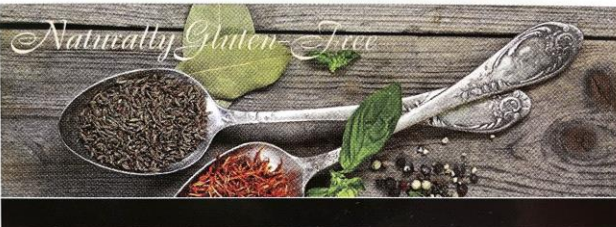
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