

• FOOD INTOLERANCE ALERT •

**I HAVE A
SEVERE FOOD
INTOLERANCE**



**Trace amounts of gluten
could make me
severely ill.**

**Please note that wheat-free does not necessarily
mean safe for me, since other grains, including
barley and rye, contain gluten.**



In preparing my food, I ask you to please:

- Consider where gluten might be “hidden”
- Avoid cross contamination by preparing my dishes separately and using separate or thoroughly cleaned utensils and prep surfaces
- Do not fry ingredients in cooking oil used to fry other foods containing gluten

Keep in mind!

Examples that may contain gluten:

Ale; baking mixes; barley flour; batter-fried foods; beer; breadcrumbs; brewer's yeast; bulgur; couscous; durum; einkorn; farro; flour (all purpose, bread, cake, enriched, instant, self-rising, whole wheat); glucose syrup; graham; gravies; malt (all forms); matzo; modified food starch; natural flavors; oats; pasta, pizza crust; spelt; salad dressings; sauces; seasonings; seitan; semolina; soups; soy sauce; surimi; triticale; wheat (bran, germ, sprouts, starch); wheat grass.

The list does not stop here, so if something is questionable, please let me know.