



206-987-2521

Celiac Disease Program

I have a medical condition called Celiac Disease. I must follow a strict diet that is entirely gluten-free. Adhering to this diet is important; otherwise, I will get very ill. For more information about my diet:

Celiac Disease Diet: Foods to Eat and Foods to Avoid

Foods I cannot eat To stay healthy, I must avoid:

- **ALL** wheat, barley, rye, all-purpose flour, bulgur, couscous, orzo, semolina, spelt, stuffing, malt
- Artificial or processed meat and protein
- Seasoning blends, modified wheat starch, soy or teriyaki sauce, hydrolyzed vegetable protein, Worcestershire sauce
- Bouillon cubes, canned broth, packaged soup
- Salad dressings, sauces, marinades

If a product was made on equipment that processes wheat, rye or barley, or contains malt, I cannot eat it.

Foods that I can safely eat:

- All fresh non-processed meats, eggs, tofu, most soy
- 100% natural dairy products
- Fresh fruits, vegetables, 100% juice
- All beans, legumes, nuts, including nut butters
- Amaranth, buckwheat, corn, millet, certified gluten-free oats, potatoes, rice, quinoa, sorghum, teff
- Homemade stocks and broth (no added wheat)
- Butter, margarine, and vegetable oils
- Pure spices, distilled malt-free vinegars, Tamari

My favorite dishes are: _____

Please prepare my food in a way that avoids cross contamination with wheat. Use fresh water and separate oil, pots, pans and utensils.

There are many foods that I can eat, so please ask me before you serve me anything.



You can find one of these 4 package symbols on food that is independently certified as gluten-free.