



TIPS FOR DINING OUT



General Tips:

- Call Ahead
- Look on-line at the menus
- Request the same cross contamination precautions that you apply at home
- Always be polite - when you call and when you ask questions at the restaurant

Questions to ask:

- Make sure the restaurant knows this is a medical requirement and not a preference.
- Do you have a designated fryer?
- How do you cook/heat up the GF pasta?
- Ask about marinades and dressings
 - Ensure they are using GF soy sauce if there is a soy sauce base for any marinades and dressings
- Remind them that salads should not have croutons
- Make sure when food delivered, you confirm everything on plate is gluten free?
- Do not assume the restaurant knows how to deal with cross contact just because they have gluten free menu items. Ask what they do to ensure there is not cross-contact with gluten in food preparation. Look for things like
 - A separate or clean GF food prep area
 - Using clean pots, utensils etc. for GF food prep

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