

Gluten-Free Diet Information



- **I have celiac disease (an immune reaction to gluten).**
- I get very sick when I eat anything that contains wheat, barley, or rye.
- Please take additional precautions to prevent contact with gluten in the kitchen environment (i.e., clean hands, utensils, equipment, and surfaces).

Please let the kitchen staff know that I have celiac disease.

I am happy to answer questions that come up while preparing my meal.

Scan the QR codes below to learn more.

Preventing Cross-Contamination:



Gluten-Free Foods vs. Foods with Gluten:



This card was created by the Adult Celiac Disease Clinic at McMaster University