

Dining Recommendations:

1. Start with places with GF menus (see previous page). Or, look online at menus, and look for places with dishes that are naturally GF friendly. (Grills, Mexican, East Indian or Thai and Sushi are often good options) Family owned or fine dining restaurants are often better able to customize dishes.
2. Learn a little about the kind of food you are eating and how it is usually prepared. www.Wikipedia.org is a good resource.
3. Call ahead and ask questions. Many places marinate food in soy sauce at the start of the day, and if you ask ahead of time, they may set aside a safe portion for you.
4. Dine early or late. This way, staff will have more time to accommodate your needs.
5. Explain as simply as you can. Say “I’m *allergic* to wheat, barley, rye and oats. I can’t have bread, pasta, flour, soy sauce...” (see other info for specific questions and instructions). In addition to gluten in foods, make sure to mention cross contamination, and the need for clean cutting boards, clean gloves, clean utensils, etc.
6. Bring a card in an appropriate language if possible.
7. If it’s clear that the staff can’t, or won’t, help you, go up the food chain! Don’t hesitate to ask for the manager or chef. However, if you feel your needs aren’t understood, consider leaving. Your health is the most important thing.
8. When your dish arrives, double check with the server that it is what you ordered. Assume nothing.
9. Develop relationships with the staff over time. Let them know you’ll be back and you appreciate their help.
10. Tip generously and express thanks to your server. You may want to write a letter! Or, if service is poor, it’s important to express that, too.