

Please give this to the kitchen

I have an autoimmune condition called coeliac disease which means I must follow a strict gluten free diet.

Even trace amounts of gluten, for example from crumbs, flour or contaminated kitchen utensils, can be harmful.

Therefore, I ask that you prepare a completely gluten free dish, avoiding any cross-contamination.

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Gesellschaft e.V.



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Suitable foods:

Rice, corn, millet, buckwheat, amaranth, quinoa, potatoes, legumes, vegetables, leaf salads, fruit, meat, fish, eggs, milk and dairy products, starch flours made from potatoes, rice or corn.



Unsuitable foods: Wheat (starch), rye, barley, spelt, green spelt, commercially available oats, as well as all products containing them such as bread, breadcrumbs, sauces and soups containing flour.



Please take care to:

- Only use clean utensils, pans, pots and chopping boards that are not contaminated with gluten.
- When possible, use a separate work area.
- Only use pre-processed foods that are free from gluten containing ingredients (e.g. wheat, rye, barely).
- Only use polenta, flour, grain flakes (such as oats) and semolina when they are explicitly marked as gluten free. Check if lentils contain any other grains.
- Soy sauce, imported vinegars und salad cream often contain gluten.

Thank you very much for your care and understanding – it gives me the opportunity to

enjoy a safe meal out. I am happy to help if there is anything you are unsure about.