

TARJETA GLUTEN FREE - GLUTEN FREE CARD



ENGLISH

I have an illness called Celiac Disease and I have to follow a strict gluten free diet.

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.

Does this food contain flour or grains of wheat, rye, barley or oats? Or it has been cooked in close contact with them? (Cross-contamination will affect me as well). If you are at all uncertain, please, let me know.

I can eat food containing rice, corn, potatoes, vegetables, fruit, eggs, cheese, meat and fish as long as they are not cooked with flour or sauces, and/or in a cooking pot or frying pan where you have cooked flour or others sauces before.

Thanks for your help and please ask me if you have any doubt. I really appreciate your effort.

