



GLUTEN  
INTOLERANCE  
GROUP

## Restaurant Card

This card is designed by the Gluten Intolerance Group of North America®, founded in 1974, serving persons with gluten intolerance diseases, such as celiac disease, and dermatitis herpetiformis.

It is **IMPERATIVE** that persons with this disorder avoid eating **WHEAT** (spelt, durum, semolina, bulgur), **RYE, BARLEY**, triticale & all derivatives of these grains to avoid intestinal damage. Commercial oats are not recommended. Some sources of gluten can include:

**Bread/Toast**

**Flours**

**Thickeners**

**Coating Mixes**

**Pasta**

**Herbal Tea**

**Sauces**

**Soy Sauce**

**Marinades**

**Croutons**

**Malt**

**Malt Flavoring**

**Self-Basting Poultry**

**Hydrolyzed Vegetable Protein**

**Stuffing/Dressing**

**Broth and Soup Bases**

**Imitation Bacon and Seafood**

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