Asociación de Celíacos y Sensibles al Gluten

Celiac Disease is a medical condition in which the small intestine is damaged when foods containing gluten are eaten. It is treated by strict adherence to a gluten-free diet.

As a Celiac, I MUST NOT EAT any foods made with WHEAT, RYE, BARLEY or OATS. These all contain gluten. Even a small amount of these foods will make me ill.

Foods to avoid: wheat flour, rye, barley, oat and spelt flours; breads and rolls, cakes; pies, cookies and muffins; noodles and pasta; soups, sauces and gravies made with any of those cereals´ flours, crackers, cracker crumbs, bread crumbs or batter; Graham, crackers or crumbs.

Hidden sources of gluten: HVP/HPP- Hydrolyzed vegetable protein/plant protein, wheat starch, modified starch, malt flavoring, malt. Any of the above ingredients can be found in canned or processed foods.

Safe choices: we can enjoy fresh meat, fish, fruits and vegetables, eggs, cheese, rice, corn, soy and potatoes.

PLEASE HELP ME MAKE A SAFE CHOICE FROM YOUR MENU.

THANKS