

My husband and I are allergic to gluten.

We cannot eat wheat, barley, or oats, or any sauces, foods, or seasonings made with wheat, barley, or oats.

Sometimes gluten is hidden in unexpected ingredients. Here are some common sources of “hidden gluten”:

Food or Seasoning	Hidden Gluten
Soy sauce	contains wheat
Beer	may contain wheat, or barley
Dashi	may contain MSG or wheat
Bullion	may contain wheat, or malt
MSG/amino	usually contains wheat or barley
Malt Syrup, or Malt Vinegar	contains barley
Fried or Boiled foods, like french fries, or rice noodles	cooking safe foods in oil or water that has also cooked gluten foods contaminates the safe food with gluten.

The back of this card has some examples of food we can safely eat when they are not prepared with wheat, barley, oats, or the ingredients that contain hidden gluten.

It also lists examples of food we cannot eat. It is not a complete list.

Are there any options that would be safe for us to eat?

We apologize for the inconvenience. We look forward to trying your delicious food if there are safe options.

Thank you very much!

Some Food We Can Not Eat:

- ✗ bread and bread crumbs
- ✗ crackers made with wheat, barley, or oats
- ✗ cakes, cookies, and pastries made with wheat, barley, oats, or malt syrup
- ✗ noodles made with wheat (rice noodles are OK)
- ✗ fried foods made with wheat, or cooked in the same oil as foods made with wheat
- ✗ “healthy rice” made with barley or wheat grains
- ✗ barley tea
- ✗ soba noodles that are made with wheat flour
- ✗ eel/unagi that has been cooked with soy sauce
- ✗ miso that is made with wheat or barley
- ✗ anything flavored with soy sauce (tamari is OK)

Some Food We Can Eat:

- ✓ juwari soba that is made from all buckwheat (with no wheat flour)
- ✓ yakitori seasoned with salt
- ✓ mochi made without wheat
- ✓ sushi without soy sauce and without malt vinegar
- ✓ fresh eel and fish made without soy sauce or flour
- ✓ tamari that is made without wheat
- ✓ miso that is made without wheat or barley
- ✓ fresh meat, fish, fruit, and vegetables
- ✓ potatoes
- ✓ rice
- ✓ fried foods that don't contain wheat, and are cooked in a separate fryer from wheat foods