

## 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 used in unexpected ingredients. Here are some common sources of “hidden gluten”:

Food or Seasoning	Hidden Gluten
Soy sauce	contains wheat
Maggi	contains MSG
Oyster Sauce and Hoisin	may contain MSG or wheat
Bullion, stock	may contain wheat, malt, or MSG
MSG/amino	contains wheat
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 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.

Do you have 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
- ✘ sauces made with soy sauce, oyster sauce, or Maggi
- ✘ noodles made from 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
- ✘ anything flavored with soy sauce (tamari is OK)

## **Some Food We Can Eat:**

- ✔ Thai curries without soy sauce
- ✔ rice flour pancakes
- ✔ sticky rice
- ✔ rice noodles
- ✔ fish sauce (made without soy sauce)
- ✔ meat, fish, or chicken made without soy sauce, wheat, or other gluten sauces
- ✔ tamari that is made without wheat
- ✔ tapioca
- ✔ potatoes
- ✔ rice
- ✔ fried foods that don't contain wheat, and are cooked in a separate fryer from wheat foods