

# **Gluten-Free Restaurant Guide**

excerpted from “**The Guide to a Gluten-Free Diet**”  
by David Brownstein, M.D. and Sheryl Shenefelt, C.N.

## **Research And Always Call Ahead**

Doing research online or within your support group will help in selecting gluten-free restaurants. Call ahead to find out if your restaurant choice can cater to your dietary needs. Avoid busy restaurants and fast food restaurants that may not have time to cater to you.

## **Speak To The Chef**

Speak with the chef about options that can be made gluten-free and to ensure your food will be cooked on clean surfaces and with clean utensils.

## **Explain Your Dietary Restrictions**

Say something like “I am on a medically restricted diet and need to avoid grains such as wheat, rye, barley, and any items that have touched or that may contain these grains. Can you or the chef help me in ordering my meal today?”

### **Items You Can Order**

Stick to simple items such as grilled meat, fish, or poultry and a side of steamed vegetables, which are items least likely to be contaminated. Also, salads with lemon juice, oil, and vinegar (no croutons!) are also usually safe to order.

### **Items To Avoid**

Avoid imitation foods, breads, croutons, seasonings, dressings, marinades, soups, fried, and breaded items that may have gluten in them.

### **Confirm Your Order Before Eating**

Be sure to double check with your server that your meal was prepared without any gluten and in a clean area to ensure you do not accidentally get unsafe food.

### **Be Patient And Express Gratitude**

Many servers are not familiar with gluten-free diets, so it is important to be patient when explaining your needs. If you have a successful dining experience, gratitude can go a long way!