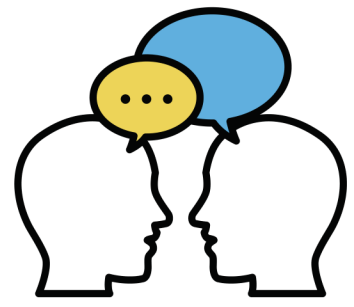


Dining Out

Questions & Tips for Those Newly Diagnosed with Celiac Disease



Dining out for those newly diagnosed with celiac disease (CD) can be intimidating. **Communication** is the key ingredient for a successful dining out experience.

Why can dining out be hard?

Restaurants are not regulated like food manufacturers. This means that standards differ between restaurants. **Cross-contamination** is a risk when dining out. If restaurants serve both gluten-free and gluten-containing foods, gluten-free foods may be contaminated with gluten. To ensure the meal is safe, we must communicate with the restaurant staff.

Questions To Ask

1 Start with **communication** questions



What items do you typically recommend to diners who request a GF meal?



How are kitchen staff alerted to a GF order?

2 Continue with **ingredient** questions



What ingredients will be used to make my meal?



How do you know these ingredients are really GF?

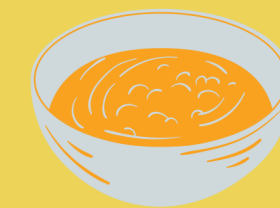
- Says so on the label? Checked product website? Called the manufacturer? Checked with the CCA?

Always listen to your gut.

Remember, you don't need to ask all of these questions. Listen to your instincts. Restaurants who have done their homework will be happy to accommodate your needs.



Could GF ingredients/toppings become contaminated while they are waiting to be used?



How do you thicken sauces & dressings?



Will you use pure spices, prepared seasonings or soy sauce made from wheat to make my meal?



Are deep-fried items cooked in the same oil that was used for deep fry breaded, battered gluten food items?

3 Follow up with **procedure** questions



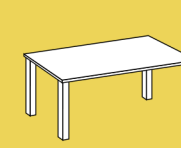
Do you wash your hands / change gloves / change aprons before or in between preparing regular food?



How do you ensure that are utensils used are free from traces of gluten?



What are precautions do you take to minimize/prevent cross-contamination?



Will my food be prepared in an area separate from regular foods?

4 End with **personal** questions



What prompted your interest in serving the gluten free? Do you have staff with CD?



Do you receive input from the Canadian Celiac Association? A dietitian? Someone with CD?

Additional Tips



Call Ahead

Call or visit the restaurant ahead of time to explain you have CD and ask questions. Go during the restaurant's downtime to minimize stress.



Ask Our Community

Our [Facebook Support Group](#) has over 18,000 members who are happy to share their experiences.



Riskier Places

Some establishments like pizza places and mixed bakeries have a higher cross-contamination risk because flour gets in the air.



Reward the Restaurant

If you have a great experience dining out and can afford to tip, reward them generously. This will encourage them to continue serving our community.