

CELIAC DISEASE

EQUAL
EATS

EN040

I cannot eat gluten.

This means that I cannot eat food containing wheat, barley, rye, spelt, triticale or oats, even in small amounts, or I will get severely ill.



Gluten can be found in:

- Wheat flour
- Soy sauce
- Baked goods
- Soups
- Bread
- Sauces
- Pasta
- Dressing

Does this food contain gluten?

Caution! Please use clean gloves, utensils, surfaces, cookware, and frying oil when preparing my meal.
Thank you!

English

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