



Overview of Celiac

Auto-immune Disease

Celiac is an auto-immune disease passed down through family genes. When gluten is consumed, a person's villi in the intestines inhibits absorption of necessary nutrients.

Gluten-Free

In a Gluten-Free (GF) diet a person does not eat food containing wheat, barley, oats, or rye.



Cross-Contact



Cross-Contact occurs when gluten comes in contact with gluten-free food. This can be avoided by creating Gluten-Free preparation zones.



Picking the Restaurant

#1 Call Ahead

If you call during the early afternoon, the restaurant is going to be less busy. It will be easier to have the person on the phone's full attention.

#2 Talk to a Manager or Chef

These two people are the best people to talk to because they are going to be the most aware of what is going on in the kitchen and how well the wait staff is trained. They will know how food is prepared and the answers to ingredient questions.

#3 Look at Other Sources

Chances are there are people within your community that can talk about their experiences with the restaurant. Another great place to look is online on forums and websites that support the celiac community. See "For More Information"



Placing the Order

Asking Questions is the Best Way to Get Answers

Follow These Simple Steps:

1. Ask for the menu before sitting down
2. Identify the allergy to the wait staff
3. ASK QUESTIONS
4. Clarify Right Away

Double Checking

What to Look for in a Restaurant

If you are newly diagnosed with Celiac and unsure, stick to the restaurants that have a clear GF menu and have been using that menu for a while.

As you get more comfortable, explore other options. It helps to call ahead and talk to everyone you can. This makes it possible to get food just about anywhere.

For More Information

A Celiac's Cry: What Do I Do?

This video simulates ordering a gluten-free meal in a restaurant. It offers advice and encouragement to kids and their families that live with Celiac Disease.

<https://www.youtube.com/watch?v=6g9ffPnqafk>



A group of families and individuals that explore different aspects of the

Gluten-Free diet and what it means to live with Celiac Disease. This group, based at Boston Children's Hospital, meets throughout the year.

Celiac Kids Connection on Facebook:

<https://www.facebook.com/ChildrensCeliac?fref>

Celiac Kids Connection

<http://www.celiackidsconnection.org>



Celiac.com

A comprehensive website that compiles all aspects of Celiac Disease from need-to-know facts about Celiac to specific food and other resources.



This pamphlet was created by S. Murphy as part of her Girl Scout Gold Award Project. Her goal was to increase the confidence of kids and their families living with Celiac in a restaurant environment.



Safe Gluten-Free Ordering in Restaurants

A Guide for
Newly Diagnosed Kids
and Their Families