

6 TIPS FOR DINING OUT GLUTEN-FREE



What is Gluten?

GLUTEN IS A PROTEIN FOUND IN

WHEAT | BARLEY | RYE

1. BE REPAIRED

Research the restaurant beforehand that can best accommodate your gluten-free dietary needs and food preferences. Being able to plan ahead gives you more control over what you can eat so ordering won't be an issue.

2. USE A GLUTEN-FREE RESTAURANT APP

These apps help you locate gluten-free establishments in the area where you are, or where you're going to be. These apps also include customer reviews, so there is a lot of great information you can get from actual diners.

3. READ THE MENU AHEAD OF TIME

Check the menu online ahead of time and look for items that are either labelled gluten-free or are generally made gluten-free, or something that can easily be adapted to be gluten-free.

4. CHECK THE ALLERGY OR ALLERGEN GUIDE

You can usually find this type of guide on the website or at the restaurant of most franchises/chains. These guides tell you which allergens (like gluten) are present in each food item. Keep in mind, this doesn't eliminate issues with cross-contamination, which can still occur in the kitchen.

5. CALL THE RESTAURANT AHEAD OF TIME

Call the restaurant prior to attending and ask questions like: (i) Can you accommodate gluten-free guests?; and/or, (ii) Which dishes can be altered to accommodate a gluten-free guest? This will help make ordering easier.

6. BEFRIEND THE WAIT STAFF

You should always be courteous to waitstaff. When you have dietary restrictions you are relying on them to help you know what is safe for you to eat at the restaurant. The staff can tell you a lot, so don't be afraid to ask them for information or if they can check in the kitchen.

GLUTEN-FREE BITS AND BITES

- People adhere to a gluten-free diet either because they biologically cannot tolerate gluten or because they are looking to adopt a healthier diet.
- Gluten-free does not necessarily mean healthy. Gluten-free prepared foods can still be high in sugar, fat, and salt so be sure to confirm the nutritional value if that is important to you.
- The global Gluten-free Products market was estimated at USD 22 billion in 2019 and is expected to reach USD 36 billion by 2026.
- More and more restaurants are offering gluten-free food options as some customers may choose a restaurant if they offer diet-specific fare.



glutenfreefoodee.com

