

# Dining out with Celiac Disease

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Dining out is more challenging with celiac disease due to the restrictions of following a gluten-free diet, but it is still possible to have a safe and enjoyable restaurant experience with some simple precautions!

## **Tips for Dining Out**

### **Before you go:**

- Call the restaurant ahead of time during non-peak hours
  - Let them know you have celiac disease and require a gluten-free meal
  - Ask if they have a gluten-free menu, what is done to prevent cross-contamination, and what they recommend for diners who require a gluten-free meal
- Browse online menu

### **At the restaurant:**

- Dine during off-peak hours so staff are better able to focus on your needs
- Explain your dietary needs to staff
- Clarify that you have celiac disease versus following a gluten-free diet as a lifestyle choice
- Emphasize that even small amounts of gluten can make you very sick
- Ask detailed questions about what you are ordering. This helps you get a sense if the restaurant is serious about providing you a gluten-free meal without gluten contamination
  - Is there a separate area for preparing gluten-free food?
  - Do staff change gloves when preparing gluten-free food?
  - Is the grill cleaned before cooking gluten-free foods?
  - Is there a deep fryer that is designated for gluten-free foods?
  - Do staff use separate utensils for preparing gluten-free meals?
  - How is gluten-free bread toasted?

## Helpful Resources:

- **Find Me Gluten Free** (App)
  - GF restaurant finder + see reviews from others with celiac disease
- **Gluten-Free Finder** (Website)
  - [www.gf-finder.com](http://www.gf-finder.com) → Directory of gluten-free products & restaurants
- **Gluten-Free Ontario** (Website)
  - [www.glutenfreeontario.com](http://www.glutenfreeontario.com) → Guide to celiac-friendly restaurants and bakeries in Ontario
- **Spoonful** (App)
  - Scan or search barcodes of products
- **Gluten-Free Product Finder** (Website)
  - Search Canadian Celiac Association Website | Find certified GF products/brands
- **The Celiac Scene** (Website)
  - [www.celiacscene.com](http://www.celiacscene.com) → specific to British Columbia but has information on fast food
- **Gluten-Free 24/7** (App; low cost)
  - Search ingredients and products to determine if they are GF
  - From the Canadian Celiac Association