

Dining out with Celiac Disease

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 → Directory of gluten-free products & restaurants
- **Gluten-Free Ontario** (Website)
 - 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 → 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