

# Eating Gluten-Free at Restaurants

I have celiac disease.



That means I should not eat foods with gluten.



Even though I have celiac disease, I can still go out to eat!





## Before Going Out to Eat

I can look for a restaurant that has gluten-free options.



I can use my computer or phone to look for restaurants.



I can use apps such as [Find Me Gluten Free](#) to find restaurants with gluten-free options.



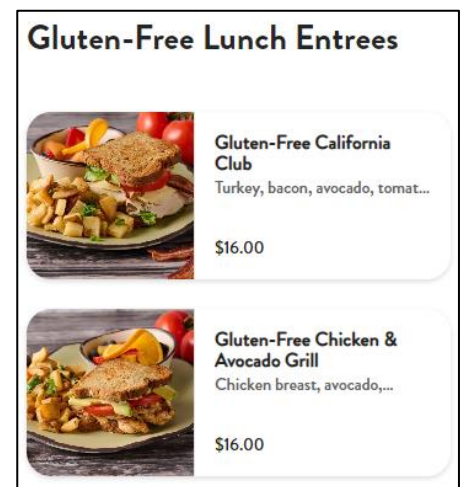


## Before Going Out to Eat

After I pick a restaurant, I can look at the menu online.



I can look for a gluten-free section.



I can also look for options that can be made gluten-free. For example, I can order a burger with no bun.





## Before Going Out to Eat

If I am not sure if a food has gluten in it, I should ask a trusted adult.



After I pick a gluten-free option, I should write it down. I can write it on a piece of paper or in my phone.



This will help me remember what to order when I go to the restaurant.





## Before Going Out to Eat

If I am not sure the restaurant will have gluten-free options I like, I can pack a bag with gluten-free foods to bring with me.



## At the Restaurant

I should tell the staff at the restaurant that I am gluten-free.



I can ask for my food to be prepared away from foods with gluten.





## At the Restaurant

If I did not look at the menu before I came, I can ask if the restaurant has a gluten-free menu.



I will order gluten-free food.



Eating out is fun!

