

I have Celiac Disease, an illness that means I must follow a strict diet or I will become very ill.

I can only eat foods that are gluten-free. Foods containing the flours or grains of wheat, oats, barley, or rye are likely to make me very sick.

If you are not sure whether the food you are serving contains gluten or not, please let me know. I am able to eat rice, corn (maize) and many other foods, provided that they are not made with wheat, oat, barley, or rye flour, crumbs, batter, sauce or other preparation.

Thank you.

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