



Hello, I'm celiac!

I have celiac disease and I've significant restrictions at lunchtime. I can not eat gluten. Gluten is found mainly in wheat , barley , rye and oats , so the products made from these grains are prohibited.

Gluten may also be in other processed products such as sauces , sausages , ice cream, chocolates, preserves etc...



I need, to avoid falling sick, my plate completely gluten and cross-contamination free. Contamination occurs when the smallest amount of gluten comes into contact with my food. A fillet fried in a pan with gluten rests will be contaminated. If you can't guarantee the absence of contamination, please tell me. It's a serious health problem.

Thank you so much.

www.celicidad.net

Celicidad App

Celiac Disease and Gluten Free restaurants