



## **Hello, I'm celiac!**

I'm suffering from coeliac condition/ceciac disease, so I've major restrictions at lunchtime. I can't eat food with gluten. Gluten is a protein that is found in certain cereals such as wheat, barley, rye and oats. I can't eat food containing this grains.

Gluten can also be found in other processed foods such as sauces, sausages, ice cream, chocolates, preserves, etc...



I need a gluten-free diet to avoid run the risk of becoming ill, so my food must be completely gluten and cross-contamination free. Contamination occurs when even a small amounts of gluten comes into contact with my food. A fillet (naturally gluten-free) fried in a pan with gluten traces will be contaminated. If you can't guarantee the absence of contamination, please tell me. Celiac disease is a serious problem.

Thank you so much.

[www.celicidad.net](http://www.celicidad.net)

Celicidad App

Celiac Disease and Gluten Free restaurants