

The mission of the University of Chicago Celiac Disease Center is to raise diagnosis rates for celiac disease and meet the critical needs of people with the condition, through education, research, and advocacy.

WHAT TO KNOW

What to ask when eating out (or ordering in)

It's true that for people with celiac disease, eating out can be challenging.

But with some practice, asking the right questions gets easier. It's especially important for parents to model for their children what to ask and how to ask it.

Tips for Eating at Restaurants When Following a Gluten-Free Diet

- › Do some homework before going to the restaurant:
 - On-line search for menu
 - Download the Find Me Gluten Free app
 - Bring some items with you
- › Call ahead and talk to the chef if possible.
 - Try to avoid calling during peak dining hours
- › Always identify yourself as having celiac disease or a gluten allergy.
- › Always ask the chef or manager about preparation methods.

Whether you are newly diagnosed or have been living with celiac disease for decades, education is key to staying healthy and enjoying a high quality of life. At The Celiac Disease Center, one of our goals is to provide information that makes following a gluten-free diet as easy as possible.

If you have any questions, please reach out. Your care team is only a phone call away.



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