

The owner of this card suffers from coeliac disease (gluten intolerance), and therefore has to follow a strict gluten-free diet. I may become very ill if I eat food containing gluten. Therefore any contact with products/grains containing gluten should be avoided. Please ensure hands are washed properly and clean kitchen utensils, worktop and oven are used.

**ALLOWED**

maize	polenta
oats with gluten-free symbol	potato/potato starch
quinoa	buckwheat
unprocessed nuts, seeds and peanuts	unprocessed meat & fish
rice	noodles
fruit & vegetables	millet
milk	oil, butter
cornstarch	pulses
Tapioca flour	Guar gum

**NOT ALLOWED**

wheat	rye
oats without gluten-free symbol	barley
spelt	khorasan wheat (Kamut®)
<b>Products made from these grains such as:</b>	
wheat starch	couscous
semolina	bulgur
pasta & noodles	vermicelli
breadcrumbs	biscuits, cake & snacks
muesli & breakfast cereals	bread, rusk & crackers

**If in doubt, always check with the person involved.**