

## **Consumer Frequently Asked Questions:**

1. **How do I ensure that the waiter understands my dietary needs?** *Tell the waiter that you have an allergy to gluten. Do not assume that the waiter understands what gluten intolerance is. Allergy is a word that is understood by most nationalities, intolerance is not.*
2. **How much detail about gluten intolerance should I go into with the waiter?** *If the restaurant is busy, just tell the waiter about your allergies. Be patient with them. This is a learning process for them and they do not know all of the ins and outs of gluten intolerance*
3. **Should I assume that a food product is gluten-free if there is nothing in the description that indicates gluten?** *Never assume. Restaurants may use unusual ingredients or additives not normally associated with a menu item.*
4. **Will the service be slower with a special order?** *Yes. Allow extra time for preparation of gluten-free items. Most restaurants do not have items pre-prepared, and need a little extra time to make your special item.*
5. **Is there any document that would give hints on how to eat out safely?** *Yes. A GIG Bulletin entitled [Restaurant Dining: Seven Tips For Staying Gluten Free](http://www.glutenfreerestaurants.org/tips.pdf) is available online at <http://www.glutenfreerestaurants.org/tips.pdf>.*