

Thank you for taking special care with my meal.

Due to a **critical health concern**, I must **strictly avoid** all foods containing **wheat or gluten**.

This includes many bread crumbs, cereals, flours, pastas, seasonings, starches, sauces and highly processed foods.

Besides wheat, other gluten-containing grains are: barley and rye.

Different names for wheat include: bran, bulgur, couscous, durum, einkorn, emmer, farina, farro, graham, kamut, matzoh, seitan, semolina, spelt.

Please be sure my food is made without these ingredients. If this requires clean utensils, equipment or prep surfaces, please know that I truly appreciate your extra efforts.

For delicious treats made without wheat or gluten, visit www.drlucys.com.



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