

乳糜泻 (I cannot eat gluten)



我是“麸质”严重过敏者。如果吃了含麦麸（即使是一点）的食物，我会严重生病，患上腹腔炎。

例如，我不能吃的食物有：含小麦、大麦、黑麦和燕麦等成分的面粉、面糊、面包，以及含麦麸的食品添加剂，如味精、鸡精、酱油、陈醋、料酒、豆瓣酱、辣椒酱以及各种调味剂等。

我可以吃大米、玉米、土豆、蔬菜、水果、鸡蛋、奶酪、牛奶、肉类和鱼类，只要它们不含有面粉或调味酱等成分。

希望你可以告知我可以吃哪些菜肴，不含麸质。如果不能确定是否含有麦麸，我可以吃简单的烹饪：米饭，新鲜的肉类蔬菜，鸡蛋牛奶，用盐，葱姜蒜，以及我自带的酱油等调味。



Mandarin

注意 

为了防止上一道菜有残留的麦麸，在准备我的食物时，请使用清洁的器具和锅，并使用新油，非常感谢！

I cannot eat gluten (Celiac Disease)



I'm highly allergic to gluten. Even a tiny bit of gluten in my food can make me very sick.

I can't eat foods like flour, bread made from wheat, barley, rye, oats, or food additives like MSG, soy sauce, vinegar, bean paste, chili sauce, and some seasonings.

If you're not sure if something has gluten, I prefer simple dishes like rice, fresh meat and vegetables, eggs, and milk, seasoned with salt, spring onions, ginger, garlic, and my own gluten-free soy sauce.

Could you please suggest gluten-free dishes for me?



 **Attention**

Please make sure to use clean utensils and pots when preparing my food to avoid any leftover gluten from the previous dish. Also, use fresh oil. Thank you!