

Chef to Plate

Celebrating Restaurants Serving
Up Gluten-Free Awareness

This restaurant is participating in the Chef to Plate campaign to raise awareness of gluten intolerances through gluten-free dining. Chef to Plate is an international program dedicated to raising awareness of celiac disease and other forms of gluten intolerance. This restaurant regularly serves meals safe for gluten-free diners.

- 1:133 Americans and 1:250 people worldwide are affected by Celiac Disease. Most are undiagnosed
- More than 15 million other people in the USA are affected by other forms of gluten intolerances
- Gluten is part of wheat, rye and barley and found in many foods like breads, pasta, cereals, pastries and beer
- Wheat is a staple in the American diet and difficult to avoid
- Gluten can cause a reaction damaging the intestine in persons with celiac disease
- Common symptoms include IBS-like symptoms, fatigue, infertility, bone disease and anemia
- Testing for celiac disease should be done before starting a gluten-free diet for any reason



GIG is an award-winning nonprofit group dedicated to raising awareness of celiac disease and other forms of gluten intolerance.

GIG's partners in raising awareness of Gluten intolerances include:

The Gluten-Free Restaurant Awareness Program
www.GlutenFreeRestaurants.org

GlutenFree Passport www.glutenfreepassport.com

Gluten-Free on the Go www.gluten-free-onthego.com

The Celiac Scene www.theceliacscene.com

Tricia Thompson, The Gluten-Free Dietitian
www.glutenfreedietitian.com

For more information about GIG, celiac or other Gluten intolerances visit www.Gluten.net

Chef to Plate

is an awareness campaign of the Gluten
Intolerance Group of North America (GIG).



The Gluten-free menu and the information provided by participating restaurants have not been reviewed for accuracy as part of this educational awareness campaign. The restaurant is solely responsible for determining the items included on its gluten-free menu. Chef to Plate endorses and GIGR assume no responsibility for the restaurant menus as part of this campaign. Patrons are encouraged to consider and verify this information in light of their individual requirements and needs to their own satisfaction.

