

ENGLISH

ANGLAIS · INGLÉS · INGLESE · ENGLISCH · ANGIELSKI



I have a disease called **coeliac disease** and I must absolutely avoid foods that contain **gluten**.



I **can't eat wheat** (including durum and spelt) or foods made from it, such as semolina, couscous, bulgur, as well as bread, breadcrumbs, pasta and egg noodles. I can't eat breaded meat, or soups and sauces thickened with **wheat flour**. I also can't eat foods containing **rye, barley** (including beer) or **oats**.



I **can eat: rice, corn**, millet, buckwheat, tapioca and potatoes (including flour made from these products), beans, peas, meat, fish, eggs, dairy products, vegetables, fruits, nuts and seeds, as long as they are not contaminated with the ingredients listed above.



Processed foods, such as **soy sauce**, ketchup, mustard, spices and seasonings, stock cubes or processed meat, often also contain gluten — **please do not use them**. They can only be used if they are **gluten-free**. If you have any doubts, please ask me.

Commonly used gluten-free symbols   



Even **the smallest amount of gluten** will make me **very sick**, so to avoid contamination, please do not use kitchen utensils, water or oil that may have come into contact with any of the products that I can't eat.

Thank you for your help and understanding.

1

Mogę to zjeść.
I can eat this.

2

Nie mogę tego zjeść.
I can't eat this.

3

Nie jestem pewien.
I am not sure.

4

Czy to jedzenie lub sos zawiera mąkę pszenną?
Does this food or sauce contain wheat flour?

5

Z jakiego zboża jest zrobione to jedzenie?
What kind of grain is this food made from?

6

Czy ten posiłek jest bezpieczny?
Is this meal safe?

7

Czy mogę prosić o pomoc w wyborze dania z menu?
Can you help me choose a dish from the menu?

8

Proszę nie dodawać mąki pszennej.
Please do not add wheat flour.

9

Proszę nie dodawać sosu sojowego.
Please do not add soy sauce.

10

Można użyć mąki ryżowej, kukurydzianej lub skrobi ziemniaczanej.
Rice flour, cornflour, or potato starch are OK to use.

Additional notes:



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