



Can you eat fast food while on a gluten free diet? This is a question many people have when trying to decide what they can and cannot eat safely. While obvious things such as hamburgers may no longer be on the menu, there are still things you can eat at different fast food places. Knowing what you can and can't eat while out and about can be very helpful if you didn't bring your own snacks or are traveling.

Here are some tips on deciding what you can eat in a fast food setting:

Consider the Kitchen: Restaurants prepare many different foods, often all within the same area. It's important to think about how foods may be made or handled that could potentially cause problems regarding cross contact with foods that may have gluten containing ingredients. For example, Subway restaurants prepare everything on a line, and knives, gloves, and serving utensils are likely to touch the bread and result in crumbs all through everything. Other restaurants however may be safer, keeping things such as fruits and veggies far away from bread products.

Look for Restaurants the Offer Gluten Free Menus: Many restaurants have made special accommodations for those who are on a diet without wheat and have specially marked foods. For example, Hardies has a special menu for those who cannot eat various things due to allergies.

Visit Websites: When planning a trip, consider checking out different restaurants and see what they may offer. Some companies are very proactive and have all the foods you can safely eat listed to help you decide what may be suitable.

Always Tell the Person About Your Intolerance: When you are ordering your meal, it is very

important to tell the person taking your order about your intolerance to reduce cross contact risks. Don't assume they will know what "gluten" means, but instead tell them you allergic to wheat and anything that contains or touches wheat, and they should be able to make special accommodations for you.

If in Doubt, Go Somewhere Else: If you are going out to eat and not sure if you can eat somewhere without being sick, it is better to be safe than sorry. Often times if one choice is not suitable you can find a better alternative with more things you can choose from.

Just because you are on a special diet, it doesn't mean you have to avoid fast food chains or eating out. With a little bit of planning and research, you'll be able to know where you can grab a quick bite to eat without worrying about your health or safety.

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