

The three questions

One card, asked once, every meal away from home. Cut out the card, fold it, keep it in a pocket. The spare is for a friend.

1

Is it gluten-free?

The plain question. Say it first, before the menu talk.

2

Was it cooked apart from the wheat?

Its own pot or pan, its own water, its own tools. Not the pasta water, not the shared fryer.

3

Who in the kitchen knows?

The one that matters. If the answer is a shrug, nobody has thought about it. Your packed food wins that meal.

3 questions • gluten-free

1. Is it gluten-free?
2. Cooked apart from the wheat? Own pot, own tools?
3. Who in the kitchen knows?

HOWTOGLUTENFREE.COM • FREE • EN • DE • IT

3 questions • gluten-free

1. Is it gluten-free?
2. Cooked apart from the wheat? Own pot, own tools?
3. Who in the kitchen knows?

HOWTOGLUTENFREE.COM • FREE • EN • DE • IT

✂ cut along the dashed line • fold once • wallet size

When to walk away

Not when the cook is busy, and not when the menu is all pasta. You walk away when nobody can answer question three. A kitchen with a second pot and a labelled shelf has already done the thinking. A place that says everything is fine without looking has not.

Why the card beats a speech

A speech makes you the topic. A card makes the food the topic. Ask once, calmly, in order. Then eat.

Ask once. Three questions. Then eat.