

Gluten Free Fibro

Learning to Love Life and Live Again

My wife recently started a gluten-free diet to help with her fibromyalgia symptoms. We hope she does not have celiac disease, but we travel a lot and eat fast food, so I thought I would put together a list of restaurant resources on gluten free choices. Updated 3/7/2010. For more info visit: <http://www.GlutenFibroFree.com>

Arby's

http://www.arbys.com/nutrition/Arbys_Menu_Items_without_Gluten.pdf

Burger King

http://www.bk.com/cms/en/us/cms_out/digital_assets/files/menu_nutrition/GlutenFree.pdf

Chick-fil-a

<http://www.chick-fil-a.com/#gluten>

Dairy Queen

<http://www.dairyqueen.com/us-en/eats-and-treats/gluten-free-products/>

Hardees

<http://www.hardees.com/menu/indulge>

Mc Donald's

<http://nutrition.mcdonalds.com/nutritionexchange/ingredientslist.pdf>

Subway

<http://www.subway.com/subwayroot/MenuNutrition/Nutrition/pdf/AllergenChart.pdf>

Taco Bell

<http://www.tacobell.com/nutrition/allergens>

Wendy's

http://wendys.com/food/pdf/us/gluten_free_list.pdf

Other Sites

Gluten Free Restaurants - <http://gfrestaurants.com>

Gluten-Free Restaurants Awareness Program - <http://www.glutenfreerestaurants.org>

Gluten Free Registry - <http://www.glutenfreeregistry.com>