

FOOD ALLERGY

EQUAL
EATS

EN002

I have a tree nut allergy.

I cannot eat food containing **tree nuts**, even in small amounts, or I will have a severe allergic reaction and require medical attention. This includes nut oils, extracts, and flours.

Tree nuts can be found in pesto, sauces, spreads, and baked goods.

Tree nuts can include:

- Almond
- Hazelnut
- Pine nut
- Macadamia nut
- Pistachio
- Cashew
- Pecan
- Walnut

Does this food contain tree nut?



Caution! Please use clean gloves, utensils, surfaces, cookware, and frying oil when preparing my meal.
Thank you!

English

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