

FOOD ALLERGY

EQUAL
EATS

I have a peanut and tree nut allergy.

I cannot eat food containing **peanuts or tree nuts**, even in small amounts, or I will have a severe allergic reaction and require medical attention. This includes peanut and nut oils, extracts, and flours. **Peanuts and tree nuts** can be found in pesto, sauces, spreads, and baked goods.



Tree nuts can include:

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

Does this food contain peanut or tree nut?

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

English

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