

FOOD ALLERGY

EQUAL
EATS

I have a milk allergy.

I cannot eat food containing **milk or milk products**, even in small amounts, or I will have a severe allergic reaction and require medical attention.



Milk can be found in:

- Cheese
- Cream
- Yogurt
- Lactose
- Casein
- Whey
- Baked goods
- Butter

Does this food contain milk?

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

English

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