



**EQUAL
EATS**

FOOD ALLERGY

**EQUAL
EATS**
ENOUGH

I have a crustacean allergy.

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



Crustaceans can include:

- Lobster
- Crab
- Shrimp
- Prawn
- Crayfish
- Krill

Does this food contain crustaceans?

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

English

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