



EQUAL EATS

FOOD ALLERGY

EQUAL
EATS
EN019

I have a seafood allergy.

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

Seafood includes fish and shellfish (crustaceans and molluscs).

Seafood can include:

- Fish
- Fish oil
- Lobster
- Shrimp
- Oysters
- Mussels
- Scallops
- Squid

Does this food contain seafood?



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

Thank you!

English

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