

FOOD ALLERGY

EQUAL
EATS

I have a sesame allergy.

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



Sesame can be found in:

- Sesame seed
- Sesame oil
- Tahini
- Hummus
- Bread
- Buns
- Vegetarian burgers

Does this food contain sesame?

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

English

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