

## **FOOD ALLERGY**

## EQUAL EATS

## I have a mustard allergy.

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



## Mustard can be found in:

- Mustard seeds Soups
- Mustard powder Spices
- Pickles
- Sauces
- Mayonnaise
- Marinades

Does this food contain mustard?

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

English