



EQUAL EATS

FOOD ALLERGY

EQUAL
EATS

I have an allergy to all seeds.

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



Seeds can include:

- Sesame seed
- Sunflower seed
- Chia seed
- Flaxseed
- Buckwheat
- Poppy seed
- Mustard seed
- Pumpkin seed

Does this food contain seeds?

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

English

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