



EQUAL EATS

FOOD ALLERGY

EQUAL
EATS
EN015

I have a wheat allergy.

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

Wheat can be found in:

- Wheat flour
- Soy sauce
- Baked goods
- Soups
- Bread
- Sauces
- Pasta
- Dressing

Does this food contain wheat?



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

English

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