



EQUAL EATS

INTOLERANCE

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EATS
EN072

I am lactose intolerant.

I cannot consume food or drinks that contain **lactose** or **dairy products**, or I will become very ill.

Lactose can be found in:

- Milk
- Cheese
- Cream
- Yogurt
- Butter
- Whey
- Ice cream
- Baked goods

Does this food contain lactose?



Caution!

Please be aware of these products when preparing my meal.

Thank you!

English

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