Food allergy card

I have a severe food allergy to:

GLUTEN (CELIAC DISEASE)

This includes wheat, barley, rye, malt, regular oats, beer, breadcrumbs and most soy sauce. Food fried in the same oil as breaded food is not safe for me.

Even a small amount, or food that touched it on a shared surface, pan or fryer, can make me very ill.

Please check every ingredient, sauce, oil and garnish in my meal.

If you are not sure, please tell me. I will happily choose something else.

Thank you for your help.

This card is for restaurants. For packaged food, PlatePal scans the barcode and flags your allergens in seconds.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. Information, not medical advice. Follow your allergist or doctor. Recipes change: always read the label. Free to print and copy for personal and classroom use.

Print at 100% (actual size). Keep one in your wallet, one in your bag and one with whoever eats out with you. Fold-free, credit card size.

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