

# FOOD ALLERGY

## Does this meal contain my allergens?

I have severe food allergies and may have a potentially life-threatening reaction that will require medical attention if I am exposed to even trace amounts of the following foods:



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**ADVISORY:** Please use caution when preparing my meal and ensure all cookware, utensils, surfaces, gloves, and frying oil are clean. Thank you!



# Food Allergy Institute



[FoodAllergyInstitute.com](https://FoodAllergyInstitute.com)