

•FOOD ALLERGY ALERT•

**I HAVE A
SEVERE FOOD
ALLERGY**



**Contact with any
dairy product can be
life-threatening to me.**



In preparing my food, I ask you to please:

- Consider where dairy might be “hidden”
- Avoid cross contamination by preparing my dishes separately and using separate or thoroughly cleaned utensils and prep surfaces
- Do not fry ingredients in cooking oil used to fry other foods containing dairy

Keep in mind!

Examples that may contain dairy products:

Milk (all forms including goat), butter, buttermilk, casein/caseinates (all forms), cheese, cottage cheese, cream cheese, cream, curds, custard/pudding, diacetyl, ghee, half-and-half, lactalbumin, lactoferrin, lactose, lactulose, rennet casein, sour cream, tagatose, whey (all forms), whey protein hydrolysate, yogurt, kefir, desserts, caramel, chocolate, lactic acid starter culture, deli meat, hot dogs, sausages, margarine (some), nisin, nondairy products, nougat, salad dressings, marinades, sauces, seasonings, natural flavors, artificial flavors, “au gratin” dishes.

The list does not stop here, so if something is questionable, please let me know.